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Aug/Sep 2020

Lake/Geauga

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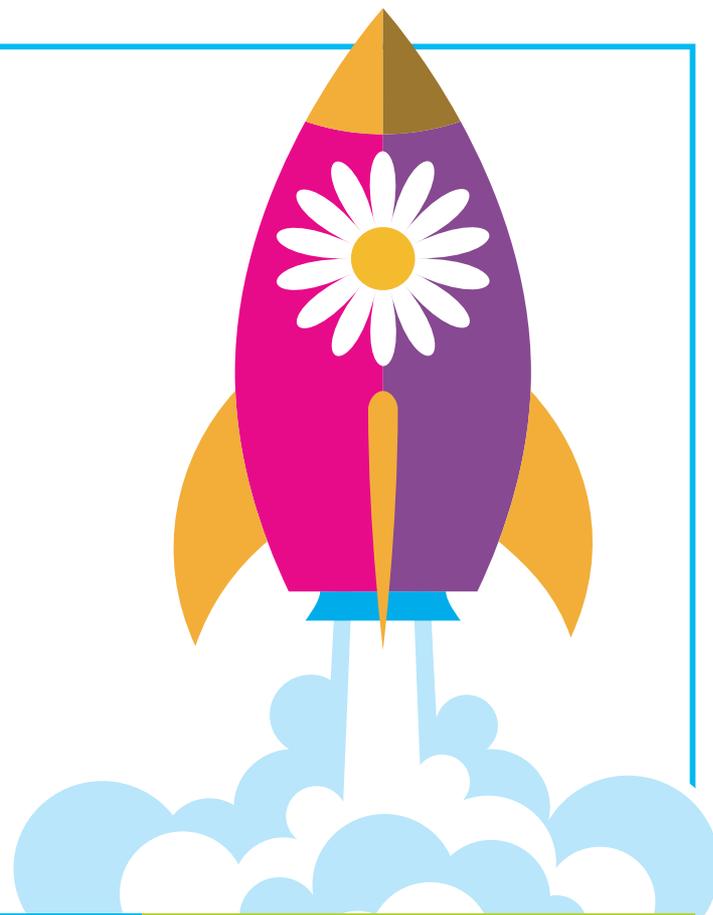
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Dental care for children

Mentor dentist has the answers

By Deanna Adams

When it comes to the topic of dental care for their children, many parents are filled with questions about when, where, why, and how to begin.

And the questions are valid. After all, young children, preteens and teenagers have different needs than adults when it comes to dental growth and development.

Then there's the fear factor. Many suffer from dentophobia—anxiety associated with seeing the dentist—even before their first visit! So there are many advantages to taking your child to a pediatric dentist as opposed to a general practice dentist. A pediatric dentist undergoes specialized training when it comes to dealing with children on a regular basis.

Dr. Laura Westover can address all of these concerns. She has recently transitioned her dental practice to Mentor, Polar Pediatric Dental Care, which specializes in children's

dental needs and making a child feel comfortable from the first visit on.

Westover received her DDS degree at The Ohio State University College of Dentistry, then her master of science degree and pediatric dentistry certificate from the University of Toledo Medical College. In addition, she is a diplomate of the American Board of Pediatric Dentistry and a member of the AAPD.

"I practiced pediatric dentistry in northwest Ohio for five years before moving to the Cleveland area in 2018," she says. "Cleveland and the Mentor community quickly became home!"

Polar Pediatric Dental Care comes with a mascot: Molar the Polar Bear. After all, you have to make going to the dentist "fun." If the process is treated as an activity, chances are a child will continue the practice long into adulthood. "Most of our patients' families know us as "the polar bear place," Westover adds. "He will always be part of our growing and

improving business. I mean, who doesn't love a cuddly furry friend?"

We asked Dr. Westover about the most frequent concerns regarding early dental care.

TF: It's well known that a pediatric dentist is better for a child than a general dentist, but why exactly?

Dr. Westover: Pediatric dentists are uniquely qualified to treat children. All pediatric dentists must complete at least two extra years of specialized training, such as child behavior, growth and development, beyond the four years of dental school, and some have an additional degree. Pediatric dentists can offer more options when it comes to treating your child. They are trained on how to help reduce child anxiety, and make appointments fun and engaging. Getting this specialized care for your child often has no additional cost to you. We participate with most dental insurance plans.

TF: What is the earliest age a child should see a dentist?

Dr. Westover: The American Academy of Pediatric Dentistry recommends a child's first dental visit is by the first birthday. While some children have few or no teeth at this time, it helps parents know how to best care for their child's mouth and teeth, what products to use and when, and allow children to get used to coming to the dentist.

TF: What age should a child transition to a general dentist?

Dr. Westover: It depends on the patient's age and unique needs, but often occurs at age 17–18 years old.

TF: How should a parent prepare their child for a first, and subsequent, dental visit?

Dr. Westover: It depends on the child. For some of the younger children, practicing at home is fun with pretend play. For some of the older children, they do better with their parents telling them what to expect. The most important thing a parent can do to prepare for their child's visit is to inform their pediatric dentist of what their child's unique needs and expectations are. This way our team can personalize the appointment and make it fun!

TF: What other things do you do to put children, and their parents, at ease?



Dr. Laura Westover

Dr. Westover: We get to know the child and their family. This helps us put together a specialized plan for care. The team members at Polar Pediatric Dental Care are very friendly, welcoming, and understand that each child is different. Our treatment team has a combined 50+ years of experience with just children, so we know how to cater to each child's and families' distinctive needs.

Some of the ways we ease children's worries is to tell patients what we are going to do, show them (so they can see there is nothing to be worried about), then proceed when they are ready. Also, we offer nitrous oxide to help patient's feel more relaxed. Sometimes something as simple as having patients bring their own music to play helps. Just ask us what we can do to help!

TF: Finally, what care should be taken at home to protect their teeth other than brushing two or three times a day?

Dr. Westover: There are all types of ways to care for your mouth and teeth! Something as simple as wearing protective gear during sports or while playing outside can help protect your teeth from trauma. Of course, diet is important too. Limiting sugars in meals is very helpful. Also, looking in your child's mouth while they brush can be quite important. Notify your pediatric dentist if things don't look quite right. We are happy to help!

Polar Pediatric Dental Care is located at 8484 Market Street, Suite 2 in Mentor. For more information, see www.polarpediatricdentalcare.com. To schedule an appointment, phone (440) 266-1740.



Mariana Perez, Director of Dance at Fairmount
Photo by Alex Brenner Photography

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Why Choose a Pediatric Dentist?

A pediatric dentist is a specialist that focuses on treating children ranging in age from infant to adolescent and is trained to expertly treat the unique dental needs of young patients. Becoming a pediatric dentist requires two or three years of advanced training after four years of dental school.

What Does Board Certification Mean?

Dr. Westover is a board certified pediatric dentist, which means she passed a challenging examination process administered by the American Board of Pediatric Dentistry. Board certification ensures extensive and current professional knowledge, skill, and expertise.

Will My Child Feel Comfortable?

The Polar Pediatric Dental Care team goes the extra mile to involve your child in his or her dental appointment. We make sure your child has a great time during their visit because we want him or her to love seeing the dentist!



