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# PARMA Observer

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## 2010 Census Underway In Parma

by Sean Brennan

Parma City Councilman

Recently, Monica Banks-Hines, U.S. Census Bureau Partnership Specialist, presented before the Parma City Council Governmental Operations Committee, which I chair. Ms. Banks came to urge my colleagues and I to educate residents on the importance of taking part in the 2010 census. Ms. Banks emphasized the importance, safety and ease of completing the 2010 census questionnaire. By publication of this article, you should have received your questionnaire via U.S. mail.

Constitutionally required once every ten years, the census will count everyone in the United States, including both citizens and non-citizens. The 2010 census questionnaire consists of ten simple questions and is estimated to take the average household only ten minutes to complete.

An accurate census in our community is important for many reasons. For instance, every resident not counted will cost Parma approximately \$12,000 in federal funding. In fact, the Federal Government



Councilman Sean Brennan at last year's Relay For Life. Information on the 2010 Relay For Life is on page 4 of this issue.

will use the census data collected this year to dole out federal monies to communities over the next decade. Other examples of how census data are used includes deciding where child-care centers are built, determining the number of members of the U.S. House of Representatives apportioned to each state, assisting in the decision making of the building of roads and the expansion of public transportation, determining where businesses will decide to locate, among many other decisions important to the future of our community.

Rest assured that your census answers are strictly confidential. In fact, by law, the

U.S. Census Bureau cannot share respondents' answers with anyone, including other federal agencies and law enforcement entities. Further, all Census Bureau employees take an oath of nondisclosure and are sworn for life to protect the confidentiality of the data. The penalty for unlawful disclosure is a fine of up to \$250,000 or imprisonment of up to five years, or both.

The most efficient way to respond to the 2010 Census is to complete the form as soon as it arrives and return it in the postage-paid return envelope. Census workers will be visiting households this spring and summer that do not return forms in order to take the count or "enumeration" in person.

Parma City Council has joined communities around the country by passing a resolution by unanimous consent officially declaring April 1, Census Day. My colleagues and I hope that you will join us in ensuring that every resident in Parma is counted by completing and mailing in your questionnaire promptly and by encouraging your friends

and neighbors to do the same.

To find out more about the U.S. Census, please visit the City of Parma website at [www.cityofparma-oh.gov/census.aspx](http://www.cityofparma-oh.gov/census.aspx) or the U.S. Census Bureau at [www.2010census.gov](http://www.2010census.gov) or by phone at 800-923-8282.

### Do You Know These Car Thieves?



These two males were involved in the theft of a pickup truck from the Ranch Village apartment complex. Less than a few minutes after this picture was taken, one of them is photographed entering vehicle and driving away with it. If you think you know who these people are, contact Detective Dave Kunker at the Parma Heights Police Department at 440-884-8112 - by Jim Griffith.

## Reverse Raffle to Enhance Patient Care At Top Hospital

by CJ Sheppard

Enjoy a casual night out while benefiting patient care at Parma Community General Hospital. The Reverse Raffle on Friday, April 9 will benefit the Radiology Department's digital mammography equipment. Held from 6 p.m. to midnight at St. Michael's Woodside in Broadview Heights, the evening includes a buffet dinner, an open bar, dinner music by Ed Kazuvski and live entertainment from the band Second Time Around.

The generous people of Parma Hospital – physicians, staff and volunteers – helped to make it one of the 20 Best Community Hospitals in the nation, as announced in the latest edition of Becker's Hospital Review, a national magazine. In establishing its list, Becker's considered publicly available indicators such as quality outcomes, patient satisfaction and patient safety, as

well as industry rankings. Parma Hospital was named among the 100 Top Hospitals for cardiovascular care in 2009 by Thomson Reuters, and HealthGrades placed Parma Hospital among America's 50 Best Hospitals in 2009, with awards for clinical excellence and women's health excellence, Becker's reported.

"Quality care with a personalized touch is what Parma Hospital is known for, and we are extremely proud to be ranked among the best community hospitals in the country," said President & CEO Patricia A. Ruffin. "It is validating to be recognized nationally when judged on objective, publicly available indicators."

To support the expansion of Parma Hospital services through its upcoming Reverse Raffle, call 440-743-2372 or 440-743-4183. Tickets are \$100 per couple or \$60 per individual, and tables of 10 are available.

## Parma Diversity Video Posted On YouTube

by Jack Marshall

The world can now view the City of Parma's locally produced feature, "Parma: Diversity with a Common Thread." It has been posted on the popular Internet site, YouTube. "We have a great story to tell that goes into great detail as to what makes Parma the ideal city for families to buy homes and companies to do busi-

nesses," said Parma Mayor Dean DePiero. "We have reason to be proud, and posting the video on YouTube allows our story to be told around the world." Mayor DePiero said the city slogan, "Progress through partnerships," comes to life in the three-part video that features community, business and educational leaders as well as residents who have spent much of their

lives enjoying what Parma has to offer. "We have the feature on our website," said Mayor DePiero. "The addition of YouTube adds a whole new dimension to a wider audience that can learn about the good things our community has available. This is our way to show our pride in a friendly, high-tech environment." The three-part series can also be seen through The City of Parma website located at [www.cityofparma-oh.gov](http://www.cityofparma-oh.gov). The video is available on the right side of the homepage after clicking, "Parma: Diversity with a Common Thread". A search for "Parma diversity" on YouTube should allow browsers to connect with the Diversity feature. The Parma Diversity video was produced by Broadcast Media Ideas.





Parma Observer

State Of The City Is Real Parma State Of Mind

I arrived late for Mayor DePiero’s State of the City presentation, and what I noticed first was that the Council Chamber was full, and what made me even happier was that I could plainly see many young faces there, which caused me to consider that the fear many of us have these days that young people are not interested in politics or civic responsibility is unfounded. Now, the willingness of young people today to give up their seats to an old broken down goat with a bad knee and a habit of arriving late is another matter.

The Mayor stood in front of the chamber, and rather than making a speech, he instead conducted a presentation using a large screen on which were displayed the topics of interest in our State of the City, which I ultimately found to be more interesting and informative as opposed to him just standing at a podium in the usual fashion of a politician droning on from a prepared text. This method of presenting the State of the City allowed him the freedom to move about the room a bit, and it gave those in attendance the ability to listen as well as view information at the same time, and that made the subjects discussed seem far more relevant.

What we learned is that even though city revenues were down \$4 million from 2008, because of negotiated side agreements with all but one of ten bargaining units, the city ended the year in the “black”, with a surplus of

by Daniel P. McCarthy  
Publisher - Parma Observer



\$1.5 million to carry over into 2010. The revenue in 2010 should remain flat, and employees have been asked to accept a 6% salary reduction through 16 unpaid furlough days. The Police Department has seen an increase in criminal, traffic, and parking citations. Four new officers were hired in 2009, raising the staffing from 90 to 94. Fire Department response numbers have increased, and a new Fire Training Center opened at Parmatown Mall. The Donna Smallwood Senior Center had 29,200 attendees, and the Parks and Recreation Department is planning for a busy year, which

will include the newly built pavillion at Veterans Memorial Park. The Ridge-wood Memorial Golf Course celebrates it’s 85th. anniversery, and continues to operate in the “black”. Citizens may now file their city income tax online, and the Law Department has instituted two new programs, one which allows certain first offenders to serve community service and avoid having their offense appear on their permanent record, and the other program will allow the city to recover bond forfeitures.

