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April 2020

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Discover the
magic of
theatre

Fairmount Center for the Arts

Enriching lives
through the arts

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Pandemic
Talking to your kids
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Discover the magic of theatre at the Mandel JCC

By Mary Flenner

The Francine & Benson Pilloff Family Performing Arts Camp (PAC) at the Mandel JCC has been inspiring a love for theatre and delivering magical summers to children for over 25 years.

Emma Miller, current PAC Director, attended the performing arts summer camp from second grade through 9th grade and then worked at the camp through college, where she studied theatre direction. Now she lives in New York City, where she directs theatre professionally and teaches arts education. Emma says that the Mandel JCC Performing Arts Camp absolutely was the spark that started it all.

"The Francine & Benson Pilloff Family Performing Arts Camp was

the foundation that built me. It's been the catalyst for everything I do both personally and professionally. As a person who went through the program, I can't recommend it enough."

"I started at the camp when I was seven," Miller recalls. "I had been to every day camp under the sun and my parents had given up. I had a lot of separation anxiety. My parents were trying creative things to do with me during the day so they gave it a try."

The Performing Arts Camp is split into two 4-week sessions, from rising kindergarteners through ninth grade. Campers of every age take music, dance and drama; then based on the camper's age, can also take additional "classes" such as playwriting, directing, miming, poetry, theatre tech and more. Campers in



grades 3-8 can opt out of the on-stage performance to join the tech crew, which also takes field trips to local theatres for exclusive behind-the-scenes tours.

But Miller says the theatre camp isn't just for kids with an inclination toward theatre or who are seen as budding thespians. The PAC creates a fun and safe atmosphere that, "makes being goofy in front of other people cool and acceptable. You learn about trusting in a group and building confidence," she explains.

At the end of each session, they put on a camp-wide show with original plays. The shows include things like music reviews, mashups, Broadway, and pop culture and are tailored to each age group and feature characters that they're familiar with.

"Every kid has a line and every kid has a solo. We don't do regular casting. We give everyone the chance to speak into a microphone... to grow and shift."

With play rehearsals only lasting about an hour, Performing Arts campers also spend lots of time outside getting active with sports, swimming, playing games, doing arts and crafts, eating popsicles... enjoying typical summertime fun activities.

Emma shares how the staff works

uniquely with each child and that the atmosphere is more like a family than a summer camp.

"We have a hypernurturing staff. Our primary focus is making kids feel safe, and doing things in a way and style that makes them feel safe. It's about catering the experience to the child: who they are and how they arrive in the beginning in the summer."

Miller notes the powerful way that the arts can offer an escape from the rigors of school and the pressures of social media: "It's a unique opportunity to escape all of that. Put away your phone. Invest in this project and invest in the group."

Campers have said, "I wish I did this all year... I'm a version of myself that I don't get to be during the school year."

"We have kids who may have trouble making it through a school day without an aide, so we find it really gratifying to hear parents comment, 'I had no idea my kid could do that!' when they see them thriving and performing," Miller says.

The Performing Arts Camp runs from 9:00 am to 3:50 pm, but goes by quickly with a day full of activities. Before- and after-care is also available through the JCC.

For more information please visit MandelJCC.org.

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Fairmount Center for the Arts

Enriching lives through the arts

By Deanna Adams

It's well known by now that the arts in all its forms contribute many facets to our well-being. For children, multi-discipline artistic endeavors aid in child development on all levels, including critical thinking, problem solving, and building self-esteem. For adults, it encourages exploration into one's unique way of creating and expressing interests and abilities.

For nearly 50 years, Fairmount Center for the Arts has been nurturing its community for people of all ages with a myriad of artistic offerings that help others discover, learn and develop their talents in a warm, inviting environment.

Originating in a dance studio in the home of professional dancer, Jan Kumen, and her husband, Ron (who served as director), the arts facility was incorporated in 1971 as the nonprofit Fairmount Center of the Creative and Performing Arts. The couple was able to expand their passion when they purchased a three-story, Tudor-style building in Russell Township.

The 9,000-square-foot arts center is comprised of three dance studios, two music studios, and an art studio. The facility provides Geauga County and Cuyahoga County residents a means to explore the arts by offering classes, workshops, community performances and opportunities in dance, art, music, theater, crafts and visual arts, camps, as well as fitness programs. Today, the center serves more than 10,000 annually, from preschoolers to senior citizens.

Jeannie Fleming-Gifford became executive director at the Fairmount Center for the Arts in March of 2018, and is busy honoring its history, along with moving the center forward with new programs and expanded offerings. "Our job is to meet the needs of the community for toddlers all the way through lifelong learning for adults and seniors," says Fleming-Gifford. "My favorite part of this position is being able to offer programs for all ages and abilities and interests. Fairmount has a long his-

tory and I'm so proud and fortunate to keep it growing."

She also recognizes that to move forward, it's important to understand the needs of the community. Since the Fairmount Center resides in a rural area, there has been an increase of off-site programs that broaden the scope of their agendas. "We partner with schools and organizations which allows us to bring many programs out to them, to places like Notre Dame, Chagrin Falls, and other schools and libraries, such as West Geauga."

Art programs are offered for toddlers through adults and include ceramics, weaving, pencil and colored pencil drawing, along with painting in watercolor, acrylic or oil. An annual spring art exhibition showcases works by professional and emerging artists, as well as accomplished students and faculty art.

Private music lessons are available in voice, piano, viola, guitar, ukulele or saxophone, for ages 5 and up. Students participating in music lessons can perform in recitals that are presented throughout the year.

Fairmount theatre classes span preschool ages through adults where students learn theatre games and improv, scenes and scripts, and are introduced to musical theatre. There is also Fairmount Youth Theatre that involves young actors, ages 7 - 14, in which they stage two annual musical productions each year (fall and spring). No theatre experience is required and all registered participants receive a role in the production.

There are several unique programs that Fleming-Gifford is particularly proud of. "Our shining star at the top is our dance programs," she says. "We have professional ballet dancers from Verb Ballet in Shaker Heights who share their passion and expertise with their students. It's a big wow for us, and a real quality program."

She adds that they encourage male dance instruction as well, emphasizing the talent of instructor, Mr. Dan Shepard, who began teaching there in 2018. "We have so many male students now that we've been considering offering a separate dance class for them," she says proudly. "It's wonder-



ful that, for being rather small, we're able to have these top professionals as part of our faculty."

"We're unique in the sense that the Fairmount Center offers more than just the core arts," she says, referring to the distinctive programming they offer. Among those include their "Pull Back the Curtain" speakers series, where notable arts experts present a talk about what they do behind the scenes. "We always have an interesting mix of speakers and look forward to our next one, Hans Clebsch, horn player for the Cleveland Orchestra." And every August, there is the highly anticipated juried art show, the annual Fairmount Art Exhibition, now in its 44th year. Entry forms will be available in May.