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Using the Ask/Tell/Ask technique, we engage your child's attention and get them involved. The end result is a simple and straightforward dental appointment that leaves your child wanting to learn more about their teeth and how to keep their mouth healthy.



Laura J. Westover, DDS, MSBS
Board Certified Pediatric Dentist

 8484 Market Street, Suite 2
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POLAR PEDIATRIC
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Girl Scouts thankful for outpouring of support of cookie program during pandemic

Corporate donors partner with Girl Scouts to support cookie entrepreneurs and community causes

Girl Scout cookies not only taste good, they do good! When this year's cookie season was abruptly interrupted by COVID-19, and Girl Scouts throughout northeast Ohio were left with millions of dollars in unsold inventory, troops did what they have done for generations – they got out in front of the crisis and made a huge impact in the world.

Week after week, Girl Scouts of North East Ohio (GSNEO) troops made headlines for bringing joy to nursing homes, food banks, and essential workers, including first responders, truck drivers, and others on the front lines of the pandemic – they were even featured during one of Governor Mike DeWine's press conferences for spreading positivity through cookie donations.

GSNEO launched the Cookie Relief Fund and Girl Scouts of the USA launched Cookie Care to encourage supporters to purchase

cookies online to treat themselves or to donate cookies for Girl Scouts to distribute to local causes. With donations totaling \$74,000, supporters helped 95 troops help others. A combined total of 110,000 packages were purchased through the cookie relief sites.

Local companies partnered with the council to give the Girl Scouts' cookie business a financial boost while also donating cookies to their chosen causes.

- Giant Eagle/GetGo purchased \$25,000 of Girl Scout Cookies and donated them to teachers in Greater Cleveland during Teacher Appreciation Week.
- Cardinal Health purchased 840 packages for their warehouse workers throughout the United States.

When the Girl Scout Cookie sale ended in June, GSNEO had 8,000 cases (96,000 packages) of unsold

cookies stored in warehouses. The council reached out to longtime partners and corporate donors and offered to work in collaboration to donate and deliver the cookies to their chosen causes. The Cuyahoga Metropolitan Housing Authority, Giant Eagle/GetGo, KeyBank and Lubrizol Corporation/Foundation were among the many to offer assistance.

Girl Scout troops also worked with local restaurants and small businesses to sell cookies they had intended to sell at cookie booths throughout northeast Ohio. Unable to set up booths to attract buyers with their boxes of Thin Mints, Samoas, Do-Si-Dos, and the new Lemon-Ups, troops turned to digital sales, giving girls a safe, contactless way to continue to sell. Digital cookie sales increased by 61% in northeast Ohio compared to last year.



Support for the Girl Scout Cookie program stays local and enables GSNEO to provide leadership programs and experiences to more than 25,000 girls throughout northeast Ohio. Selling cookies gives girls the ability to power unique opportunities and adventures for themselves and their troops. And they do it all while practicing entrepreneurship, learning critical life skills, exploring the great outdoors, and diving into fun, hands-on STEM activities that unleash their imaginations and broaden their worlds.

To join, volunteer, reconnect, or donate, visit gsneo.org.

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Thinking about becoming a foster parent?

Here are answers to some of the most commonly asked questions

Children come into the custody of the Lake County Department of Job & Family Services (LCDJFS) due to a crisis which resulted in the child being a victim of abuse, neglect or dependency. If the child cannot be placed safely with a relative, LCDJFS is responsible for providing a safe environment for that child.

It is the philosophy of the LCDJFS that children grow better in families, therefore their primary goal is to find foster care providers who are willing to provide temporary care to children while their families are in crisis.

The LCDJFS is always in need of new foster parents and understands that the experience can seem overwhelming. Today's Family recently spoke with Lori O'Brien from LCDJFS who provided answers to questions we have heard from readers and friends about foster parenting.

What are the most common misconceptions about foster parenting?

The biggest misconception held by most foster parents is that of adoption. Many of those licensed as foster parents are also licensed as adoptive parents. They ask how fostering to adopt works thinking that if they foster a child that that child will eventually be adopted by them. We reinforce with them that foster care entails reunification with birth families and that adoption is never a guarantee but rather a concurrent plan for children in the event reunification cannot occur with birth parents or family.

Families who are solely looking to adopt a newborn baby typically are not a good fit for our program and should be working with a private adoption agency. Many of our newborns who enter foster care are adopted by their foster parents a year or two down the road but it is never a guarantee.

What does it take to become a foster parent?

In order to become a licensed foster parent, an applicant must first take 36 hours of training which introduces the applicant to the child welfare system and foster children who come from abuse and neglect backgrounds. These classes are meant to be educational in nature.

Once training is completed, the applicant receives an application to fill out. Once the completed form is returned to the agency, that applicant is assigned a social worker who will work toward licensing the applicant as a foster/adoptive parent.

The state of Ohio has certain requirements that each home must meet and the assessor will ensure that the home meets all paperwork, safety and interview requirements before licensure. Some requirements include the applicant and all adult household members to have a criminal background check completed through BCII and the FBI, fire inspections from their fire department on their home, completing paperwork like finan-



cial forms, receiving three references about the applicant from friends and family and completing physicals with their doctor.

Can single people, nonmarried couples or gay couples be foster parents?

Anybody can apply to be a foster parent regardless of marital status or sexual orientation. Foster children come from diverse backgrounds so it is important to have a diverse group of foster parents with different strengths to choose from in order to make the best possible placement for children. We have had children placed and adopted by single people as well as gay couples. The most important thing is they have the ability to provide a safe, stable and a loving environment for the children. Foster parents are ordinary people doing extraordinary things to help children.

Individuals who are willing to foster young adults are really important and Lake County cannot have enough foster parents willing to guide and mentor teens.

Can I choose the age and sex of the child I take in to my home?

Yes, applicants can choose the characteristics of the child to be placed into their home. It will be up to the applicant and social worker to ensure that their home is equipped per state guidelines for the child they are looking to foster.

For example, if an applicant wanted to foster older children, the assessor would make sure that the applicant had the proper bedding for an older teen and received education about their need to work with this child on independent living skills. Additionally, a social worker will contact the foster parent to discuss the child's characteristics and the foster parent makes the decision if the child is a good fit for their family.

What if the child becomes too much for me to manage?

When a child enters into foster care, there are community and agency supports put into place to help the child and the foster parent adjust to the child's transition into the home. There will always be a transition that both the child and the foster parent need to work through. Each foster parent has their own social worker for support.

The foster parents can also use community supports for child specific assistance like counseling or developmental coaching.

Lake County works very hard to support foster parents through the transitional period to prevent the child from having to experience another change. At times, however, the child's needs are too much for a foster parent to manage for a variety of reasons. In this event, we as an agency try to make a smooth transition for the child from the foster parent's home to their next placement. The most important concept is to try to make a good placement choice in the beginning so a child does not have to move and experience more trauma.

Is there any financial assistance available to foster a child?

Yes, licensed foster parents receive a monthly allowance to meet the needs of the child placed in their home. They can use this allowance to meet the child's needs, get them involved in hobbies/clubs through school, help pay the increases to groceries in their home, etc. The agency also helps reimburse for other needs such as clothing, graduation expenses, mileage for children with high medical needs who need regular treatment, etc. Foster children are also placed on Medicaid to meet their medical needs.