The city received numerous Federal and State Grants, far too many to list here. The new VA Clinic is on schedule and is slated for a 2012 Grand Opening. Thanks to the joint effort of Mayor DePiero and Congressman Kucinich, the GM plant remains open and actually saw an increase in jobs. The Parma

Industrial Park employs approximately 750 people. Thanks to the efforts of the Westcreek Preservation Committee, \$12 million in capital improvements, which will include a Stewardship Education Center, trails, parking, etc., will begin sometime this year. Tri-C has the largest enrollment ever, 13,000 students, with nearly half at the Western Campus. The Polish Constitution Day Parade will take place in Parma for the first time, on May 2, and if that is not enough, the new City Logo was unveiled, designed by Damian Rakowsky, and voted by the Citizens of Parma.

I have lived in Parma my entire life; I remember the “Golden Years”, and I’ve seen things change, as the country changed, and I would be the first to admit that everything is just not all a bed of roses. These most certainly are challenging times, but I have said it before, and I’ll stand by it still, I strongly believe that if this city was not in the most capable hands of the people we elected to govern, I know in my heart that things here could be much, much worse. I will add that I believed this before I chose to start this paper, and since I have had the unique opportunity to view the inner workings of the city as an Observer, I have come to understand why I ever had the confidence to hold that belief in the first place. I feel that it is our duty as Citizens of Parma to do whatever we can to support our chosen leaders whenever and however we can. Let some demented clowns make their absurd video attempting to mock our city- that will not distract us from what we know is the truth; the State of the City is the real Parma State of Mind.

Assistance Available at  
Tri-C West Tax Clinic

by Randi Hansen  
Cuyahoga Community College Western Campus is hosting a Volunteer Income Tax Clinic (VITA) on selected dates through Saturday, April 3. Get help with your 2009 taxes on upcoming Fridays and Saturdays. Registration starts at 9:30 a.m. and the clinic will operate from 10 a.m.-2 p.m. in the West Student Services Building (formerly known as the Galleria), room G205. Remaining clinic dates are: March 12, 13, 19, 20, 26, 27 and

April 2, 3. Clinic participants should bring: Social Security Cards for all taxpayers and dependents. Identification such as a drivers licene, passport, student ID. Last year’s tax return. All income sources (W-2, 1099, interest, pension, disability, SSA). Evidence of all deductions (real estate, taxes paid, charitable contributions, medical, interest penalty, books) Students should bring tuition and book receipts. Home-buyers should bring closing documents.

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# Parma Health Care

Parma General Hospital

## Offers Rewarding Place to Volunteer, Touch Lives

by CJ Sheppard

The Parma Hospital Auxiliary turns 50 this year. Volunteers make a difference in both visible and intangible ways at the hospital, where they gave a total of 49,154 hours in 2009. From the Information Desk and Healing Grounds coffee shop to assisting in waiting rooms and handling mail and flower delivery, volunteers assist patients, visitors and staff in providing the optimal patient experience. They also coordinate the Lifeline program, a personal

emergency response system, for the hospital.

The Auxiliary runs the Gift Shop and holds numerous fund-raising events throughout the year to contribute to the growth and development of Parma Hospital. Last year, the Auxiliary made more than \$110,000 in donations, including equipment and artwork for patient rooms and upgrades for the electronic emergency system that has gained Parma Hospital's Code STEMI system attention for exceptionally fast heart attack

response times.

The nearly 400 volunteers at Parma Hospital make an important difference in their community while making new friends, learning new skills and helping others.

Volunteers also receive many benefits beyond the intangible ones:

- A free meal on the day of service
- A complimentary flu vaccine each year
- Gift Shop coupons
- An annual recognition luncheon

If you're an outgoing individual in overall good health, with a strict respect for confidentiality and a love for serving others, Parma Hospital's Auxiliary may be just the place to share your gifts. To learn more about volunteering at Parma Hospital, please call 440.743.2372 or e-mail Andrea Sack, director of Volunteer Services, at [asack@parmahospital.org](mailto:asack@parmahospital.org).

# Parma Community General Hospital

- IS HONORED TO BE RECOGNIZED -



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Becker's Hospital Review, March/April 2010

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## Parma Cares

# Pay It Forward Cafe Celebrates Its First Anniversary

by Laura Muller,

I need to begin this article with a correction from December's article entitled "Community Helping Community". I submitted the article; Kathy Weber, the creator of this program, wrote it. Our Pay It Forward Café at Parma Park Reformed Church aka "Church in the Woods" has been in existence now for a year. Last December 6 we met for the first time to have a pizza dinner and make special Christmas greeting cards and letters to send to a troop of soldiers in Iraq which we had just adopted through the armed forces AdoptaPlatoon program. We also collected candy donated by b. a. Sweetie Candy Co., snack items donated by various individuals and businesses, water bottles donated by an individual, and snacks purchased with gift cards from local businesses. We partnered with the Renwood Elementary School and included them in the sign-up for this special event. One child from the Renwood School whose uncle was in



Staff Sgt Malloy with our Pay It Forward Cafe children.

Iraq insisted that he and his family send something to these soldiers, so he gave some snacks to be included in a box. We ended up sending 4 boxes of Christmas cards, items and goodies to

our platoon of 54 soldiers that day.

For our first event we also invited the mayors of Parma and Parma Heights, our school principal, Mary Wise from the Parma Collaborative, a Kiwanis member who was also a Veteran to open our celebration by leading us in the Pledge of Allegiance, and other prominent community and school personnel. We then began our weekly program of "Feed the Kids at the Pay It Forward Café" in January 2009. The first two weeks we were snowed out and iced out so nobody came and we ended up freezing the donated pizzas for future meals. It has progressed steadily throughout the year and we now number approximately 40-50 total per meal. We presently have over 50 children enrolled from about 25 families and several adults who are volunteering their help, outside of our own church body. Our programs over the year of 2009 have included 5 magicians (which the kids really love!!), a children's author who is also a dog rescuer and writes books about her dogs, especially one close to her heart who

has only 3 legs, a skunk rescuer who brought 2 pet skunks with her, our fire and police safety programs, Ohio State University Nutritionists with separate program series for both adults and children, Families on Fire speaker on preventing suicide in our families, and others. We vary our programs to include entertainment, educational programs, writing letters and making cards and donations for our Platoon in Iraq, and having crafts, games, and Bingo days. We have also begun a "Clothing Exchange" for our families, which is open when we have a fifth Saturday in the month. We have learned a lot about what the Cleveland Foodbank is all about and how invaluable they are to our city. As we have become an agency with them they have provided us with learning classes which provide grant money for our purchases, they provide greatly reduced purchases of all kinds, a Marketplace for free perishable foods, and lots of learning experiences to enhance our program and things to pass on to our families. We tried 2 fundraisers this past year: a Taste of Faith Community Potluck and a Motorcycle Rally.

We learned a lot from each of these events, including how extra community events and the weather can adversely affect our efforts. We look forward to more fundraising helpers and experiences this coming year. As we begin our second year we look forward to learning more and more about ministering to our community and connecting with those who need help and those who can give help. We are always looking for talent and ideas for programs and workshops. To learn more contact Kathy Weber @ 440-781-2588 or Laura Muller @ 440-477-0845. To donate, make a deposit into the "Feed the Kids"/ Parma Park Reformed Church account at Chase Bank, Par-matown Mall.