"We also have short-term workshops that require no long time commitment, as well as the longer term programs for those who want to gain or perfect a skill, be it in a creative way or a means of problem solving," Fleming-Gifford says.

In addition, Fairmount Center for the Arts offers a variety of camps for children, ages 3 through 15 years,

featuring a multitude of art activities. Camp programs run from June through August and include half-day, full-day, one-day and one-week options.

And Fairmount is not just for kids. Their adult programs include tap, adult ballet, yoga, Zumba, and classes in art, ceramics, painting, and drawing. "Our primary market is families and children," Fleming-Gifford says, "but we do get a good amount of adults and seniors during the day for our fitness classes, such as Zumba, our drawing and painting classes, and even music lessons.

"I grew up as a music kid," she adds. "I received my degree in music and have spent my career working with arts organizations. I love to help the community grow in this way, and we're all especially excited to celebrate our 50th anniversary this September."

Fairmount Center is located at 8400 Fairmount Road, just west of Chillicothe Road, in Russell Township. For more info call (440) 338-3171, or visit them online at www.fairmountcenter.org.

How to talk to your kids about the coronavirus

By Cheryl Maguire

Will I get sick?
Why are they closing the schools?
I'm scared.
I'm upset that I can't go to ballet class.

These are some of the questions and comments I've heard from my three kids over the past week. Given the recent school closures, lack of toilet paper and bombarding messages about handwashing, it is understandable why kids may feel confused or scared. Most parents are fielding similar concerns and are wondering how to respond.

Recognize your feelings

Before you discuss the coronavirus with your kids, acknowledge your own feelings about the situation.

"It is important to recognize your own anxiety before talking to your child. If I am feeling anxious, I choose not to talk to my child. Instead, I allow myself to calm down and then approach the topic," says Dr. Soma Mandal.

Remain calm

Even though you may feel anxious you should

try to refrain from showing these feelings to your child.

Dr. Alexandra Solomon, a Northwestern University professor, clinical psychologist and author of "Loving Bravely" says, "In the therapy world, we stress the importance of 'regulating the regulator.' In order to be able to provide regulation, parents need to feel regulated."

She recommends that parents practice self-care by staying informed but also unplugging. She also suggests that parents shore up their foundation by eating healthy food, getting adequate sleep, and exercise. She stresses limiting alcohol and drug use and taking breaks before becoming irritable or impatient.

Dr. Robin Goodman, a clinical psychologist agrees with Dr. Solomon by saying, "Fear can be contagious so above all, parents need to monitor and manage their own worry especially with their children. Being calm is also contagious so it is better to spread calm."

Validate their feelings

When you recognize and accept your child's feelings as being valid then it can help them to feel calm and understood.

Dr. Solomon says, "Our goal as parents is to



validate their stress and encourage them to practice healthy coping strategies like distraction, focusing on what's going well, exercise, and radical acceptance (radical acceptance means reminding ourselves that this is beyond our control)."

Assess what they already know

Kids have heard about coronavirus from their friends, the Internet, and on TV. Before providing any information ask them what they know about the pandemic.

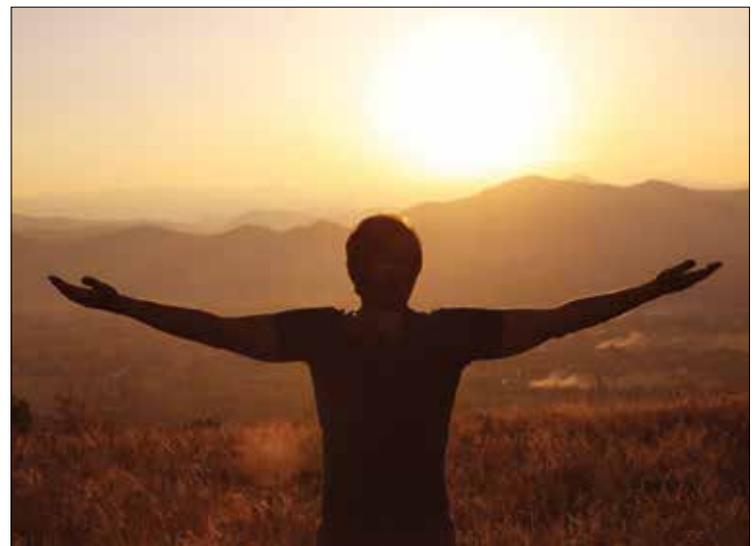
Dr. Damon Korb, a behavioral and developmental pediatrician at The Center of Developing Minds and author of "Raising An Organized Child" says, "Children need information, just like adults. Start by finding out what they already know. Clear up any misconceptions and explain the concern at a developmentally appropriate level."

continued on next page →

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Dr. Madal agrees with Dr. Korb by saying, "I invite my daughter to let me know what she has heard first and what she has questions about so we can start the conversation there. I give her the room to let me know her feelings about it, including feeling scared and confused."

Be honest and reassure

It is okay to let your child know you don't have all the answers. You can also explain the reasons for the school closures are to try to prevent the spread of the virus.

Dr. Solomon explains that living through this pandemic is challenging because of the uncertainty. She says, "We don't know when life is going to return to normal, but we also don't want to lie to our kids. We can tell kids the essential truth and reassure them that you will be together every step of the way."

She suggests using distraction as a method of coping. She recommends shifting the focus away from the coronavirus and towards a game, a walk, or a movie on TV.

"When you are reassuring children it is always important to be honest. We talk about how one can get sick, but how you can protect yourself the best way you can. Washing hands with soap and water, covering a cough and sneeze, staying away from other sick people, eating healthy food and getting plenty of sleep is what I call ways to overpower the germs," says Dr. Madal.

Dr. Korb explains that when children are anxious parents should be patient, tolerant, and provide reassur-

ance. He says, "Reassure your child by explaining the steps that your family is taking to remain safe such as social distancing, hand washing, and visiting a doctor if feeling sick."

Create and maintain routines

Routines provide comfort, security and predictability for children, so it is important to create and continue these practices.

Dr. Lea Lis, adult and child psychiatrist, a clinical professor at NYU says, "Stick to familiar routines. Wake them up the same time every day. Go to bed at the same time every day, and make sure to get plenty of exercise, even if all of their sports and activities are canceled."

She also recommends prioritizing education since kids love to learn and learning provides a distraction from their worries. The website, www.amazingeducationalresources.com, provides a list of websites offering free educational materials for kids. Visit www.travelandleisure.com for links to museums you can visit virtually.

Dr. Korb says, "Parents can emphasize the things that are not going to change like the routines and rules and expectations. Bedtimes will be the same. Rules on electronics will still exist. Kids can still chat with friends and relatives through the phone, games, and the Internet."

Kids are resilient. When we provide a safe, comforting environment for them, it will help them to persevere through this pandemic.

Cheryl Maguire holds a Master of Counseling Psychology degree.

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Virtual Parties

Great ideas to celebrate your child's birthday...without spreading germs



By Cheryl Maguire

“Will I be able to have my birthday party?”