How long do children usually stay in foster care?

A child's length of stay in foster care is unpredictable as it relies on many different factors. The average stay in foster care is anywhere between 9-12 months.

How often does fostering lead to adoption?

When a child is placed with a foster parent, typically we have already tried to find family who will care for the child. The parents are provided clear directives from a court order on things they need to successfully accomplish in order to provide a safe return of their child. If the parents are not able to accomplish these tasks in a time period ranging from 12-24 months, the court may grant the agency permanent custody which means the parents have no further rights over their child.

When permanent custody is granted, this agency seeks a permanent home for the child. In most situations, since the child has resided and bonded with their foster parents for the last 12-24 months, the foster parents would be first choice if they desire adoption and if the placement is in the best interest of the child. The majority of foster children adopted in Lake County are adopted by their foster parents.

If you would like to learn more about fostering and adoption, contact the Lake County Department of Job & Family Services at (440) 350-4128.

Open your heart and your home to a child in need



Become a foster parent!

Your home can make a difference!

Foster homes give children safety, security and supervision. You can help protect children from abuse or neglect by providing a caring environment for them until they can return to their parents or be adopted by a foster parent.

Contact the LCDJFS to learn more about becoming a foster parent.

Call the Foster Care line:

(440) 350-4218

(440) 918-4218

**Lake County Department
of Job and Family Services**



Curtailing the COVID doldrums

Online creative arts therapies enrich the daily routine of individuals who have developmental disabilities

The Lake County Board of Developmental Disabilities (LCBDD)/Deepwood partnered with The Fine Arts Association to bring art and music therapy to residents at the County Board Intermediate Care Facilities --ARC and Jacklitz Continuing Development Center (JCDC)-- during the shelter-at-home time period amid the COVID-19 pandemic.

Music has been recognized as therapeutic as early as the 1790s and brings a wealth of joy and benefits, in particular to persons who have developmental disabilities. Art therapy, which was titled in 1942, is the therapeutic use of art making to promote physical, social and emotional health and well-being. Knowing the benefits of such therapy, The Fine Arts Association and LCBDD/Deepwood's Community Outreach Department collaborated to connect residents with community-based art and music therapy using a HIPAA compliant online application.

Trained therapists appeared on a



TV screen in front of a small group of residents. Supplies for art projects were provided and stations were set up six feet apart for each resident to participate in the project.

For music therapy, a collection of rhythm instruments was collected. Each week, upbeat music and therapy instructions had everyone moving up and down and all around to the tempo.

Visit www.lakebdd.org or www.fineartsassociation.org/education/therapy for more information.

Fairmount Center for the Arts announces fall programming

Fairmount Center for the Arts announces its fall 2020 session of programs. Registration is underway and classes and music lessons begin the week of August 31.

Programming includes classes in dance, theatre, music, visual arts and fitness. Classes are offered for preschoolers through adults in all arts disciplines. Programs will take place both on-site (with small group sizes, social distancing and masks required), as well as online.

Dance: Through a partnership with Verb Ballets, Fairmount's School of Dance provides a progressive, curriculum-based program for students ages 5 through 18 years. Fairmount School of Dance offers courses in ballet, pointe, tap, jazz, and contemporary. Through the Fairmount School of Dance, students may also participate in Fairmount Dance Company and Fairmount Dance Company Jr. which are educational, community based performance ensembles.

Recreational Dance offer classes for children (starting at 3 years), teens, and adults in Kinderdance, Ballet,

Jazz, Hip-Hop, Tap and Spanish and African Dance.

Theatre: Through Fairmount's theatre programs, actors develop skills in creative dramatics, script reading, singing, and choreography and gain self-esteem and confidence in a caring, energetic atmosphere. This fall, the Youth Theatre Program will present "The Big Radio Broadcast of 2020." This online program will include songs, dances and acting scenes in the format of an old fashioned radio show.

Art Classes: Art classes and workshops that explore drawing, painting, mixed media and ceramics are available for children and adults.

Music: Fairmount offers music lessons taught by professional music faculty. Lessons are offered in piano, voice, violin, guitar, ukulele and saxophone. A group ukulele class will also be offered this fall!

Fitness: As part of its fitness program, Fairmount offers yoga and Zumba classes.

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Holden Arboretum and local artists create an imaginative outdoor fairyland with fairy doors

Explore the woodland trails and gardens of the arboretum with an interactive scavenger hunt

It appears that fairies have moved into the woodland forests and gardens at Holden Arboretum and now through August 27, 2020 children of all ages can see the signs for themselves! The arboretum team worked together with northeast Ohio artists to create seven woodland and garden homes for elusive fairies who chose the arboretum as their summer home. Thirty handcrafted fairy doors created by seven artists invite guests to explore deep into the forests and gardens on an interactive scavenger hunt.

There are two ways to experience the exhibit (printed maps will be available upon request at the entrance Gatehouse):

Hunt on your own! As you make your way through the trails of the arboretum, see how many you can find as you look high and low in gardens filled with flowers and along

woodland trails. The experience is also offered in rich detail through technology while emphasizing the importance of environmental stewardship.

Use technology. Visitors can be guided to each fairy community through an interactive mobile phone application. Each destination highlights the plants and trees that the fairies chose to live among, and beautifully handcrafted fairy doors mark the entrance to the fairy homes. Visitors are invited to discover a unique story that can be accessed via QR code signs at each site.

The exhibit features the work of seven local artists including Tracey Gardner, Jane Baeslach & Coletta Baeslach Arian, Erin Canales, Bette & Robb Durr, Beth Lynne Gregerson, Amanda Nyx and Tammy Shella.



Fairy Doors is sponsored by Cleveland Clinic Children's.

The exhibit is included with general admission to the Holden Arboretum. Admission cost is \$15 for adults, \$10 for children three to 12 years old and free for children 2 and under. The Arboretum is open from 9 a.m. – 5 p.m. Tuesday

through Sunday. Advanced reservations are required and can be made online at holdenarb.org or by calling (440) 946-4400.

The Murch Canopy Walk and Kalberer Emergent Tower are included with admission and are open from 10 a.m. – 5 p.m. Tuesday through Sunday.

MAKE YOURSELF AT HOME



In these unprecedented times, we're all finding ourselves at home more than ever before – which makes it even more important that home is a place where you feel safe and comfortable, and where your unique needs are met.

Ohio Living Breckenridge Village is offering creative solutions to help our residents feel safe at home right now. From pop-up grocery stores available across our campus, to fresh chef-prepared dinners being delivered to residents' front doors, we're doing everything we can to protect their health and safety, while maintaining their freedom and independence.

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Come and see artifacts of railroad's glory days from times gone by

Masks required. Social distancing measures will be in place.