## Parma Area Relay For Life

by Ruth Teper

Big plans are underway for the American Cancer Society's Parma Area Relay for Life Planning Committee, which invites all members of the public to the 2010 Parma Area Relay for Life Kickoff Event which will take place on Thursday, March 25, 2010, 6:00 p.m. at the Smallwood Activities Center, 7001 West Ridgewood Drive, Parma, Ohio 44129. PLEASE NOTE NEW DATE AND PLACE. Anyone interested in forming or joining a team is invited to the kickoff. This year's theme is "Holidays". The intention will be to create a holiday atmosphere in the middle of July in which all community members – those involved in Relay and those who are not – may come and enjoy the festivities.

For more information please contact Councilman Sean Brennan at 440-884-0489, councilmanbrennan@sbcglobal.net or Susanne Klingenberg at 216-987-5582, Susanne.Klingenberg@tri-c.edu. Relay for Life has grown to become Parma's largest fundraising event and one of the premier community events of the summer, raising close to a million dollars over the past six years to assist those diagnosed with cancer, cancer survivors, as well as all aspects of research. This year's Relay for Life will take place at Cuyahoga Community College, Western Campus, 11000 Pleasant Valley Road, Parma, Ohio from Friday, July 23, 1:00 p.m. through Saturday, July 24, 7:00 a.m.

## Cuyahoga Public Library Events

All programs are free and open to the public. Registration is required for some programs.

To register, call the host branch or visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org).

by Robert Rua

To register, call the host branch or visit [www.cuyahogalibrary.org](http://www.cuyahogalibrary.org).

**Parma-South Branch**  
**7335 Ridge Road / 440.885.5362**

**Favorite Poem Community Readings / Registration required.**  
**Thursday, April 8th / 7:00 – 8:30 p.m.**

Bring your favorite poem (written by someone besides yourself) to the library and we'll record you reading it! Later, listen to the audio podcast on the Poem of the Month page at [cuyahogalibrary.org](http://cuyahogalibrary.org). All ages welcome. Walk-ins welcome but we encourage you to register.

**Spring Break Movie Matinee: Cloudy with a Chance of Meatballs**  
**Tuesday April 6th / 2:00 p.m. No registration required.**

Join us for a special screening of Cloudy with a Chance of Meatballs. Bring a blanket and pillow or sleeping bag to sit on the floor. Popcorn will be served. Children must be accompanied by an adult caregiver.

**Parma-Ridge Branch**  
**5850 Ridge Road, 440.888.4300**

**Drawing Club / Registration required.**  
**Tuesday, March 30th / 7:00 p.m.**

Come and learn the elements of design, and try your hand at drawing or painting. For adults and older teens. The instructor is James McNamara, a local artist; the class is FREE and open to all skill levels!

**Parma-Snow Branch**  
**2121 Snow Road / 216.661.4240**

**Vegetable Gardening Fundamentals / Registration required.**  
**Monday, March 29th / 7:00 p.m.**

Does the idea of growing your own vegetables appeal to you? Would you like to harvest them at the peak of their ripeness when they are most delicious? Come join the Master Gardeners to learn what you need to know to get started, what is the best site, how to prepare the soil, the value of raised beds, and when to plant different vegetables. Growing safe and delicious vegetables may be more fun than you think!



# Parma Education

## Parma Music Students Shine At OMEA Contest

by *Laura Watson*

Music students from Parma Senior High performed at Greater Cleveland Instrumental Solo and Ensemble contest on Saturday, February 27, 2010 at Hathaway Brown School in Shaker Hts. Parma High students have broken a school record with 80% of band contestants receiving a “superior” rating - the highest possible.

The following students received superior ratings: Will Bentler, trumpet; Raleigh Fagerhaug, alto sax; Brian Goodwin, trombone; Ryan Hurd, alto sax; Christine Kindel, flute; Kevin Rominger, violin; Joe Skelley, clarinet; Ethan Sommerfeld, trombone; Kristin Vadnais, trombone; Emily Wolanin, flute; Christine Kindal & Emily Wolanin, flute duet; Will Bentler & Kevin Smith, trumpet duet; Ryan Hurd, Raleigh Fagerhaug & Nick Dessoﬀy, sax trio; Natalia Brijcoomar, Christine Kindel & April Miller, woodwind trio; Kevin Rominger, Selena Vlajic, Melanie Missig & Amanda Loede, violin quartet; Joe Skelley, April Miller, Sarah Gerding & Natalia Brijcoomar, clarinet quartet.

The following students received



*Greater Cleveland Instrumental Solo and Ensemble participants, Row 1 - Kristen Vadnais, Nancy Lewis, Christine Kindell, Natalia Brijcoomar, Row 2 - Amanda Loede, Brittany Knisely, Ian Hulec, Ethan Sommerfeld, Ken Kowalski, Row 3 - Emily Wolanin, Melanie Missig, April Miller, Brian Goodwin, Row 4 - Selena Vlajic, Allie Marchese Raleigh Fagerhaug, Row 5 - Ryan Hurd, Nick Dessoﬀy, T.J. Shamburger, Row 6 - Kevin Rominger, Will Bentler, Kevin Smith, Joe Skelley, Not pictured: Sarah Gerding, Paige Clark*

an excellent rating: Joe Skelley & Brittany Knisely, woodwind duet; Ian Hulec & Ken Kowalski, sax duet; Ethan Sommerfeld, Kristen Vadnais, T.J. Shamburger & Brian Goodwin, trombone quartet.

This was a terrific day for these fine students at Parma Senior. Unfortu-

nately, fewer of these students will have similar opportunities if the present cutbacks approved by the Parma Board of Education are enacted. Elementary students will no longer have the chance to play a musical instrument in either the band or orchestra unless they learn in a private lesson situation. If the predicted cuts become reality for only one year, the effect on the total band and orchestra will take seven years to work its way through the middle and high school programs. Students who presently play an instrument in the fourth and fifth grades, will not be given instruction next year and potential beginners will not be given the chance to start. The Parma Schools have had a long tradition of musical excellence in the schools. Not only is this tradition in jeopardy, the very existence of the program is in question. The students above and their successors deserve a quality education and the opportunity to learn and play a musical instrument just like the many graduates of the Parma City Schools who have come before them.

## Study Island Parent’s Night

by *Martin Woodworth*

On a blustery Friday evening in February, several parents of State Road Elementary School students braved the weather and attended Study Island Parents Night. This evening event was designed for parents to come and learn about what Study Island is, how it is being used in our district and how parents can reinforce their child’s use of the Study Island program at home. The evening began with an introduction to the Study Island program by State Road Principal Jill Zidow. Then Martin Woodworth, District Science Specialist, explained the various parts of the program, including how students can answer questions in either Test Mode or Game Mode, how students’ averages are calculated by the program, and how students earn Blue Ribbons for showing proficiency in a topic. After learning about the program, parents were broken into groups, taken to classrooms, where State Road teachers Sun Choe, Brenda Prezenkowski, and Sue Poultney assisted them with an “assignment” where they had to log into their child’s Study Island account and complete the math pre-test at their child’s grade level. The teachers then answered parents’ questions, showed them the classroom Blue Ribbon charts, and talked with them about how Study Island is being used at the school. By the end of the evening, parents left with a better understanding of the Study Island program, and a renewed commitment to support the use of this valuable OAA test preparation tool at home. For more information, go to [www.studyisland.com](http://www.studyisland.com)



*Parents learning “Study Island”*



## Parma Schools Making Every Math Minute Count

by *Laura Watson*

Recess for our elementary students is changing. During indoor recess, students now can play games to develop math fact fluency in ways more motivating than flashcards. Research has proved many benefits to playing math games. Students not only gain computational fluency through game play, they also develop mathematical reasoning by communicating and comparing strategies with their peers. District Math Specialists, Sara Good and Lynne Holzworth, have trained noon monitors throughout the district in Everyday Mathematics games in an effort to make

use of every minute during the instructional day. Just like teachers and parents, noon monitors play an important role in providing students with positive and supportive math experiences. For more information on Everyday Mathematics games, parents can ask their child’s teacher, or visit [www.emgames.com](http://www.emgames.com)



*Ridge Brook Elementary Principal Reggie Ohlrogge with monitors Marcia Pinchot, Sandy Sasena and Debbie Koval*



*Ridge Brook noon monitors Kathy Kyser, Joann Szwec, Anne Merisko*



# Parma Observer

## Sgt. Roger Bosze: One Of Parma Height’s Finest

by Jim Griffith

Imagine you spent the last 22 years going into work for a boss nicknamed Crabby. A boss that was proud of that moniker. Needless to say, going into work each day would not be at the top of your favorite’s list.