My daughter's 12th birthday is in April and she has been planning her birthday party for the past month. With the recent lockdowns and social distancing recommendations related to the coronavirus, she will probably have to come up with an alternative plan for her party.

Before the coronavirus wreaked havoc on children's party plans, there were also kids who are not able to socialize at parties due to compromised immune systems. Here are some suggestions for ways to celebrate without spreading germs.

CREATE A VIRTUAL PARTY

One way to interact with friends from a distance is to have a virtual party using apps like Google Hangout, Zoom, or Skype. My daughter has been using Google Hangout to practice her musical theater play with the kids in her class. This technology allows people to see and speak to everyone, so it is the next best thing to being in a room together.

If someone isn't able to connect due to a lack of technology access, then go old school and put them on your speaker phone so they can hear and participate in the conversations.

VIRTUAL PARTY THEME IDEAS

You are probably wondering how do you simulate a kid's birthday party when they can't physically interact?

It is important to remember that the main goal of a party is for your child to have fun with their

friends. This is still possible, but may require some creative thinking.

One way to do this is to have a theme that all the partygoers will be excited about. Most games like pin the tail on the donkey are not an option but there are several ideas for themes that will include everyone and create a festive mood.

Movie Theater Themed Party

If the birthday kid is a movie lover, you could create a movie themed party. On the invite ask the partygoers to dress up in their favorite movie character outfit or T-shirt. You could create a movie trivia game or a “would you rather game” using movie-themed questions. After playing the games, the group can then watch a movie selected ahead of time. Before the party, you will need to figure which movies everyone owns or can stream together.

Cook-Off Themed Party

For the future chef tween and teen, you could have a cook-off party. Everyone must find five items in their house and create a dessert or any meal the birthday person selects. Then their parents judge the creation on creativity and taste. You could also play trivia cooking games or swap your favorite recipes.

Lego Themed Party

For the Lego lover, you could create a Lego-themed party. Everyone will need a bucket of Lego bricks. You could play games like who could build the tallest tower in five minutes and then their parents would measure each one to determine the winner.

Some other suggestions are that everyone makes whatever they want and then the parents determine who has the most creative structure. Or everyone makes an animal and you must guess what type of animal the Legos are supposed to be.

After you are done building, go on virtual Legoland rides by searching the ride on YouTube. Before the party create a list of rides that you want to visit to keep things moving along.

Green Themed Party

For the environmental lover, you could have a green-themed party. Everyone could wear their favorite environmental-themed outfit like a flower T-shirt or picture of the Earth.

You could play an upcycle game by having them use five items in the recycle bin and then creating an animal or their favorite environmental setting such as the beach.

You could also create a scavenger hunt where they find items outside like a white stone or red flower assigning each item points. They could take their device with them as they hunt so that the kids at the party can see each other during their travels.

Drawing or Paint Themed Party

Before the party ask the parents what type of art supplies they own. Most kids have a set of markers, crayons and paints.

One suggestion is to all draw or paint the same picture. Mo Willems, author of children's books like “Don't Let the Pigeon Stay Up Late!”

See *VIRTUAL PARTIES* on page 9



Top Baby Names for 2020

Names.org released predictions for the most popular baby names of 2020. New entries in the top 10 for boys this year includes Henry and Alexander, while Mila cracked the top 10 for girls.

The rankings were determined by analyzing the most recent data from the Social Security Administration, trends from the past five years, and current user interest from millions of visitors to the site.

Top 10 Boy Names for 2020

1. Liam
2. Noah
3. William
4. Oliver
5. Lucas
6. Benjamin
7. Elijah
8. James
9. Henry
10. Alexander

Top 10 Girl Names for 2020

1. Emma
2. Olivia
3. Ava
4. Isabella
5. Charlotte
6. Sophia
7. Amelia
8. Mia
9. Mila
10. Harper

Virtual parties from page 8

and “Knuffle Bunny” has a drawing channel on YouTube where you can learn how to draw characters from his books like “Piggie and Elephant.” You could have everyone watch the video at the same time and then share your drawing.

You could also create cards for people in nursing homes, hospitals or the military to let them know that you are thinking of them.

Virtual Disneyland

If your kid is a Disney fan, have them dress up as their favorite Disney character and ask their friends to do the same. You can play Disney related games and then go on virtual Disney rides by searching the ride

on YouTube. Before the party create a list of rides that you want to visit to keep things moving along.

FUN AND FESTIVE

Try to decorate the room that your child will be streaming the party from with the theme in mind to set the mood for all the partygoers. Plan the games and festivities before the party starts so that it will keep the fun levels high throughout.

By the time the party is over, your child will hopefully have so much fun that they will forget about the fact they didn't see their friends in person. And the best part for you is that you won't have to clean up a mess created by a room full of kids.

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Lake County Job & Family Services sponsors pinwheels event for child abuse prevention

By Deanna Adams

April is National Child Abuse Prevention Month, which was first observed in 1983 by a proclamation by President Ronald Reagan. It is a time in which the Children's Bureau strives to raise public awareness of child abuse and neglect, and enforces efforts and resources aimed to protect children, strengthen families, and promote community involvement.

Of course, we all need to be aware every day of this issue that affects not just families, but an entire community. So what do we need to know? "The first thing a community can do is be educated on child abuse and neglect and have an understanding of what an abusive, or neglectful, situation might look like," says Alison Tomaselli, assistant administrator for Lake County Children and Adult Services. "Red flags or warning signs can be obvious at times: unexplained injuries, a child going without basic needs, or even a disclosure of abusive or neglectful acts. Yet, there are situations in which those red flags are not so obvious."

Tomaselli explains that abuse and neglect doesn't always result in an injury, and so it's also important to be aware of changes in a child's behavior. This could include a child suddenly losing interest in activities, or a socially active child suddenly becoming withdrawn or isolated. "It's imperative to be cognizant of situations that don't feel right, or explanations you're not completely satisfied with."

Child Abuse Prevention Month provides everyone an opportunity to learn about the signs of child abuse and how to prevent it. Child abuse can take on many forms, and often occurs at the same time. They are:

- **Physical abuse.** When a child is purposely physically injured or put at risk of harm by another person.
- **Sexual abuse.** Any kind of sexual activity with a child, such as fondling, oral-genital contact, intercourse, exploitation or exposure to child pornography.
- **Emotional abuse.** Belittling or berating a

child that damages a child's self-esteem or emotional well-being. This includes verbal and emotional assault, as well as isolating, ignoring or rejecting a child.

- **Medical abuse.** This can involve someone giving false information about a child's illness that normally requires medical attention. That is, putting the child at risk of injury and unnecessary medical care.
- **Neglect.** The failure to provide adequate food, shelter, affection, supervision, education, or dental or medical care to a child.