Food & Drinks Available

Sunday, August 30, 2020
10 am to 5 pm

See Collinwood Engine 999

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Located in the NYC Painesville Depot
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Painesville, Ohio 44077
216-470-5780

See railroad signals, plate setting ware (dinner ware) that were used in the dining cars, railroad lanterns, paper work from different railroads, conductor hats, engineer hats, and much more from railroads of the past. Some items will be for display only by private collectors and some items will be available for purchase.

www.painesvillerrailroadmuseum.org

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mommy chronicles

A backpack full of memories

Just be sure to bring a paper map and some patience

"A road trip is a way for the whole family to spend time together and annoy each other in interesting new places." -Tom Lichtenheld

By Stacy Turner



As we sat down together to figure out what we'd each like to do this summer and the topic of taking a family road trip came up, our kids confessed their dread of the drive. Not because of carsickness or boredom, but because of the typical fights over navigating to our destination over unfamiliar roads.

My husband is the self-appointed driver, not because he's got a great sense of direction (he admittedly lacks that gene), but because he complains that I drive like an old lady. Instead of using old school maps to plot a course (I'm an old school map lover), he relies on GPS navigation, which doesn't always work well. Not that we've ever ended up teetering off a cliff or driving into a lake like one of the true-life "death by GPS" stories, but we have added countless unnecessary miles to more than one trip.

We've gotten into some pretty heated exchanges on the road that left one or both of us feeling pretty frosty. Later, we can joke about how it doesn't matter how fast you're going if you're heading in the wrong direction, or how lack of tech skills means the turn-by-turn directions often aren't relayed until after we've missed a turn. But in the heat of those moments, no one wants to be in the car, let alone headed off on a week of togetherness. Our kids recently confessed that during one particularly trying vacation, they worried we would get a divorce on the first day. It was humbling to learn that some of the childhood memories we're making with our kids included their parents acting like children.

This year, we agreed to do better. I learned to delegate some of the pretrip planning that used to take up most of my time and patience, and my husband agreed to bring an actual paper map to verify the GPS wasn't taking us on any unplanned detours. The pet sitter was lined up,

keys in hand, with plenty of food and supplies. No one decided at the last minute that they didn't have enough of the right size clean underwear or socks, and everyone had their bags packed and ready the night before our planned departure. We packed the car, packed a cooler, added an extra supply of patience, and headed out on the open road. We may have missed a turn or two, and we may have realized en route that the map was outdated by 20 years, but we gave each other grace in those moments. And surprisingly, we reached our destination with no blowups or marriage counseling needed.

We consulted a trail map to plot our hike into the campsite that would be our home for the next four days, carrying everything we'd need in the packs on our backs. After an hour-long hot, sticky, and mostly uphill hike, we found our campsite and began to set up our tent. Only to learn that one of our tent poles had broken. Without any tantrums or outbursts, we spread out our gear to figure out how to re-engineer a solution with what we had on hand, Apollo 13-style. Using a combination of rope, broken tent poles, nearby trees and a bit of McGyvering, we erected our tent. Like a bad haircut screaming out for a hat, we topped it with the rain fly and called it done. You'd never see this monstrosity at a camping store, but it got the job done, keeping us dry during the inevitable rain that plagues every camping trip.

After all was said and done, my family was rewarded this year with much more than the typical, "NO! I said RIGHT, not LEFT!" drama. We left with a backpack full of memories of just being together—rafting the white water of Pennsylvania, enjoying campfires, playing countless card games, and enjoying the solitude of the woods in our bad haircut tent.

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WRAAA needs advocates. Join our Advocacy in Motion (AIM) initiative. AIM is a group of consumers, advocates, service providers, and social service organizations. AIM enhances the community's voice on policy issues related to aging and disabilities.

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Local mental health walk becomes national virtual event

Fundraiser to be held October 10

Every year, the National Alliance on Mental Illness, known locally as NAMI Lake County, brings together hundreds of people to raise mental health awareness and funds through NAMIWalks Lake County. This year presents new challenges, so we're "going virtual." On Saturday, October 10, NAMI Lake County will participate in NAMIWalks Your Way: A National Day of Hope.

Many participants still plan to walk, using their treadmill or through a local park—all while taking precautions to stay safe. Others plan to hula-hoop, flip pancakes or practice yoga. They will share their activities on social media and follow NAMI Lake County's program on Facebook, where they will post mental health facts, participant activities and entertainment. Participants will choose an activity of their choice and join virtually with other NAMIWalks and tens of thousands of mental health advocates from



across the country.

To join NAMIWalks Your Way, visit namiwalks.org/LakeCounty. There is no registration fee, but fundraising is encouraged. Funds raised support NAMI Lake County's free local mental health programs and services.

"One in five adults experience mental illness, but it touches five in five people either directly or indirectly," according to Katie Jenkins, executive director. "This year we are already seeing an increased demand for mental health services. Our walk slogan 'mental health for all' has never been truer."

NAMI Lake County receives vital funding from the Lake County Alcohol and Drug Addiction Mental Health Services Board.

Great Lakes Science Center reopens with Body Worlds Rx

With the establishment of guidelines from the Ohio Department of Health, Great Lakes Science Center is now reopened with the premiere of the special exhibition, Body Worlds Rx! The groundbreaking anatomical exhibition reveals the marvels of the human body and the dramatic effects of disease.

The specimens on display in Body Worlds Rx show impressive comparisons of healthy organs and diseased organs, to reveal the physical impact of disease on the body's systems. Through the process of plastination, a complex preservation method that removes the fluids from the body and replaces them with reactive resins and elastomers, the specimens in this special exhibition offer guests the unique opportunity to be inspired and amazed by the inner workings of the human body. Visitors will see specimens that illustrate common ailments like cardiovascular disease and chronic obstructive pulmonary disease.

Guests will notice changes throughout the museum includ-



ing frequent hand-washing and sanitization stations and exhibits that have been modified to reduce touch interfaces. Other exhibits that involve reusable pieces have been modified to allow each social group to use freshly sanitized materials. The Science Center has also instituted increased cleaning procedures that will take place throughout the day, and daily after closing, including "fogging style" and electrostatic mister sanitizing treatments.

All guests and staff will be temperature checked when entering the building and will be required to wear a mask. Building capacity will be reduced and guests must buy their tickets in advance online and select an arrival time.

For hours and more info visit GreatScience.com.

Is a loved one struggling with addiction? SMART Recovery can help.

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Save big on back-to-school clothing at Goodwill

Whatever school looks like this fall, one thing is certain: your kids are growing and will need clothes.

Goodwill is a win-win-win option for back-to-school shopping: low prices, sustainable shopping and support to the local community.

Budgets are tight these days. So, it's especially important when purchasing back to school clothes and supplies that you can make your dollar stretch. Goodwill prices are typically 50-90% less than large retailers.

Whether its dorm essentials or shoes for gym class, Goodwill is a great option for families who are looking to save. The stores carry a variety of new and donated goods including jeans, uniforms, backpacks, shoes and housewares.

Goodwill is oftentimes referred to as the "original recycler." Accepting donated items and reselling to the community diverts these products from area landfills and lessens the impact on the environment. Last year, more than 11 million pounds of goods was diverted from area landfills



because of area Goodwill stores.

All purchases support a network of outreach programs that help thousands in our community. Last year more than 16,000 people were helped by Goodwill programming including job training, parenting programs, rape crisis services and more.

Goodwill Industries of Greater Cleveland and East Central Ohio operates 22 area locations, including stores in Mayfield Hts., Painesville, Eastlake and Chardon. Stores are open seven days a week.