The 48 officers, dispatchers and employees of the Parma Heights Police Department have been doing that for thier whole careers, and they will tell you that working for that boss is one of the aspects of the job they enjoy the most. Sgt. Roger Bosze is that boss.

On March 24th, 2010, Sgt Bosze is being honored by the Parma Elks Lodge #1938, the Sun News and Champs as the Police Officer of the year. An honor that many will say is long overdue. Also being honored that night is Citizen of

Year Ann Kilbane Wing, Firefighter of the Year Greg Hradisky and Volunteer of the Year Sally Catalano.

During a career that has spanned five decades, Sgt. Bosze has worked with 67 different current and former officers. You would be hard pressed to find any of those officers who would have any thing bad to say about him.

Sgt. Bosze was sworn in on October 1st, 1966 as a Police Officer and was promoted to Sergeant on April 14th, 1972. Over a third of the current department was not even born when he took the oath of office. The dedication he displayed during his tenure to the City, to the Department and his fellow employees created an effect similar to a boomerang returning to its thrower. He is the most respected and most

liked member of the department.

This is Sgt, Bosze’s swan song year. He will be retiring in January 2011. By most accounts, he has been retiring for well over a decade. For the last ten years, fellow employees have been hearing him make regular comments at roll call such as “I’m done after this year” or “shoot me if I am here next year.” But his dedication and friendship to the people he worked with would not let him pull that trigger.

During his career, His contributions to the people and the agency is impossible to measure, but he would never acknowledge that. That is not his style. His style is quiet, unassuming and humble. Many doubt that he would even recognize the effect he has had on the people who surround him.

His retirement at the end of this year will create a void that will be difficult to fill as long as the current members are still around. His logical,sensible and low key approach to problem solving and supervision is a model that all future supervisors. The void that will be created at the personal level, with the people who work and talk with him on a daily basis will never be filled.

Congratulations to Sgt. Roger Bosze as Police Officer of the Year. If anybody out there is taking nominations for Human Being of the Year, please consider nominating Sgt. Bosze. If there is an award available for Crab of the Year, it would make him very happy if you considered him for that one also.

## A Lasting Impression

by Bill DeMarco,

### New Consumer Study Surprises Even The Researchers

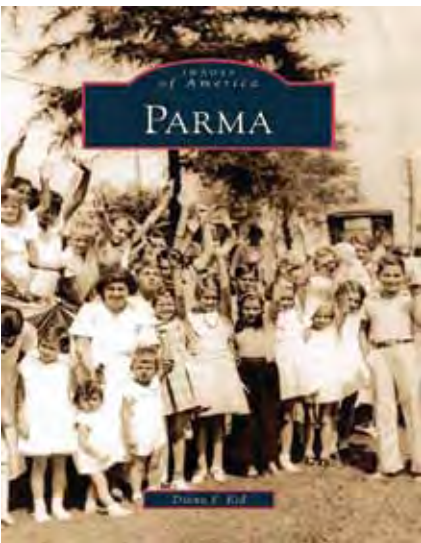
Americans have spoken: They love promotional products. Since the time of George Washington, promotional products have been a part of our daily lives serving not only as useful tools, but as powerful and long-lasting advertising.

In an effort to better understand the effectiveness of this medium from the consumer’s perspective, Promotional Products Association International research recently designed and conducted a study fielded through MarketTools Inc. in San Francisco, California. Its goal was to evaluate the action, reaction and relationship of promotional products and their recipients.

## History Of Parma Told Through Photographs

by Emily Higgins

The newest addition to Arcadia Publishing’s popular Images of America series is Parma from local author Diana J. Eid. The book boasts more than 200 vintage photographs and memories of days gone by. Ever since the first settlers arrived in 1816, Parma has steadily been growing, residentially and industrially. It was once called Greenbrier, named after the thorny shrubs abundant in the area. Parma became a city in 1931 and is now the largest suburb of Cleveland as well as the seventh-largest city in Ohio. The city is home to notable landmarks such as General Motors and Cuyahoga Community College. One of the homes in Parma was even a stop on the Underground Railroad. From the first tavern opening in 1819 to presidential candidates dining at local establishments, Parma is full of inspiring people, places and history that have made the city what it is today. The historical images in this book bring to life the stories and people of the past, which will carry on to future generations. Highlights of Parma:· Many of the images in the book are from private collections of local residents.· A house that still stands in Parma was once a stop on the Underground Railroad.· Parma was the location of the



Nike Missile Site, which housed Nike missiles during the Cold War.· The Henninger House, built in 1849 and currently the oldest house in Parma, sits on one of the highest points in Cuyahoga County. Available at area bookstores, independent retailers, and online retailers, or through Arcadia Publishing at [www.arcadiapublishing.com](http://www.arcadiapublishing.com) or (888)-313-2665. Arcadia Publishing is the leading publisher of local and regional history in the United States. Our mission is to make history accessible and meaningful through the publication of books on the heritage of America’s people and places. Have we done a book on your town? Visit [www.arcadiapublishing.com](http://www.arcadiapublishing.com). ###

Of an audience consisting of the average American consumer, a little less than half (44 percent or 1,005 people) reported receiving a promotional product in the last 24 months. Those 1,005 consumers comprised the final panel for the survey. All questions were answered by the 1,005 respondents.

### The Response

How do recipients feel about receiving a promotional product? Why do they think they were given the item? What actions do they take? These are crucial questions all advertisers should know and understand, as the answers can have a dramatic impact on their ROI. Here is what the survey uncovered.

### How They Feel:

- 83% of respondents like receiving a promotional product with an advertising message
- 48% would like to receive promotional products more often
- 30% like receiving personalized promotional products
- 25% like getting promotional products with advertisers’ contact info
- 38% feel promotional products serve as constant reminders of the advertiser
- 49% are not bothered by seeing a corporate logo on a promotional product
- Only 2% dislike receiving promotional products

### Expensive Items Vs. Inexpensive Items

Are expensive gifts perceived differently than inexpensive ones? If a logo-imprinted promotional product perceived to be expensive was handed out, the majority of respondents say they would believe the item was given to them as both an advertising medium and a gift:

- 6% would believe the item to be a business gift
- 33% would believe the item was a form of advertising
- 59% would believe the item to be both

\The results show there’s a propensity to believe that an inexpensive promotional product is a form of advertising because 66 percent of consumers say so.

### Useful Items Vs. Attractive Items

While consumers say usability is key when it comes to picking up promotional products at events/malls/tradeshows, a fourth of respondents say they would pick up the item regardless of what it was—an impressive number when it comes to spreading an advertising message.