"Community members, including parents, teachers, neighbors and service providers, can make a report of suspected abuse or neglect to Lake County Children Services," advises Tomaselli. "Our department has a 24-hour hotline which allows the opportunity to report concerns any time they arise." She adds that oftentimes people may not think their concerns are enough to report, or that their information may not warrant agency involvement. She encourages them to make a report and let the professionals determine a decision.

If you come across a questionable situation, here is what you can do before calling authorities:

- Community members, such as neighbors and friends, and anyone working with children, can and should take the time to listen to what children say. Never minimize something that might be a possible warning sign.
- Don't simply turn the other cheek when a child is exhibiting disruptive behaviors.
- It's important to know that in many cases, child abuse is done by someone the child knows and trusts, such as a parent, relative, or caregiver. If you suspect child abuse, report the abuse to the proper authorities.

In honor of National Child Abuse Prevention Month, the Lake County Job & Family Services is sponsoring an annual Pinwheels for Prevention campaign, designed to enhance community awareness about child abuse and neglect, and encourage support for prevention. They will be displaying 1,100 blue pinwheels in front of their building,

signifying the estimated number of children the agency serves throughout the year, as well as the number of caregivers (foster, adoptive, relative, kin) who were able to provide a safe home for some of these children.

"Pinwheels have become a national symbol for the prevention of child abuse," Tomaselli says. "They are typically colorful, bright and reminiscent of childhood, and have become an uplifting reminder of childhood and the bright future that all children deserve."

The color blue, and blue ribbons, is recognized and associated with child abuse awareness, along with National Child Abuse Prevention Month. It originated in 1989, when a grandmother tied a blue ribbon to the antennae of her car as a signal to fight for the protection of children after her grandchildren had been abused and neglected.

Each year, Ohioans are encouraged to wear blue to school, to work, to an event in the community as a way to bring about awareness of child abuse prevention. And although much of that can no longer take place in view of the coronavirus pandemic, Tomaselli says they still plan to plant the pinwheels, even without the ceremony.

Also, each year, they honor a child advocate of the year, which recognizes someone in the community who has made a difference in the life of a child. "Nominations come directly from our social services staff," Tomaselli says, "as they are the ones working hand in hand with our partners in the community."

This year, the nomination goes to Detective Dan Radigan with the Mentor Police Department. "Detective Radigan is insightful, dedicated, and truly committed to his role in ensuring that children and families are safe. Our social services staff look forward to collaborating with him on those tough cases," Tomaselli noted.

For more information on National Child Abuse Prevention Month visit www.childwelfare.gov. Promote the prevention of child abuse by using #NationalChildAbusePreventionMonth on social media.

Finding the right PRESCHOOL for your child



By Jan Pierce

When it's time to search for the perfect preschool for your little one, you want to be sure you're making the right decision. If you're lucky enough to have friends who've done their research and are happy with their choice, you're fortunate. You'll have first-hand recommendations.

Be aware of the difference between daycare and a functioning preschool. Daycare facilities provide custodial care, but don't always offer an educational curriculum. Daycares often take children of all ages and offer extended hours. A preschool usually has limited hours and may or may not offer before- and after-school care. In a daycare children of all ages may be grouped together while a preschool offers segregated age groups.

Where to begin

There are many considerations before choosing, but be sure you start your search early. Many excellent preschools have long waiting lists. In general you'll be looking for a school that provides the following:

- The convenience of proximity to your home and/or your workplace.
- A solid reputation and up-to-date accreditation and licensing. The state has approved the school.
- Clear rules and regulations, health/illness policies, pickup and drop-off times.
- Clean, well-kept facilities with

adequate indoor and outdoor play areas.

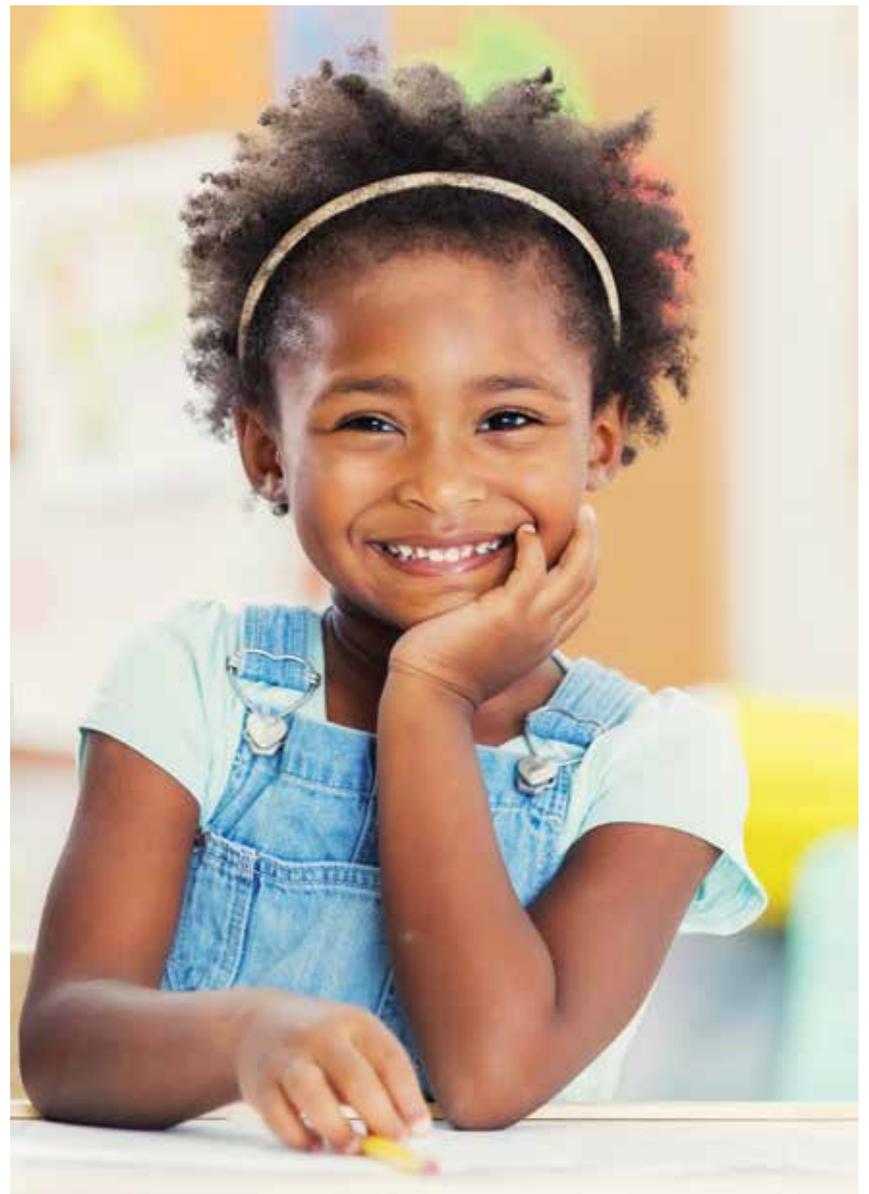
- Qualified, caring staff.
- Stimulating curriculum and age-appropriate toys.
- A philosophy and climate pleasing to you and right for your child's temperament.