During the COVID-19 crisis, Goodwill has adapted strict safety guidelines including a 24-hour hold on all donations and face mask requirements for shoppers.

For detailed shopping guidelines, log onto GoodwillGoodSkills.org.

If you are experiencing domestic abuse, Forbes House is here for you

Abuse comes in many forms; it is not defined by age, sex, race, geography, class or religion. Abuse can come from a spouse, a partner, a sibling, an offspring, a friend or a caregiver...anyone!

It comes from a mouth once laced with loving words now spewing profanities full of hate and anger. It comes from arms that once wrapped your body with a warm hug now pushing, choking and punching. It comes from the hand that once provided money now limiting and controlling your access to it. This is important because frequently, abuse is brushed off as bad behavior or "that's just how he/she is" when in fact it is not okay at all.

If someone's behavior affects you negatively, producing anxiety and you find yourself actively doing things to avoid a potential confrontation or an angry outburst by your abuser, you may want to reevaluate your relationship. You want to get out and Lake County's only domestic violence shelter, Forbes House, is here to help.

From our 24-hour help line to

support groups, legal advocacy and individual counseling we are here to help. If you or someone you know is in an abusive relationship and needs immediate assistance, please call our help line at (440) 357-1018.

Instead of needing help, you want to help? Here are a few ways to do so because your generosity is what allows us to focus on our work to empower and support survivors of domestic violence. Monetary contributions and gift cards (Uber, Giant Eagle, Target, Marc's, Walmart) are always appreciated. Our needs include nonperishable food, disinfecting wipes, cleaning supplies, paper towels, tall kitchen bags, plastic utensils, paper plates, laundry detergent, dryer sheets, size 6 diapers, baby monitors, new yoga pants, adult coloring books and arts and crafts.

Our annual reverse raffle fundraiser on October 9, 2020 will be virtual this year! Look for your chance to win \$2,500 along with amazing raffle prizes, the spirit table and wine pull! Save the Date and look for more details on our Facebook Page or website at forbeshouse.org.

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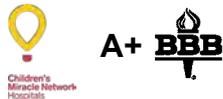
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Cardinal Credit Union has served the banking needs of northeast Ohioans for more than 67 years. While the coronavirus epidemic has impacted every facet of our daily lives, the health and financial security of our employees, members, their families, and the communities we serve, remains our top priority.

The ways retail banking behavior has changed since March is significant. Cardinal responded early to the challenges in surprising ways including: hiring additional customer service representatives to handle increased call center volume, offering paycheck protection relief, providing small business loans, enhancing electronic banking security associated with remote and digital channels, and creating an online appointment setting tool enabling employees to work safely, and interact with customers efficiently.

We immediately assembled a cross-disciplinary team to evaluate consumer needs, and to put the following temporary hardship assistance programs in place:

- **Payment Reduction** – Payment reduction for up to six months on

auto, recreational vehicles or unsecured loans.

- **Payment Extension Agreement** – Deferring loan payments for a time period and adding them to the end of the loan.
- **Home Equity Line of Credit** – Skip-a-payment assistance.
- **Mortgage Forbearance** – Forbearance in mortgage loan payment.
- **VISA** – Skip-a-payment option handled by our partner PSCU directly by calling: 1-866-820-5849 or a payment reduction handled personally by our Cardinal staff.

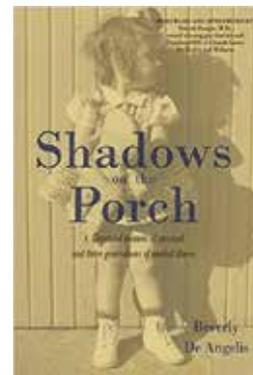
We're here to help. We would like to speak with you regarding the recently implemented measures to help minimize financial disruptions facing your family. Cardinal has more than 20 certified financial counselors available to offer guidance and discuss potential solutions.

You may reach us directly by emailing: creditsolutions@cardinalcu.com.

While our world is rapidly changing, our principle tenets remain constant: to protect your assets, provide seamless access to your money, and secure your financial future.

Join Extended Housing for a special Facebook Live event!

Join Extended Housing on Thursday, September 10 at 7 pm on their Facebook page for a special event featuring the release of "Shadows on the Porch," a book by local author Beverly DeAngelis. She is a local supporter of Extended Housing,



and in her book, she shares her story of coping with multi-generational mental illness in her family and the impact on her life. This is a powerful book, and the team at Extended Housing think you will be moved by her story. Those who view the event on Facebook Live will be able to participate by submitting questions on Facebook and can learn how they can receive a signed copy of the book.

When asked her thoughts on the book, Kathie Pohl, a mental health advocate and the author

of Mentor-The First 200 Years said, "In 'Shadows on the Porch,' Beverly De Angelis shares an extraordinary, personal account of the pain, guilt, and despair associated with living with family members who suffer from mental illness. It is a powerful story

of love, hope, and survival. Its reading elicits a critical understanding of the disease and compassion for those afflicted."

Extended Housing is grateful to have Enterprise Title Agency, Griffin Technology, the Lake County ADAMHS Board, and GMS as sponsors for this great Facebook Live event. For more information about the "Shadows on the Porch" Facebook Live event, contact Extended Housing by email at info@extendedhousing.org or calling (440) 352-8424.

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Homework Help:

Tips to ease frustration and boost focus

By Christa Melnyk Hines

By the time Meira Mednick's daughter was in third grade, homework time had morphed into lengthy, embattled evenings fraught with angry tears as frustrated daughter and frazzled mom squared off.

"My daughter began showing signs of difficulty in focus on homework in kindergarten. By second grade we were drowning," Mednick says.

Mednick tried tactics like feeding her first grader an early dinner as soon as she got home from school and giving her time to relax before starting homework. Instead, "We ended up spending the next two years in a tug of war of time, and many tears were shed," she says.

Many parents can relate and dread the contentious homework hour, which can plunder an otherwise peaceful evening. For kiddos, who struggle to tune out distractions and concentrate on the task at hand, sitting down to do homework doesn't

rank high on their list of priorities.

Thanks to the distractions of technology, the inability to focus is a growing problem in our culture. The number of children who are diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) also continues to rise. The Centers for Disease Control reports that ADHD is "one of the most common chronic conditions of childhood."

Experts agree: the ability to focus is crucial to achieving goals. How can we create a more calming homework atmosphere that will enhance our child's ability to concentrate and get the job done quickly--without the draining drama?

Work in short bursts. Kids get overwhelmed with long worksheets and multiple assignments. Break homework into timed chunks. After a busy day at school, parents can typically expect their youngsters to focus on a task for one minute for each year of their age. That means a six-year-old should be given a two or three minute break every six minutes.



"Expecting 30 minutes of homework out of a first-grader isn't realistic without breaks," says Rachel Rudman, a pediatric occupational therapist.

The timed approach made a big difference for Mednick's daughter.

"Previously she would be discouraged even before picking up a pencil. By having a timed environment, she knew that she could tackle one interval at a time," says Mednick, whose daughter is now an eight grade honors student.

Create smart brain breaks. During the timed breaks engage your child in short activities that help reorganize and refocus the brain, like jumping jacks, playing with Legos or Play-Doh, or snacking on crunchy carrots or pretzel rods or something chewy such as fruit snacks.