- \23% would pick up a promotional product regardless of what it was
- 69% would pick it up if found to be useful
- 5% would pick it up if found to be attractive
- 1% would pick it up if thought to be a collectible
- 3% would not pick up the promotional product

### Products That Create The Most Favorable Impression

Do some promotional products have a greater ability to create change over others? The answer is a resounding “Yes” according to respondents PPAI asked survey participants to identify which of the following items would motivate them to take a particular action or lead them to have a more favorable impression of the advertiser. Of 17 promotional products listed on the survey, these products received the biggest thumbs up: Food basket 73%, MP3 player 70%, Clock/watch 63%, Luggage 61%, Digital picture frame 60%, T-shirt/golf shirt 48%, Wallet 37%, Tote bag 33%

Information was provided by Promotional Products Association International research and shared by Remembered Expressions Promotional Marketing Company, 440-236-6282 or [www.rememberedexpressions.com](http://www.rememberedexpressions.com).

# Parma Schools



## Asset Corner #4

by Gene Lovasy

Developmental Assets – 40 individual assets in 8 Categories....

March’s Asset Category: SOCIAL COMPETENCIES – Young people need skills and competencies that equip them to make positive choices, to build relationships and to succeed in life. The more personal skills a child has, the more likely it is that she or he will grow up healthy.

**SOCIAL COMPETENCY** Assets Include:

**#32 Planning & Decision Making** - Kids know how to plan ahead and make choices.

**#33 Interpersonal Competence** - Kids have empathy, sensitivity and friendship skills.

**#34 Cultural Competence** – Kids know and are comfortable with people of different cultural, racial and/or ethnic backgrounds.

**#35 Resistance Skills** – Kids can resist negative peer pressure and avoid dangerous situations.

**#36 Peaceful Conflict Resolution** - Kids seek to resolve conflicts nonviolently.

Making personal choices and building interpersonal skills

Learning social skills is a lot like learning to play the piano in that you need to learn some basic competencies and you need someone to teach you those skills. You need time to practice, guidance as you gain experience, and feedback along the way. Social competencies are the skills and life perspectives young people need to develop into healthy, competent adults. These skills are important daily, but they’re even more crucial when young people encounter the tough times in life.

**Here are the facts:**  
Research shows the more personal skills young people have to interact with others and make decisions, the more likely they are to grow up healthy. Search Institute has identified five assets in the Social Competencies category crucial for helping young people:

Planning and Decision Making, Interpersonal Competence, Cultural Competence, Resistance Skills, and Peaceful Conflict Resolution. Two of these assets—Planning and Decision Making, and Resistance Skills—focus on personal choice. The other three focus on healthy interpersonal relationships.

### Tips for building these assets:

Tolerance, negotiation and compromise, sensitivity to others’ feelings and needs, and appreciation of your own and others’ cultures are critical skills to teach and model. Help young people learn these skills by role-playing various social situations, following these steps: 1. Demonstrate the skill while the young person watches; 2. Do the skill together; 3. Let the young person do the skill alone while you watch; and 4. Provide feedback.

### Also try this

In your home and family: Let your child do things by himself or herself,

even if it’s not the way you would do it. Allow your child to make mistakes and learn from them.

In your neighborhood and community: If there is a neighborhood disagreement, model the skills of negotiation and compromise to work toward a peaceful resolution.

In your school or youth program: Encourage young people to plan with the use of agendas and calendars. Help them to learn and practice their planning and decision-making skills by engaging them in long-term projects. Teach them how to set short-term goals to keep their project on track and meet the final deadline.

Visit [www.parmacityschools.org/assets](http://www.parmacityschools.org/assets) or [www.search-institute.org/assets](http://www.search-institute.org/assets) for more information about the 40 Developmental Assets and ideas for helping young people build them.

*Developmental Assets® are positive factors within young people, families, communities, schools, and other settings that research has found to be important in promoting the healthy development of young people. From Instant Assets: 52 Short and Simple E-Mails for Sharing the Asset Message. Copyright © 2007 by Search Institute®, 877-240-7251; [www.search-institute.org](http://www.search-institute.org). This message may be reproduced for educational, noncommercial uses only (with this copyright line). All rights reserved.*



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Parma Life

# Restaurant Review: Grace’s Grill

by Patty Knox

**Grace cooks from scratch.**

One bite of her stuffed peppers proved she doesn't take the usual commercial shortcuts. No bland second-rate restaurant supply fare here. Flavor bursts from her savory soups and sings "homemade" to the taste-

buds.

After my second unannounced visit, I spontaneously asked to speak to Grace. When complimented on her cooking, she credited her family's heirloom recipes, her mother Edie's homemade pasta, her chef Steve's assistance and culinary school finesse, and her fresh ingredients. She is as modest as she is gracious.



## Parma’s Metroparks: Spice Up Your Spring and Summer!

by Ashton Kamburoff

It is sometimes easy to feel overwhelmed in Parma. Amongst the Stumph Road pot holes, the chain restaurants, and the slow, painful fall of Parmatown Mall, you can sink into a rut. The same routine every day, the same buildings passed on your way to work. Certainly, suburbia has taken it's toll, it has sunken its bitter teeth into originality. With spring and summer around the corner, how can we fix this dilemma? How can we spice up our days with new activities or find some reflective (and much needed) personal quiet time? Better yet, how can we solve our five month battle with cabin fever?

Well, believe it or not, the answer is over one hundred years old. We all know about it, but how much of it is actually utilised? How often do you frequent Parma's Metroparks? A beautiful section of the 'Emerald Necklace' that has something for everyone. Be it open fields for a pick up game of football or quiet walking trails for "me time".

The Parma Metroparks are certainly a precious (and much over looked) commodity in this fine suburb of ours.

Instead of going to your favorite chain restaurant, how about shopping at one of Parma's local markets, and having a relaxing picnic at dusk with your family? Forget that dreary "walk of shame" around Parmatown Mall, take a relaxing and stress relieving stroll along the Big Creek. Spending a little time in the sun, amongst nature certainly works wonders for the mind and the body.

Who does not feel stressed after a long day of work? Who is not suffering from cabin fever this winter? We are all a little anxious for the snow to go away, and to see our long lost friend... Blue skies. Once the warm weather hits, lets remember the best way to celebrate a beautiful summer day, just being outside. We are lucky to have such a beautiful park and recreation area at our disposal, so let's take advantage of it! I know I will.





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One wintry night, my little sister took Dad and me out to eat, telling us her friends had raved about a restaurant near where they lived. They had never been disappointed by the food. That's saying a lot for frequent diners in the restaurant world.

The menu is full of Polish, German, Italian and Hungarian entrees, perfect for Parma's diverse ethnic roots, as well as popular sandwiches, burgers, chops, pizza, salads and baked desserts. Dad was happy to see liver on the menu (not a smell we like in our house). Tender enough to cut with a fork, it was served with slightly buttery, translucent grilled onions and a fluffy baked potato. My flavorful peppers were accompanied by a soup and salad bar with good variety, and my sister's strip steak was perfectly cooked, juicy and generously portioned. Thick-cut onion rings crunched with freshness and zing. The house-prepared salad dressing made the dinner salad something special. She took the leftovers to work the next day for a ready-made lunch.

My second meal was solo, Saturday brunch. From the specials board I ordered an aromatic fresh-baked waffle with large walnut chunks in the batter, topped with slices of banana. Pancake syrup harmonized beautifully, adding a touch of maple to bring it all together. Good coffee, plenty of it, topped off the late morning.