The NAEYC (National Association for the Education of Young Children) has a database of accredited preschools you can access at families.naeyc.org/find-quality-child-care. This site lists currently accredited day cares and schools all across the nation and is updated weekly. Spend a little time on their website for top-notch thinking about early childhood education.

Questions to ask

You'll want to do your homework to find the right school for your family. Here are some questions to ask before narrowing your search and visiting several schools:

- Is there currently room for my child? Is there a waiting list?
- What are the fees? How and when are we billed?
- How do you communicate with parents? (phone calls, emails, newsletters, website, etc.)
- What is your staff to student ratio? (NAEYC recommends one adult to every four to nine children as optimal at ages 2-3 and one to eight to ten for ages 4-5.)
- Do your staff members have credentials and training? Are they background-checked? Up to date on CPR? Receiving ongoing training?



- What is your educational philosophy? (academic-oriented, exploration, faith-based, etc. Some distinct philosophies include Montessori, Waldorf, or Reggio-Emilia.)
- What health/hygiene standards are enforced? (immunizations, sick child rules, hand-washing, etc.)
- How do you handle discipline?
- Are meals and snacks provided? Are naps taken?
- What safety precautions are in place? (strangers on-campus, release policies, sign-in/out)
- Can you give me a list of references? (be sure to follow up and call them.)
- Can you provide a sample of your weekly curriculum and activities? How often do you change the activities?

As you gather information you'll be able to narrow your list down to two or three good choices. When you're ready, go ahead and schedule a visit to the school. Decide whether you want to do this with your child or on your own.

You'll be looking for all of the above qualities of a good school, but more than that you want to get a "feel" for the school. Do you feel welcome? Are the children busy and engaged in work or play? Is the facility pleasing to the eye and orderly? Do you get the sense that you'd feel comfortable leaving your child in this school's care? Are the children happy?

Jot down your first impressions and any new information you find during the visit. You may want to use the Preschool Visit Checklist provided on the next page.

If for any reason, you don't feel comfortable with the school environment, trust your instincts and look for another school. It might be preferable to find a safe daycare situation and use that until you can locate a preschool of the highest standards.

You want the perfect preschool and your child deserves it. All the time and effort you put into your search will pay huge dividends in a happy, healthy, and well-cared for child.

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Camp is transformative for all kids, especially as they transition into Kindergarten. My son learned independence, self-care, and had the absolute best time! – Sara, Parent

Anisfield has had a strong impact on the children who recently graduated our program... it helped them strengthen their sense of self and confidence. It provided them with the experience they needed to feel confident and ready to take on the next steps! – Jackie, Mandel JCC Early Childhood Teacher



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Preschool Guide

**All Saints of
St. John Vianney School**
28702 Euclid Avenue, Wickliffe
(440) 943-1395
www.allsaintssjv.org

All Saints School of St. John Vianney in Wickliffe is a vibrant preschool, elementary and middle school, with a long history of academic excellence. They offer a family environment and a continuum of education from preschool through junior high. Located on the campus of the Center for Pastoral Leadership, the school offers a faith-based, technology-enriched learning environment.

All-day/half-day pre-3, pre-4, and pre-5 classes are offered. Latin, music, art, and physical education are available, as age-appropriate, with a speech pathologist on staff. The school's experienced teachers are dedicated to the students' initial social development as Christians enabling them to achieve their highest academic and spiritual potential.

All Saints is committed to preparing foundational thinkers and learners, and good stewards of the Catholic church, empowering students to thrive in high school, college and beyond.

Gilmour Academy

35001 Cedar Road, Gates Mills
(440) 473-8165
admissions@gilmour.org
www.gilmour.org/montessori

Gilmour's Montessori preschool program begins with its toddler program for students 18-months to 36-months-old (three or five days/week; half-day or full-day). Students ages 3–4 then move to the Montessori preKindergarten (five days/week; half-, three-quarter- or full-day) followed by the Montessori kindergarten program for ages 5–6 (five days/week; full-day). The kindergarten is a hybrid program, blending Montessori practices with traditional pedagogy in preparation for Gilmour's traditional grades 1–12.

The Montessori preschool experience encourages a lifelong love of learning. Students are provided unique opportunities that include Spanish instruction beginning at age 3; interaction with lower, middle and upper school students; experiential learning opportunities such as reading with therapy dogs, collecting eggs from their chicken coop, planting in their gardens and more; and a variety of after-school activities for



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On My Way (2 years old w/ parent/guardian)

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- One hour (seasonal): Wed a.m. or p.m.

Preschool (3 years old before Sep. 30)

- A child's first independent school experience
- Two-day: Tue/Thu a.m. or p.m.

Prekindergarten (4 years old before Sep 30)

- Focused on kindergarten readiness & social-emotional development
- Three-day: Mon/Wed/Fri a.m. or p.m.
- Four-day: Mon/Tue/Thu/Fri a.m. or p.m.



8540 Mentor Avenue, Mentor | 440.255.9781
www.stmarymentorschool.org

Gilmour Academy cont'd

those who would like to extend their day. Upon completion of the Montessori preschool program, students move seamlessly into the lower school and on to the middle and upper schools, where they continue to develop as curious learners.

Mandel JCC Early Childhood Program

26001 S. Woodland Road
Beachwood
(216) 831-0700, ext. 1375
mandeljcc.org/preschool

Mandel JCC Early Childhood program, for children ages 18 month to pre-K, is committed to helping young children learn and experience new and extraordinary things every day. From exceptional child care, beautiful classrooms, a children's garden and swim and yoga lessons, all this and more can be found at The J.

In partnership with parents and families, The J's Early Childhood program provides quality care and education for more than 100 young children annually. Their experienced and nurturing staff help children learn, grow and gain independence in a safe and developmentally appropriate environment, all within a

Jewish framework. Families of all races and religions attend The J's Five-Star-Step-Up-to-Quality rated child care and preschool programs. As one parent said, "We are so impressed with the staff and facility. We couldn't be happier with the Mandel JCC Early Childhood program. You have had such a positive impact on my child."

St. Mary of the Assumption School

8540 Mentor Avenue, Mentor
(440) 255-9781
stmmarymentorschool.org

Wee Learn Preschool and Pre-K programs, located in the kindergarten wing of the school, explore learning through a center-based curriculum using blocks, manipulatives, everyday math counting, dramatic play, writing, art, gym, and technology. Their teachers are cheerful and love teaching little ones. They have a quality academic program where Ohio state standards are implemented within a Catholic environment.

• On My Way program is a one-hour program held on Wednesdays, designed for 2-year-olds to experience a positive learning environment while having "fun" in a classroom set-

ting. The child attends with parent, guardian or caretaker.

• Preschool is for children who are 3 years old before September 30. This class meets on Tuesdays and Thursdays in the morning or afternoon. The child's first independent school experience emphasizes the joy of learning!