Blowing up a balloon can also help ease frustrations. "Blowing forces the child to take deep breaths which increases relaxation and focus," Rudman says.

See **HOMEWORK HELP** on page 18

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Homework help from page 17

Avoid electronics, which can be harder to pull a child away from.

Strike a pose. Yoga stretches and breathing exercises can calm and re-energize a tired body. Balancing poses like bird or airplane, and a full body twist combines breathing and concentrated stretching movements.

"Balancing poses require a level of concentration that are a great way to strengthen those 'focus muscles' and create a body and mind that is strong and relaxed," says Mariam Gates, the author of the new children's book, "Good Night Yoga: A Pose-by-Pose Bedtime Story."

Integrate natural elements. Researchers at the University of Illinois at Urbana-Champaign have found that including ornamental plants in a learning area can further enhance a child's ability to concentrate and learn.

"And weirdly, the more involved the child is in the plant's life or maintenance, the more learning goes on," says Magalie Rene, a classroom design consultant, who works with parents and schools to create study spaces that foster learning.

Place a plant in your home's study area and have your child water it as

a transitional cue before beginning homework, Rene suggests.

Chew gum. Although the "no gum allowed" rule was grilled into our psyches when we were students, more schools now allow kids to chew gum during state assessments. The chewing movement has an organizing effect on the brain and can help kids focus.

Energize with aromatherapy. Scent can have a powerful effect on our emotional well-being. Fill a spray bottle with water and two or three drops of peppermint, rosemary or citrus essential oil. Spray the scent around the study area to enhance concentration, focus and creativity.

Get organized. Make a homework box either out of a large shoe box or plastic container. Have your child decorate it and store homework supplies, like pens, pencils, crayons, markers, scissors, paper, a glue stick and anything else he might need. "Having everything together creates an atmosphere of organization and success," Rudman says.

If your youngster continues to struggle with focus and concentration, consult with your family's pediatrician or a child psychologist.

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Railroad Memorabilia Show to be held August 30

The 4th annual Railroad Memorabilia Show will be held on August 30, 2020 from 10 am to 5 pm.

The Railroad Memorabilia Show is designed to have collectors show off their private collections of railroad related items. These could be from railroad signals, plate setting ware (dinner ware) that was used in the dining cars, railroad lanterns, paperwork from different railroads, conductor hats, engineer hats, etc. Some items will be for display only by private collectors and some items will be available for purchase.

Displaying railroad artifacts can provide insights into the history of railroading and how it had a great influence on American history and the importance that the Painesville Depot once served for northeast Ohio.

See the Collinwood Engine 999. This is a replica of the famous New York Central engine that in May of 1893 set the land speed record of 112.5 mph.

If you have items that you wish to



display or sell, visit www.painesville-railroadmuseum.org for information.

Admission is \$5.00 for adults; \$3.00 for children 3 to 12 years old; \$12.00 per family (max 2 adults, 3 children).

Contact Tom Pescha at (216) 470-5780 or email at prrm@att.net for more information.

This event is pending and subject to change to new orders from Governor DeWine. Please check the web page and Facebook page for the latest info.

The show will be held at the Painesville Railroad Museum which is located at 475 Railroad Street in Painesville.

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Insurance coverage on the college campus

This is the time of year we often receive questions about the coverages needed to protect students who are away at school. These requests are common for parents sending their children off to college for the first time.

Courts have long determined that a dependent child away at school is still legally a resident of their parents' household. In fact, with the policy contracts used by many insurance companies, there are situations where no additional coverage needs to be purchased.

On the most commonly used homeowners policies, a student under the age of 24 is covered by his or her parents' homeowners policy as long as they are enrolled full-time in school and were a resident of the household before moving out to attend school.

So what coverages apply to your student while they are away at college? First and foremost, they are protected by the personal liability section of your homeowners policy for bodily injury or property damage they cause. However, it's important to note that intentional acts are not covered. Your son or daughter will be facing new responsibilities and exposures, so it's a great time to consider purchasing a personal umbrella policy to provide an extra layer of liability protection for your family.

As far as all the gear that will be moved into the dorm room, coverage for personal property is available up to an amount that is equal to 10% of the personal property coverage limit on the parents' policy. Personal property includes things like clothing, small furniture and appliances, and electronics. Of course, the policy deductible would apply in the event of a property loss, such as

theft of personal property.

Electronics, such as a laptop or tablet, may be one of the greatest concerns. Some insurance carriers allow these items to be listed separately on the homeowners policy so that a deductible would not apply to a loss. However, I often discourage this type of coverage on most of these items as I think it's prudent for policyholders to self-insure smaller losses. Small losses may be looked upon unfavorably by insurance companies, may increase the premium at renewal time, or could even result in coverage being discontinued when combined with other losses.

In some cases, the student (or parents) may sign a lease for an off-campus apartment. While it's possible that coverage may still be available by way of the parents' policy, this is often a good opportunity to equip the student with their own renter's insurance policy to ensure that there's no coverage question.

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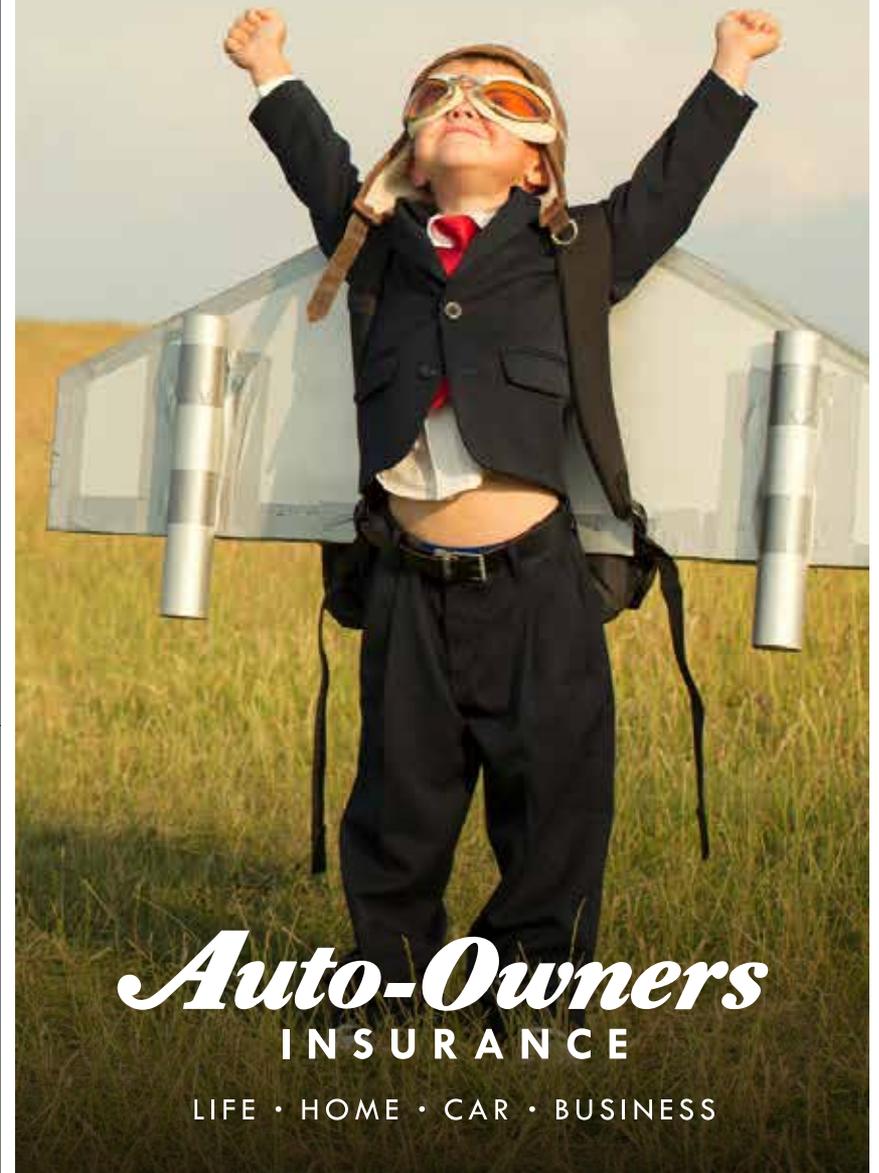
Matthew Corsaro is the president and owner of the Corsaro Insurance Group in Mentor, Ohio. His company and staff have been providing insurance solutions to families and business owners for over forty years. Mr. Corsaro has obtained the Accredited Advisor in Insurance and Certified Insurance Counselor designations. Corsaro Insurance Group represents over 20 insurance companies. As well they have expertise in all areas of auto, home and business insurance. They can be reached at (440) 946-4950.