Grace has a great crew, which can either make or break the dining experience. Kayla was attentive, greeted and seated me. Erica gave cheerful, knowledgeable service. Phil and Mina kept the restaurant sparkling clean, organized, and the customers fully served.

They all made the rounds with pots of coffee and were helpful in making things run smoothly.

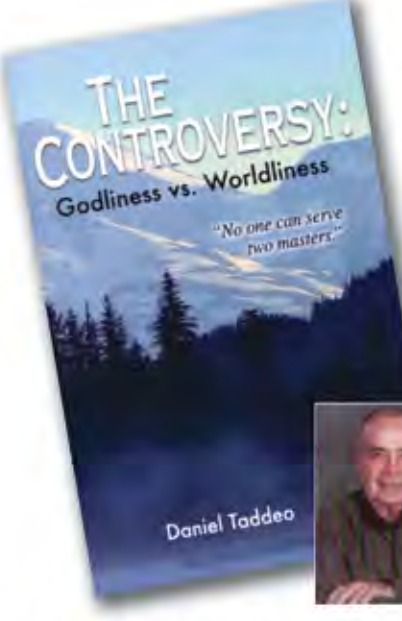
No wonder this restaurant won Fox Cleveland's HOT LIST award the last two years in a row for Best Traditional American Restaurant. Presidential candidate, former first lady, now Secretary of State Hillary Clinton dined at Grace's Grill during her campaign for Chief Executive, making the front page of the Plain Dealer. The buzz from all that press has inspired the Grace's Grill slogan: Come taste what everyone is talking about!

Grace just featured romantic hand-dipped chocolate desserts and other special delights for Valentine's Day, and plans a full list of Irish favorites for St. Patrick's Day. Live entertainment nights feature an acoustical guitar/singing duo. What must be the best restaurant breakfast in town for the least amount of money is \$1.29 for a pancake or French toast.

Weekday specials include Grace's Stimulus Plan: from 11 a.m. to 8 p.m., a large variety of money-saving specials. Seniors 60+ can dine on a complete dinner including rice pudding or cake for \$5.99 plus beverage purchase. Fridays in Lent feature all-you-can-eat cod or fish. When I visited, they had three cakes (two were five-layer) and eight pies to choose from, all fresh baked. The quality of the food at the surprisingly reasonable prices will keep you coming back. I'm coming back next Friday for the scallops and crab-stuffed whitefish and homemade pierogis!

Dad and I give Grace's Grill 5 Thumbs Up !!!!!

!!!!!=A !!!!=B !!!!=C !!!=D !=F



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Parma Observer

# We Do Not Apologize For The Inconvenience

by Daniel P. McCarthy

Publisher

“We apologize for the inconvenience” is what is printed at the bottom of the notices lashed to telephone poles near stops where people who depend on RTA, or more correctly, thought that they could depend on RTA, go to meet the bus in their neighborhood. This notice pictured is for the number 23 bus, announcing that as of 4/4/10, it will be eliminated. This particular bus, and many of you will remember, has been operating on this route for the better part of 35 years. During that time our county has been through more than one difficult economic crisis, and past RTA administrations were able to operate the system without having to wantonly slash service as an expedient way to balance their huge budgets, but alas, not this administration. Take a good look at this crude notice- this is what you get for all of your hard earned money that goes towards funding RTA. I never thought that I would be close to agreeing with former State Senator Suholdonik, but maybe it's time to consider abolishing RTA and privatizing our Public Transportation System. Maybe some capable company from somewhere (Europe, Japan?) can



I think Parma deserves more than this!

come here and operate a system that meets the needs of their customers, within their budget, without making them walk more than a mile through the worst weather to catch a bus; it has become quite apparent that RTA is moving farther and farther from those simple requirements. These disgraceful notices are but a symbol of the failure of management at RTA to capably manage a system, which after all, rests in the hands of the peo-

ple. What happens when you pointedly fail to do the job for which you are paid to do? What should happen to those at RTA who have failed to accomplish the goals that were set for them? Why should we continue to fund an agency that has demonstrated an astounding ability to waste our hard earned money on projects which, although impressive to behold, are of questionable benefit to the majority of taxpayers who fund this system. Why does RTA have public

meetings, ostensibly to hear “public input” on proposed service cuts, when it is obvious that decisions were already made? One thing that is certain; other cities and regions in our country, as well as the rest of the world, enjoy better, less expensive public transportation without enduring the pain and suffering that is being inflicted upon us by this incompetent body. Every elected official in this county should be made aware that this is a crisis of Public confidence, and if they fail to act, then the next step should be a ballot initiative to change, reform, or eliminate RTA altogether in favor of an effective system, which I'd swear that we used to have. The yet-to-be elected County Council members and County Executive are the officials who need to hear this message more than anyone else- they are the ones trusted with ushering in the new, vastly improved County Government that the voters overwhelmingly demanded. Let's send a similar notice to the grossly underperforming figures at our RTA that their precious jobs that they depend on have also been eliminated, and at the bottom of their notice, it should say: WE DO NOT APOLOGIZE FOR THE INCONVENIENCE.

## Anyone Interested In Rugby?

by Ashton Kambroff

To anyone who has played, or wants to learn the game I am trying to establish a “Parma Rugby Group” that can meet once a week for some friendly competition. Your age, gender, athletic ability or experience does not matter in the slightest. All I would ask is you bring a positive attitude, a desire to make new friends, and the proper athletic attire. One evening, once a week amongst friends who share a common love for the sport sounds like a great way to spend the summer. As of right now, I'm looking for members, and people who are willing to help me organize this! You can reach me via email at ashton\_kamburoff@yahoo.com with any questions, comments, or concerns as I look forward to hearing from you!

## City of Parma Youth Baseball/Softball Registration

by Jane Regas

Registration for the City of Parma youth baseball/softball leagues are scheduled for the following dates:

Saturday, March 20th	10:00a.m. – 12:00noon
Wednesday, March 24th	6:30p.m. – 8:30p.m.
Saturday, March 27th	10:00a.m. – 12:00p.m.
Weekdays, Monday through Friday,	8:30a.m. - 4:00p.m.

The FINAL registration will take place on Wednesday, April 7th from 6:30p.m. – 8:30p.m.

All registrations will be held at the Recreation Department, Parmatown Mall, 7912 Day Drive.

For further information please contact the Recreation Department @ 440-885-8144 or visit [www.cityofparma-oh.gov](http://www.cityofparma-oh.gov).

## Cross Country Skiing in Parma

by Laura McShane

I just want to commend the Metroparks, West Creek Preservation Committee and the Clean Ohio Fund for completing the segment of trail that runs along the perimeter of the park. I was able to cross-country ski today (despite heavy snow) from the parking lot to the Nice Place Tavern. It was a great work out and it was nice to be able to watch some of the Olympic Hockey game between USA and Finland. I also caught the most beautiful scene in the woods--a herd of female deer and their young moving through the trees. Absolutely magical. Thanks to all who have made this park possible.



## Tots And Kiwanians Team Up For Success

The First Step Program for 3 and 4 year olds in the Parma City Schools. Kiwanians look forward to visiting the classrooms to support the learning of the children by doing educational projects and by helping to build the children's conversational/social skills. This month's project was a charming Valentine bear creating a huggable, furry friend! Submitted by Dr. Christina Dinklocker, Deputy Superintendent Parma City Schools.