• Prekindergarten (Pre-K) is for children who are 4 years old before September 30. Two options are offered. The three-day class meets on Mondays, Wednesdays, and Fridays in the morning or afternoon. The four-day class meets on Mondays, Tuesdays, Thursdays, and Fridays in the morning or afternoon. Along with kindergarten readiness, these enriching programs nurture social-emotional development.

University School

us.edu/summer
Junior Kindergarten to Grade 8
20701 Brantley Rd., Shaker Heights
(216) 321-8260
Grades 9 to 12
2785 SOM Center Road
Hunting Valley
(216) 831-2200

University School's Junior Kindergarten curriculum focuses on activi-

ties that encourage the development of early cognitive language and math skills, along with science, language, art, music, physical education, and outdoor play. Their faculty encourage these youngest boys to develop the academic, social, and emotional skills needed to enter kindergarten the following year with self-confidence and independence.

Join them at camp this summer! Their Preschool Day Camp is designed to engage prekindergarten boys in a creative and stimulating environment. Boys can enjoy one, two, or three weeks of explorations that will guarantee a unique journey of discovery: "3-2-1 Blast off!"; "Coding Fun"; and "Think It, Create It, and Watch It GO!" The camp is run by dynamic US teachers.

Programs are held at the Shaker Heights campus, which features a primary wing designed for young boys, and an innovative design lab, STEAMworks.




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Preschool Visit Checklist

(answer yes or no)

1. Do the stated learning goals match mine?
2. Do the goals address all areas of my child's development including social play, control of emotions, language skills, learning letters and numbers, engaging in science, art and physical development?
3. Am I comfortable with the school's discipline policies?
4. Is the school licensed by the state? Is it accredited by a national association like the NAEYC?
5. Does the lead teacher have a bachelor's degree or certification in Early Childhood Education?
6. Are support workers trained?
7. Is there one adult for every ten children?
8. Are there separate learning centers for various activities such as art, reading, dramatic play, writing, etc.?
9. Does the school use a well-known quality curriculum preparing children for kindergarten later on?



10. Does the class follow a daily routine that offers a variety of activities? Do the children play both outdoors and inside?
11. Are parents free to drop in without making an appointment?
12. Does the school have a means of regularly communicating with parents? Do they report the activities of the past week or month?
13. Are the teachers warm and caring with the children? Do they have conversations with the children as they work or play?
14. Do you feel welcome?
15. Are the children happy and engaged?
16. Do children have the opportunity to choose their activities part of the time?
17. Are the children talking and interacting with each other?
18. Are books and read-alouds a regular part of the day?
19. Is children's art work and other work samples displayed?
20. Are the furniture, equipment and toys age appropriate? In good working condition?

As you check yes or no to each of these questions, decide which of them are deal-breakers for your family and which are not as important. Jot down notes as they occur to you and feel free to ask more questions of the staff and administrators.



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Lake County History Center

Preserving and researching local history for 83 years

By Nina Light Polien

An excursion to the Lake County History Center may represent a trip down Memory Lane for longtime Lake County residents. Their friends who are newer to the area will also find much to appreciate within the walls of this local gem.

"This is not a typical county museum," says Amy Kapostasy, director of History Center. "Anybody would find value in the exhibits here. We tell the local history, but we also try to tie it into regional, Ohio or national history, so visitors can see the place that event or person held in a bigger picture. It's not just Lake County artifacts in glass cases."

The organization, which is now in its 83rd year, is dedicated to preserving and interpreting Lake County's history. Its current 13-room museum holds permanent and rotating exhibits. The permanent collection includes more than 3,000 family records, more than 15,000 photographs, about 3,000 published library materials and an archival collection representing families, businesses, clubs, associations, churches and schools.

Visitors enjoy The Garfields: The Next Generation, which tells the story of Ohio-born President James Garfield's widow and sons, and Blue Coats Room Display, which honors Lake County's first responders. Recently the Daughters of the American Revolution have items on display.

A current special exhibit concentrates on the 1940s and has been a hit with senior citizens.

"We've reconstructed a 1940s kitchen with a number of artifacts," Kapostasy says. "The exhibit includes a Maytag wringer washing machine, which was brand new to many homes in that era."

Also on display are a Hallicrafter television set and a 1947 Philco radio. A CD that plays radio programs from the 1940s is positioned nearby to make it sound like broadcasts are coming directly from the old-time

radio. Educational videos enhance several other aspects of the exhibit, as well.

Another popular exhibit is the Magical Musical Machines with working music boxes on display from the International Music Box Society.

In addition to functioning as a museum, Lake County History Center serves as a resource for genealogists and research buffs.

"If they're interested in doing research, they can make an appointment with the research team" Kapostasy says. "It could be family information or another topic. People often ask about schools in Lake County because they're either retired teachers or their parent was a teacher. People also research Little Mountain; that whole community had a life of its own."

The center presents educational programs to groups of all ages, either onsite or at another venue. Senior centers and organizations often collaborate with the Lake County History Center on events that include a presentation, guided tour of the exhibits and lunch. Discussion topics may be tailored to the group's interest or selected from established subjects. Among the most popular themes are Marvelous Mansions, Scandals and Mansions, Remarkable Ladies of Lake County and Freedom's Journey: The Underground Railroad.

Established in 1938, the Lake County History Center originally cared for Lawnfield, President Garfield's home from 1876 to 1881 along with preserving Lake County history. In 1982, the U.S. National Park Service assumed control of Lawnfield, and Lake County History Center moved to Shadybrook, which, at one time, was the Little Mountain summer home of Arthur D. Baldwin. Arthur's daughter Margot is an emeritus member of the board of directors.

In 2005, the organization purchased its current building, which operated as the Lake County Home until 2003. It is located in Paines-



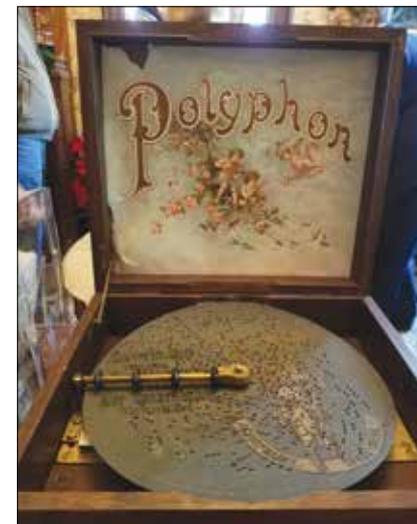
Photo credit: Rich Jescheinig

ville Township, next to Riverside High School.

Later this spring the History Center is excited to be opening their newly renovated event barn. It is a beautiful, unique venue to make your own history! Call the History Center today to reserve your date!

When the History Center re-opens after the pandemic, normal operating hours will be Tuesday through Saturday, noon to 4 pm. Admission is \$5 for individuals and \$8 for guided tours, which must be arranged in advance. Children 5 and under are free. Prices for group events vary based on the program.