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Watch for regular posts about local businesses and organizations offering virtual, in-home and on-site activities to keep the kids (and you) busy.



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Willoughby native named Blue Jacket of the quarter

Submitted by Navy Office
of Community Outreach

Petty Officer 3rd Class Ariana Berry, a native of Willoughby was selected as Blue Jacket of the Quarter serving at Training Support Center Hampton Roads (TSCHR) Virginia Beach, Virginia.

Blue Jacket of the Quarter is awarded to a junior sailor who exemplifies outstanding leadership and superior performance by going above and beyond their assigned job.

Berry, who has served in the Navy for two years, is a Navy information systems technician responsible for communications, processing messages, security and network administration.

"We continue to maintain systems we work on while integrating other plans we receive to update the physical hardware or software of our machines," Berry said.

"What I like and enjoy the most out of TSCHR, is mainly the family aspect that I get from my department and the loyalty from my entire chain of command," Berry said. "I feel as though if I ever needed help or guidance, I can reach out to anyone and they would make time for me."

Berry, a 2018 Cornerstone Christian Academy graduate, was confident in her decision to join the Navy since she was 7 years old.

"My father served in the military so I've always been influenced by him to be great and make a life-changing decision that would better myself in the future," Berry said.

As a member of the U.S. Navy, Berry, as well as other sailors, know



Ariana Berry

they are a part of a service tradition providing unforgettable experiences through leadership development, world affairs and humanitarian assistance. Their efforts will have a lasting effect around the globe and for generations of sailors who will follow.

"Serving in the Navy means that I am willing to dedicate my life to this country and it makes me proud that I am a part of the world's greatest Navy," Berry said. "The Navy gives me a warm feeling that I am protecting my family and loved ones back at home, while also giving back to the people of this country. I love that feeling."

"Over my two years, I have learned that there is nothing more important than knowing that we are all one team, with one fight, to complete a mission together," Berry added. "Once I learned that myself and truly understood that meaning now as a sailor, I am a force to be reckoned with."

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Crossroads Health provides mental health services in person or virtually

Crossroads Health is a nonprofit treatment facility in Lake County that provides integrated services for recovery and mental health to everyone, no matter where they are.

They are committed to providing trauma-informed, evidence-based services that change lives and impact communities.

In partnership with the Lake County ADAMHS Board, Crossroads Health has established a coronavirus warmline for anyone struggling with COVID-related stress, anxiety, or uncertainty. Call (440) 754-3340, Monday – Friday, 8 am – 8 pm.

There are also virtual support groups (VSG) via phone or Zoom video. The group is open to anyone and takes place every Monday at 11 am for one hour. It can be accessed at <https://crossroadshealth.zoom.us/j/6044743547> or by phone at 888-788-0099.

Crossroads Health is also open for referrals for Early Childhood Services, offering a variety of programs including child mental health assessments and counseling, Parent Time Out Program, and Early Head Start. Crossroads Health is hiring! Check out the careers page on their website at crossroadshealth.org.

For more info or inquiries call them at (440) 255-1700 or send an email to info@crossroadshealth.org

Lake Humane Society's 26th annual Mutt Strut event is going virtual!

Lake Humane Society's 26th annual Mutt Strut is right around the corner.

Each year, Lake Humane Society looks forward to partnering with Lake Metroparks in hosting Mutt Strut which was originally scheduled for August 23. Given the concerns surrounding COVID-19, Lake Humane Society believes the best way to proceed during this global pandemic is to go virtual for 2020. The event will run virtually on their social media platforms and website with various contests, activities, and promotions from August 3 – August 23.

To maintain engagement with supporters, there will be a T-shirt design poll and sale for this year's event. Lake Humane Society will begin the preliminaries for a variety of dog contests where community members can submit their own photos and participate for a small donation. Participating vendors will be featured in a virtual Mutt Mall and partnering rescue groups will be featured on a virtual rescue row. Supporters will also have the opportunity to support LHS by donating for a chance to win amazing prizes via a virtual raffle, one-mile virtual walk and Project Ruffway, a runway show of adoptable dogs! Adoptable animals will be



featured on the Lake Humane Society website and Facebook page the week of August 16. Sign-up and applications will be accepted virtually, and in-person adoptions will occur by appointment only on Sunday, August 23, at the shelter. More details will be released on these exciting events on the Lake Humane Society website and Facebook page.