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# Parma Observer

## “Who Needs a Lift?”

by Judy Martins

Webster says an “el’-e-va-tor, n., is a moving platform or cage for conveying goods, persons, etc., from one level to another. A lift.” I’ve got news for Webster; elevators today are not that simple. I’ve spent more years than I care to count working in tall buildings, so naturally I’ve become a reluctant expert at whizzing up and down elevator shafts, compressing and decompressing my eardrums and my tiny brain. And I have lots to share.

An elevator is something we don’t

think twice about, but each one has its own personality! We don’t really notice their little signs: “Otis,” “No Smoking Under Penalty of Law,” “Inspection Certificate on File in Building Office,” “Load Limit 2,500 Pounds,” “Step to the Rear,” Don’t Spit on the Floor,” “No Alcoholic Beverages or Firearms.” Elevator time is the first “quiet time” I have after a two-hour breakneck morning scramble to choke down breakfast, hose myself down in the shower, fry my hair with hot rollers, run through a mist of deodorant, cologne and hair spray, and

strangle on my twisting coat as I slide into the car. I fly to work, spiral to the top of the parking garage, then claw at the doors of the rooftop elevator.

But the elevator never rushes, no matter how much I jump up and down. As it creaks slowly to the street, I suspiciously eye the yellowed inspection sticker with the smudged date, and wince at the grinding and clanking of the sputtering mechanism as we lurch downward. The doors open at last and I fall out, then serpentine through traffic and flying sprays of slush to the warm building.

Ah. Safe in the building---to more elevators—with doors closed and all yellow dots at the top floors. A little late, I race around pushing buttons, and dance in place. Eventually six elevators come down, so I dive into one and wait. And wait. (More quiet time.) Now twitching from the sudden cessation of motion, I push ALL the floor buttons above mine to crank things up. Then someone squeezes in, sees every button lit and just me, and glares. I carefully study the ceiling in the icy silence, humming nonchalantly until I can escape.

Lunch time. Out to the lobby, push more buttons and wait. And wait some more. Let’s go! I have a zillion errands to run in this hour! Tap-tap. Sigh. Tap-tap. Clench, sigh. Once I decided to brave the back stairs. The one-way door slammed shut, my heel caught on a tread, and I sprawled onto the landing, twisting both ankles. I lay there spread-eagled for an hour until the next “walker” helped me hobble back. Another memorable lunch. No more back stairs ... I’ll wait. Ding! Finally.

Full. This is a good time to check the capacity and load limits. Hmmm, “Capacity 12,” “Load Limit 2,500 Pounds.” I silently count bodies, estimate each passenger’s density and weight and total it up. If it’s near the limit, I quickly jump out and catch the next one. I have never seen a survival demonstration or kit in an elevator; have you? Not for water, land or sudden stop. That’s because there is no survival. If she goes ... she goes.

The morning lifts are the most pleasant, because everybody still smells good. But sometimes they smell TOO good. When you consider that almost everything we use is “scented,” and seal 10 or 12 people in a tight metal box, the combination of fumes is probably lethal.

Think you look pretty good in the morning? Catch an elevator with wall mirrors and blue-white fluorescent lighting. Without a bag for your head, you’ll never have the courage to come out. Morning mirrors are depressing enough, but the blue light brings out every zit, every pore and every wrinkle. A real zonk to your self confidence. Avoid these.

Ever notice that when stepping into an elevator everyone does a quick military about-face and then stares at the door? Then they raise their chins

in unison to study the numbers. And nobody talks. Well, my little dream is to face the group with a dazzling smile and lead them in song as we ride. “Nearer My God to Thee” would get their attention, or swaying together as we sing, “Cum-Bay-Ah.” A little sing-along would be fun! Just like on chartered bus trips. Why waste that time? It sure beats watching lighted numbers. There we all are huddled shoulder to shoulder, so how about a little love thy neighbor? (I usually bring my ukulele just in case.) There’s elevator music -- we could dance! A little too slow for a boogie, but a quickie fox trot or waltz would be fun.

See? And Webster said elevators were just for conveying goods or persons from one level to another. There’s no need to freeze up just because you’re sealed in a box for a few minutes. There’s lots you can do: (a) read the signs aloud; (b) tell a joke; (c) lead a sing-along; (d) ask someone to dance; (e) nudge someone and whisper, “Come here often?” (f) scratch somebody’s back or message their neck; (g) brush off some coats, (h) exchange cookie recipes, (i) pass around snacks, or even (j) share your lunch! Then get off, march directly to the building office and demand to see the famous file with the famous inspection certificate. (If they can ever find it, you’ll be the first.) So the next time you step into an elevator, remember all these possibilities and enjoy your lift!!

My wish for you is a newly-inspected elevator filled with friendly, nice-smelling folks and danceable music, with doors open and lights on, and an express button directly to your floor.

##

Pls call with any questions:  
Judy Martins  
(Editor, The Center Line)  
jmar2@att.net  
(440) 237-0020

## Hollywood Documentary of the Ukrainian Famine-Genocide of 1932- 33

by Maria Flynn

For the first time in the United States, Hollywood has produced a film on the Ukrainian Famine-Genocide of 1932-33. Hollywood director, Bobby Leigh took it upon himself to direct this powerful film. “HOLODOMOR; Ukraine’s Genocide of 1932-33,” a feature-length documentary, was produced by the Tomkiw Entertainment and Moksha Films. The film’s conception coincided with the 75th anniversary of the Holodomor.

“HOLODOMOR,” Ukraine’s Genocide of 1932-33. is an edgy, auspicious, cinematic look at a very dark and horrific time in which millions of people died due to a man-made famine in Ukraine, perpetrated by Joseph Stalin.

In November of 2006, Hollywood filmmakers Director Bobby Leigh and Producer Marta Tomkiw were invited to a Holodomor memorial service in Los Angeles.” Although I fancied myself as a history buff, seeing every World War I and II movie that I could and studying countless hours of history channels, I had never before heard of Holodomor or any genocide or famine in Ukraine. I was also surprised, as I later found out, that nobody I knew had ever heard of it either,” says Leigh.


In the early 1930’s, Ukraine was the breadbasket of the Soviet Union, had bountiful crops of grain, yet its people were dying of starvation. In order to crush the will of the independent-minded Ukrainian peasants and secure collectivization of all Ukrainian lands, Joseph Stalin ordered an army of ruthless, well-fed Communist Party activists to confiscate all harvested grain and seize all the food-stuffs in the villages. As a result of this genocidal decree, by the end of 1933 nearly 25 percent of the Ukrainian population - 7 to 10 million people, including three million children - had perished.

In the face of terror, Ukrainians had little possibility of escaping their horrific fate or even to create another type of life elsewhere. Travel was banned for Ukrainians, keeping them confined in a prison of starvation within their own villages.

This is the first full-length feature film documentary on this tragic event in history. “HOLODOMOR; Ukraine’s Genocide of 1932-33 will tell the story of the cold-blooded destruction of human life, silenced from the world for over seven decades.

The United Ukrainian Organizations of Ohio and the Michael Schwartz Library at Cleveland State University will be presenting a free-private screening of this film, on Thursday, March 25 at 2:00 PM and on Saturday, March 27 at 7:00. Please don’t miss the opportunity to see this important film.