Visit lakehistorycenter.org or call (440) 639-2945 for more info.



One of nine working Magical Music Boxes that are currently on display at the Lake County History Center.



Mike Moran Basketball Camps

CAMP STAFF

MIKE MORAN: Inducted into Ohio Basketball Hall of Fame in 2020; former head coach at John Carroll University w/ 459 career wins; guided JCU to 14 OAC titles, 12 trips to the NCAA Tournament & one Final Four appearance; former VASJ head coach where his teams won 2 state championships.

PETE MORAN: Head coach of John Carroll University.

PAT MORAN: Assistant coach of John Carroll University.

MATT MORAN: Head coach of Lake Catholic.

MARK CHICONE: Former head coach of both Lake Catholic boy's team and Mentor High School girls.

TONY REDDING: Head coach of girls at St. Martin de Porres.

RYAN SCHNEIDER: Head coach of boys at St. Martin de Porres.

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June 22-26
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Call **(440) 338-8092** for brochure or more info.

- **Eligibility:** Camp is open to boys and girls ages 6-14
- **Camp Fee:** \$185.00
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Outdoor Adventure Camps

Registration is open now for youth entering grades 5 through 10

"My son, who is almost 11, dreads it when I sign him up for any kind of summer camp, but he really enjoyed this one," wrote one parent. Another, wrote "My son loved camp! He was so excited to come home and tell me about all his wonderful experiences. The staff was knowledgeable and very friendly!"

And the Geauga Park District also can't wait for another great summer of Adventure Day Camps, featuring activities at a variety of 25 county parks.

This summer, campers will get the opportunity to kayak on Lake Kelso at Burton Wetlands Nature Preserve – a park location that can only be explored with a park naturalist.

Kayaking returns among many other popular summer camp adventures: hiking, geocaching, biking, building and launching model rockets, exploring and fishing!

Gauga Park District's 8th annual camps will be offered in week-long form for youth entering grades 5-7 the weeks of June 8, July 6, July 13, July 27 and August 3. The week of June 15, a Junior Naturalist Camp for this age group will also direct the focus to



streams, lakes and forests for discovery of insects, fish, amphibians, reptiles, birds, astronomy and more.

For teens entering grades 8-10, week-long experiences will be the weeks of June 15 and July 20. Both of these weeks will include the popular high ropes course fun at Claridon Woodlands as well as archery! Plus, single-day "X-Treme Adventures" will be held July 9 (X-treme Kayak Adventure), July 16 (X-treme High Ropes Adventure) and July 30 (X-treme Biking Adventure).

Registration is open now at (440) 286-9516 or www.geaugaparkdistrict.org. For fees and additional details, please visit their website under Activities, then Naturalist-Led Experiences.

One-on-one tobacco cessation counseling services via video

Lake-Geauga Recovery Centers, Inc. has been offering one-on-one tobacco cessation counseling services with independently licensed therapists since September 2019. Now, in an effort to help our community by slowing down the spread of the COVID-19 virus, Lake-Geauga Recovery Centers offers this service via video therapy or phone.

Smokers can and do quit smoking. In fact, today there are more former smokers than current smokers. Quitting smoking greatly reduces the risk of developing smoking-related diseases and, for those who struggle with the use of other drugs, quitting tobacco products is found to decrease the risk of relapse. Lake-Geauga Recovery Centers offers assistance to help those who want to quit their use of tobacco products.

Interested individuals may call Lake-Geauga Recovery Centers at (440) 255-0678 in order to complete an intake and begin the process. Licensed therapists

will meet with the individual, via video, to complete the regular intake procedure including assessment of individual needs and readiness to engage in treatment services. Individuals will then work with their therapist to develop a personalized plan, link with appropriate resources and supports, and coordinate Nicotine Replacement Therapy (NRT) with the individual's insurance company (as needed).

If you would like more information about our tobacco cessation services, or to schedule an appointment with Lake-Geauga Recovery Centers, please call (440) 255-0678 or email info@lgrc.us

Lake-Geauga Recovery Centers is a private, nonprofit agency providing continuous service to the community since 1971. Services at Lake-Geauga Recovery Centers are made possible due to the generous support of the Lake County ADAMHS Board, the Geauga Board of MHRS, and United Way of Lake & Geauga Counties.

APRIL IS CHILD ABUSE PREVENTION MONTH

Congratulations to Detective Dan Radigan of the Mentor Police Department for being chosen as the 2019 Child Advocate of the Year by the Lake County Department of Job and Family Services.

Wear a blue ribbon pin or blue wristband every day in April to show your support for Lake County's Children!



We will recognize National Child Abuse Prevention Month with the Pinwheels for Prevention Campaign by displaying 1,100 blue pinwheels at Lake County Job & Family Services in Painesville. The pinwheels are a symbol for child abuse prevention and an uplifting reminder of childhood and the bright future all children deserve.

If you know of a child who may be abused or neglected, please call the Child Abuse Hotline at (440) 350-4000 or (440) 918-4000 then press 1

SMART Recovery helps those with addiction problems

Mentor-based organization supports thousands across the USA and Canada

If you ask Mark Ruth, running out of office space for employees is a good thing. And running out of room in the staff fridge is okay too. After all, the need for expansion is about being able to help more people who are trying to overcome various addictions.

Ruth is the executive director of SMART (Self-Management and Recovery Training) Recovery USA, Inc®. The organization's national office, located in Mentor, Ohio, supports a community of mutual support groups.

With the help of thousands of dedicated volunteers, many of whom achieved success using SMART's programs and support, over 3,000 recovery meetings are offered in person and online. Participants in the U.S., Canada, and 25 other countries use practical tools, social community, and self-empowering principles to help one another resolve problems with addictions to drugs, alcohol or for other problematic activities such as gaming, gambling, or eating disorders.

Ruth, along with assistant executive director Christi Alicea, manages operations in modest headquarters, producing ripples of life-changing emotional and practical support for people fighting addictions across the world, and for their family and friends.

Ruth points out that SMART's core principles are multifaceted. "With the opioid crisis compounding the widespread scourge of addiction, we must invest in what works for individuals seeking independence from their addictive and problematic behaviors. Since our start in 1994, we have believed it important for individuals to choose a pathway to recovery that works best for them. We offer our science and evidence-based tools to empower individuals to manage their own recovery journey, no matter their stage of recovery, faith, or decision to use physician-prescribed medication assisted treatment (MAT)."

Ruth says SMART's unconditional acceptance approach is invaluable for many looking for a way to develop a healthy and balanced lifestyle that works for their values, principles and beliefs. In short, the most effective method of recovery is one that works

best for each person.