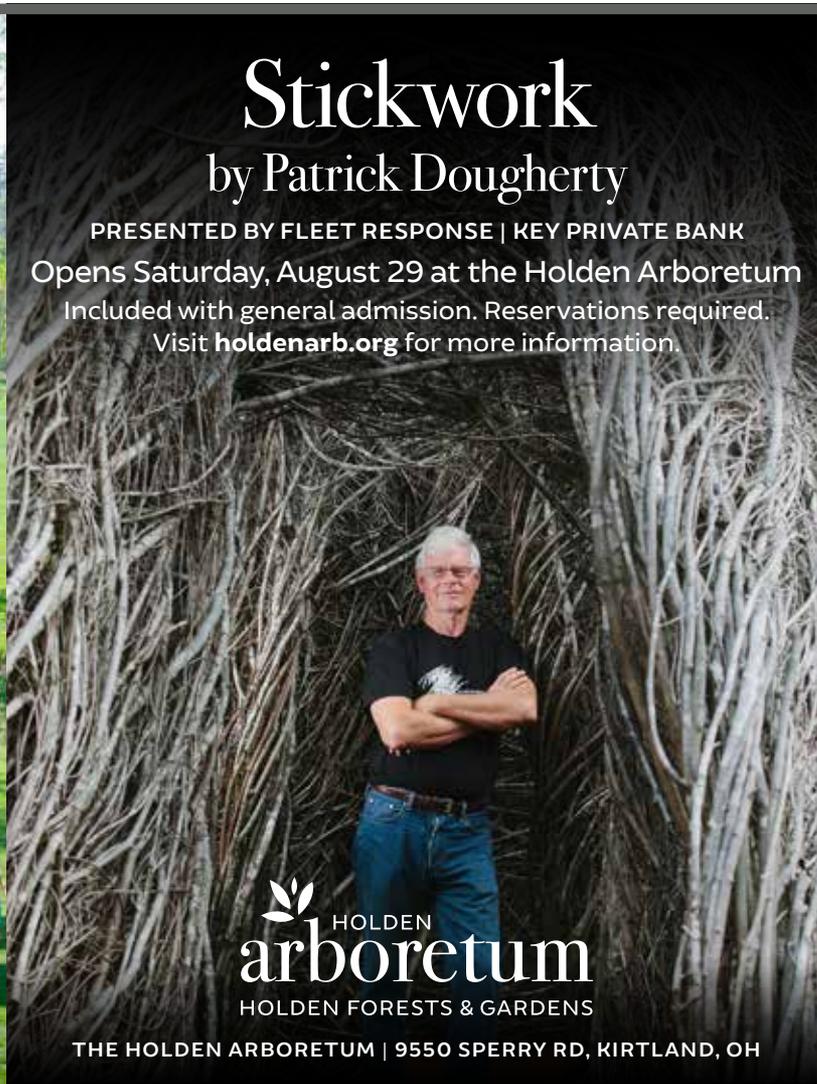
Support can be shown now for Lake Humane Society by raising pledges! No donation is too small, and all donations will immediately be used to help homeless animals in need. Fundraisers can raise pledges in one of two ways: By creating a personalized online fundraising page at lakehumane.org, or by printing a paper pledge form. Supporters who raise or donate at least \$35 will receive a complimentary Mutt Strut T-shirt and a bandanna for their pooch (while supplies last). Additional prizes will be awarded to our top fundraisers depending on what level they reach. The overall Top Fundraiser for this year's event will be named the AmbassaDOG for Mutt Strut 2021. A photo of a dog of their choice will be the face of the Mutt Strut 2021 logo and be featured on all promotions leading up to and during the event!

To learn more please visit lakehumane.org.



Stickwork by Patrick Dougherty

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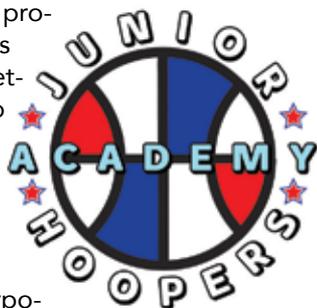
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Get back into the game!

Fall sessions starting in September at Lost Nation Sports Park!

NEW! JUNIOR HOOPERS ACADEMY

Junior Hoopers Academy is a NEW program for ages 2 through 5. These classes introduce toddlers to the game of basketball with fun activities that allow them to run, play as a group, shoot and dribble a basketball. They gain basic basketball skills while building fundamentals such as balance and coordination. Classes include activities that are focused on a child development with fun games incorporating parachutes, bubbles, noodles, cones, lots of basic dribbling and more.



When: Wednesdays 5:30–6:30 pm OR Saturdays noon–1 pm
Date: 10-week program begins late September/early October
Ages: 2-3 (with parents) and 4-5 (without parents)
Price: \$135

LIL KICKERS

Fall session begins September 8

- Innovative child development program based on soccer.
- Focus is on kids from 18 months–6 yrs.
- Classes run 50 minutes per session, once a week.
- One of LNSP's most popular programs.



LIL SLUGGERS

Fall session begins September 26

- Introduction to baseball for kids 2–5 y.o.
- Nationally franchised child development program; exclusive location in NE Ohio
- Low student/instructor ratio (usually 4–6 kids per instructor)



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

In addition to our industry-leading manufacturer warranties, we also offer an in-house two-year warranty on all our parts and workmanship (some restrictions apply). This is very rare these days, we stand behind what we do and are so confident in our level of service that we offer a 100% satisfaction guarantee.



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See our display ad on page 15 for more information and for coupons worth up to \$1,200 off of services.

Like and share us on Facebook.

Calendar of Events

Visit TodaysFamilyMagazine.com for a calendar of great local events and activities. Many are virtual, but there are some events you can attend in person that follow CDC guidelines for safety.

Unleash the boundaries of your creativity with Busy Bees Pottery & Arts Studio

On-site art offerings plus at-home art kits
available for all ages and skill levels

The staff at Busy Bees Pottery & Arts Studio in Mentor have not only prepared a new option for kids of all ages to experience art either virtually or in the studio, but have also arranged the studio for social distancing and put safety protocols in place. With these protocols the studio is offering an ongoing Kids Art Club once the school year begins as well as plenty of options for adult and family fun.

Busy Bees Art Club will be offered Monday, Wednesday, and Friday from 3 – 5:30 pm. Enrollment is per session to accommodate parents' work schedules. Each day of Busy Bees Art Club revolves around a specific theme and each day campers will create art ranging from pottery to canvas to glass fusing to clay hand building.

Art Club sessions include all materials and supplies, small class sizes and individual attention. Single-day session registration is \$45, two sessions per week is \$87, and three sessions per week is \$145. Children must be between the ages of 5–13. To keep with safety guidelines, there will be only eight sign-ups available per session. To sign up for Busy Bees Art Club, visit <https://mentor.busybeesart.com/product/art-class>. Sessions begin

Wednesday, September 2.

Realizing not everyone has comfort in leaving the house, Busy Bees has developed an in-home concept for kids called Art Club To-Go, a perfect alternative to keep young artists busy. Choose from 24 themed kits ranging from sports time to unicorn magic, shark week, fun with food and more! Kits are priced at \$60 each and all kits include three projects. Projects include a pottery, canvas, and mosaic and include all project supplies including brushes and paints. To add to the fun, online Zoom access to interact with the Busy Bees' team of artists and tip sheets for the project types is included.

"We wanted every child to have an art club experience whether it be in our studio or at home. By adding the interactive feature via Zoom to our Art Club To-Go, kids at home will be able to receive creative guidance as if they were in the studio," states Beth Brinton, owner of Busy Bees Pottery & Arts Studio.

To purchase an Art Camp To-Go kit visit <https://mentor.busybeesart.com/art-camp-minis> and while on the website check out the full collection of to-go kits under the order button.



Purchased kits can be picked up in the store or are available for curbside pick-up upon your arrival to the Busy Bees' outside back door at 7850 Mentor Avenue #554B, the Plaza Boulevard side of Great Lakes Mall.

Now is the time for fun and Busy Bees Pottery & Arts Studio is ready to supply the fun and keep the kids busy so you don't have to!

About Busy Bees Pottery & Arts Studio

Busy Bees Pottery & Arts Studio has been in business for over four years and is located in Mentor, Ohio at 7850 Mentor Avenue #554B, inside Great Lakes Mall.

Create memories through art with pottery painting, glass fusing, clay hand building, canvas painting, wine glass & bottle painting, mosaics, candle making and board art.

Consistently achieving rave reviews, Busy Bees Pottery & Arts Studio strives to bring the artist out in everyone.

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