While access to a social community is critical to an individual's recovery success, SMART's central tenets are grounded in its 4 Point Program®, which offers tools and techniques to address how to:

- 1) Build and maintain motivations
- 2) Cope with urges
- 3) Manage thoughts, feelings and behaviors
- 4) Live a balanced life

When Ruth became executive director, he realized that SMART Recovery, as well-known as it is on a global level, was still a local secret. He immediately reached out to U.S. Congressman Dave Joyce (vice chair of the Addiction, Treatment, and Recovery Caucus in the U.S. House of Representatives), State Senator John Eklund, State Representative John M. Rogers, and other leaders from local communities. As a result of their collective support, SMART received pioneering financial support from the state of Ohio's Mental Health and Addiction Services (OhioMHAS) and from the Cleveland Foundation. As a result, SMART now has local outreach and training initiatives that can support individuals and organizations, including veterans, educational institutions, treatment centers, and schools.

According to Lori Criss, Ohio MHAS director, SMART Recovery's approach is unique and has the potential to positively affect many Ohioans struggling with addictions. Criss says, "The process of recovery is highly personal. Having support is crucial to each person's success. Through this investment, we are providing additional options to help Ohioans achieve lasting recovery and wellness."

To continue helping individuals facing addiction, along with their family and friends, a new anonymous Family & Friends online meeting will start Thursday, April 9. This free meeting will be held from 6:30 p.m.–8:00 p.m. and be available to anyone with a computer, tablet or phone in Lake County and surrounding communities via Zoom online teleconferencing. All SMART meetings use self-management and life-skills tools for those who struggle with challenges of living with or caring



about a loved one who is working to manage their addiction.

All this education, training, communication, outreach, and operational support work requires dedicated and skilled professionals. In addition to Ruth and Alicea, SMART Recovery is supported by a team who have been actively engaged in other local community organizations.

As Alicea observes, "We're like the little engine that could—with

help from our SMART community, we keep pushing and pushing with one primary goal in mind: helping individuals and families facing the challenges of recovery from all kinds of addictions."

For more information about the new Family & Friends and other SMART meetings, reference the local meeting listing (Mentor, OH) at www.SMARTrecovery.org for details or call (440) 951-5357 for support.



CPH SUMMER ACADEMY

THEATRE TRAINING BY THEATRE PROFESSIONALS

Registration is now open for Cleveland Play House Summer Academy! We have exciting programs for young people this summer ranging from creative drama to musical theatre! Excite creative potential, and nurture your child's passion for the performing arts!

FOR MORE INFORMATION OR TO REGISTER:
clevelandplayhouse.com/academy
216.414.7111



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440-833-0570

Just For Laughs!

Here are some silly jokes that we hope will bring a smile to your face. We found them randomly online. Feel free to share the silliness with family and friends. Read at your own risk!

A snail who was tired of being slow went and bought a sports car with a big "S" painted on each side. Whenever someone saw him zooming past, they'd say, "Hey, look at that S-Car Go!"

A man tells his doctor, "Doc, help me. I'm addicted to Instagram." The doctor responds, "Sorry, I don't follow you."

Yesterday I saw a guy spill all his Scrabble letters on the road. I asked him, "What's the word on the street?"

My wife told me to take the spider out instead of killing him. Went out. Had a few drinks. Nice guy. He's a web designer.

(We warned you these were silly!)

I told my wife she was drawing her eyebrows too high. She looked surprised.

Today at the bank a lady asked me to check her balance. So I pushed her over.

I wonder what my parents did to fight boredom before the Internet. I asked my 18 brothers and sisters and they didn't know either.

I forgot my cell phone when I went to the toilet yesterday. We have 245 tiles.

I think I want a job cleaning mirrors. It's just something I can see myself doing.

What concert costs only 45 cents?
50 Cent featuring Nickelback.

I was addicted to the hokey pokey, but I turned myself around.

I was wondering why a Frisbee appears larger the closer it gets...then it hit me.

Son: Daddy, can you put on my shoes?
Dad: I can try but I don't think they'll fit.

Dad: "Can I see your report card, son?"

Son: "I don't have it."

Dad: "Why?"

Son: "I gave it to my friend. He wanted to scare his parents."

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school. She said that people use tablets nowadays and handed me her iPad. The fly didn't stand a chance.

"Coronacation"

A few things to keep in mind with your newly simplified schedule

By Stacy Turner

These are challenging times, filled with uncertainty and fear for people of all ages as this pandemic touches everyone's lives, regardless of where they live. In an effort to slow the rise of illness, communities are practicing "social distancing," a novel new concept that has become common, thanks to COVID-19. When our busy schedules are suddenly still, it may seem a bit unnerving. That's where faith and hope come in.

By now, you and your family are probably trying to settle into a new normal, sequestered at home. Your kid's schools may have provided online or paper copies of assignments to be completed over the next few weeks, giving you time to settle into a schedule that works for your family. As you and your family try to make the best of this unprecedented time together during what my kids are referring to as a "coronacation," you may wonder how you'll deal with the next few weeks at home without driving each other nuts. As you look over your new, more simplified schedule you may want to keep a few things in mind.

Make time in this unprecedented quiet to read something. If your family is like mine, they probably don't have much time to read for fun during

the hectic school year. On the bright side, some time has just been freed up, so take advantage of it. If you're looking for something new, check out your local library. While libraries have closed their local branches, most offer online access for downloading ebooks, audiobooks, and streaming TV shows and movies. And as the days at home, with limited access to social circles begins to grate on you or your kids, maybe it's time to reread "The Diary of Ann Frank" to gain a bit of perspective.

With social distancing in effect, both you and your kids may need some ideas of how to spend time -- both together and apart -- without driving each other up a wall. With messaging, social media, and connectivity apps, reaching out to coworkers and clients, or friends and far-away family for needed social interaction is easy to do. And offline, I've found that our dog is a great listener who's game for a walk anytime of the day.

With heightened concerns over germs and the sale of more cleaning products than ever before, chances are you've got the supplies and plenty of time to clean something. Think beyond proper hand-washing techniques and sanitizing of communal areas. Having uninterrupted time at home gives you and your kids time to clean and organize those areas that your previously busy

schedule hasn't allowed. Not the height of fun, but feeling productive can be rewarding.

Although some spring sports seasons have been canceled, my kids still hold out hope that they'll be able to enjoy at least a part of their season. So they're continuing with workouts as a team of two. If you've been going to the gym or class to exercise, don't you give up, either. Find something similar online, or try a new workout on your own; share it on social media to stay accountable. And make time to go outside for some fresh air. Whether you plan a scavenger hunt, a quick run, walk the dog, or get a head start on spring clean-up, a change of scenery can change your perspective for the better.

Reach out to elderly family members and neighbors to offer assistance or just let them know you care. If you're heading to the store, find out what they need and drop it off for them. Calling or sending a card will spread compassion, not disease. Pull out those adult coloring books, or unearth those neglected craft kits or recipes and create something. Have your kids join you -- the results may not be pin-worthy, but you'll have fun together. And during this time of refocusing on home and family, don't forget your faith. Use this unprecedented time to be still, and remember that in spite of all the uncertainty, God will see us through.

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