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Parma Seniors

# Avoid Caregiver Burnout

by Patty Knox

In the hopper this month was an email from a caregiving reader who sounded like she was at the end of her rope. Tying a knot at the end of the rope to hang on was not going to help, since she is losing the strength to hang on, and exhaustion and possibly depression might cause her to let go. A brief excerpt from her letter:

Dear Alzheimer Annie,

Could you talk about how to cope with the endless 24/7 nature of taking care of a parent? And the mental outlook needed to survive? ... I feel as though I'm at the end of my rope, and I'm the only person my Dad has. I can't let him down. ... and there's no money for anything else. ... He's changed so much. He doesn't even remember who I am, or where he is. Now, when he does talk, nothing he says makes any sense... I'm really glad my father's still alive, but it's so hard to bear. Any advice would be appreciated.

Miriam R., Parma

## Parma's Ridgewood Golf Course Celebrates 85th



Parma Mayor Dean DePiero is proud to announce the Parma Ridgewood Golf Course will be celebrating it's 85th Anniversary in July of this year.

Over the years, Ridgewood Golf Course has been home to many national tournaments and events and presently is very popular in hosting golf outings and fundraisers throughout the season. This 115 acre course is nestled in the middle of the City and is truly a gem for our entire area. Parks & Recreation Director Mickey Vittardi feels the success of Ridgewood Golf Course can be attributed to the hard working and dedicated employees as well as the continued loyalty of its constituents.

Mayor Dean DePiero is quoted as saying "We are very proud of the 85 year history that Ridgewood Golf Course has and look forward to the continued years of service for our patrons".

Ridgewood Golf Course is also proud to be the home golf course for our three high schools, Parma Senior, Normandy and Valley Forge. The course officially opens to the public March 1st, weather permitting.

Details on the celebration for the Anniversary will be forthcoming.

Dear Miriam,

Your father is blessed to have you as his child. He took care of you during your dependent years, and now the roles are reversed. He is the dependent; the dementia has made him more like a child unable to take care of himself or make his own decisions. You are now acting as the parent. That is a very hard transition for any of us to make. My brother and I talked about this at length, and he taught me an enlightening paradigm shift. He is very patient with our father, and keeps a healthy perspective by viewing Dad's behaviors and regressions as specific developmental stages in childhood.

Right now, Dad's inquisitive mind, his blank slate from loss of memory, and his experience of things around him are oftentimes new. On one of his less lucid days, he will be trying to make sense of his world. Pudding, its texture, the feel on his finger of it, and the tray or the wall become, in his mental state that day, fingerpaints and canvas. He might not remember that it's something edible, even though he loves sweets. He thinks it's something to play with. So, in mental stages, he might be exploring like a one-year-old. Other days, when he stacks and orders anything on his tray, or the table next to his couch, or the desk by the phone, it's like a game of stacking and nesting shapes, sizes, non-block items. It makes sense to him, and it shows his mind is still working. That's good. My brother just lets Dad occupy his time and waits til he's napping, knowing Dad will not remember when things are put back in their proper place. If it's nothing important, he'll leave things where they are. But he enjoys seeing what Dad will do next, and the insight it gives into Dad's state of mind.

My brother doesn't let Dad's decline depress him. He just accepts it as the gift Alzheimer's gives us of 'the long goodbye' and sees each day as another gift. Another day of a precious life. And Dad's happy, still has a great appetite, just has what can be called a mental disability. The fact that my brother can see things for what they are and see the bright side inspires me, since he spends a lot more time with Dad than I do. I could not do what I do for Dad if not for my brother.

Now, regarding you, my friend. It's time for respite care, even if you think your father will not like it. You need a break every now and then, a day off or a day away. There are fine places such as Broadview Multi-Care near to you where you can take him for a day or a weekend to give you a necessary respite. They have a lovely, caring staff, are a family-owned skilled nursing facility, and a fine example of providing a support system for families of elderly relatives. And yes, it is necessary. Statistics prove that caregivers live shorter lives because of the overwhelming demands of being responsible for an adult parent. You certainly don't want to die before he does. Who would he have to take care of him then? So

do both of you a favor and check out respite care.

Another good alternative is scheduling a nurse aide from a home care provider such as Visiting Angels of Medina. They sent an excellent aide to take care of our father when we needed some time off for our own health. He made every effort to give Dad what they term "joyful companionship," talking with Dad who is profoundly deaf and sincerely listening while Dad went through all his old stories about the war and growing up during the Depression and such. He gave Dad a shower and good grooming and applied topical medicine to Dad's skin condition and cajoled Dad into taking his pills, while sitting by him during supper (ready with the Heimlich maneuver) to make sure that Dad didn't have a choking problem.

If your father is a veteran of military service, he has benefits that can be claimed to help you with the financial burden of respite care, although so far I am disappointed in the results we've received from the Veterans Administration. Don't hold your breath waiting for relief. It is a lengthy process and so far they have only awarded us enough for 7 hours of respite care per month, not even a full shift. But if you don't advocate for your father, no one else will.

You need a support system. Talk with the pastor at your church for encouragement and inspiration as well as networking. There may be church members willing to be volunteers for occasional four-hour time periods of respite care. Call the Alzheimer's Association for their 24-hour hotline at (800) 272-3900 ([www.alz.org/we\\_can\\_help\\_24\\_7\\_helpline.asp](http://www.alz.org/we_can_help_24_7_helpline.asp)) as well as more resources and free group support meetings (my favorite form of

therapy). Or call Parma Community General Hospital regarding Elder-Center adult day care (440) 743-2660 or The Club (440) 743-4847 for mild memory loss ([www.parmahospital.org/SeniorResources/ElderCenter](http://www.parmahospital.org/SeniorResources/ElderCenter)). Dad enjoyed the interaction and activities of The Club until he was past the stage where it was appropriate. Don't forget the 60+ Club's tasty, blessedly inexpensive lunch meals up at the Senior Center adjacent to Parma City Hall and their light activities for those who still have a social presence.

Since there was no phone number in your email and I'd like to talk with you to ask some specific questions to be better able to help you, Miriam, I'd like you to please contact me again and let me know if this information helps you sufficiently and how you're doing now, or what other needs you may have. I am only another caregiver, not a doctor, so I advise you to seek out a counselor immediately if you feel yourself getting desperate. But I'd be happy to listen and share my experience if it will help others. So, all of you, please feel free to write me, [alzheimerannie@yahoo.com](mailto:alzheimerannie@yahoo.com) and share any tips or helpful personal experiences that would be useful to Miriam and other caregivers like you.

Oh, and as for the Caregiver's Kitchen portion of this month's column, I took some of my own advice after a very hard month and gave myself a break from cooking! A change of scenery was just what the doctor ordered. So read about Dad's Night Out at Grace's Grill on Pleasant Valley near Broadview with my sisters and I in the restaurant review also in this month's Parma Observer and plan a night out for you and your cared-for senior. Thank you for reading, and God bless you and your family.

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# West Creek Reservation

## Restoring West Creek

by Dave Lincheck

West Creek Preservation Committee, the Northeast Ohio Regional Sewer District, and several other partners are leading an effort to improve the health, habitat, and natural functions of West Creek. After years of study and planning, construction started recently on three stream restoration projects which aim to repair physical structure, streambank stability and biological conditions in and along the stream channel in Parma and Brooklyn Heights.

### Why are the restoration projects needed?

Like many urban streams, certain sections of West Creek have been subjected to artificial modifications over the years. Examples of these modifications included construction of small dams, filling of the floodplain, and straightening and re-routing of the creek, often using concrete structures. Some of these changes occurred during the construction of I-480 as well as nearby developments. Unfortunately,



West Creek site 11 restoration looking upstream.

the stream suffered as a result. In contrast to areas upstream, habitat, trees and vegetation along the creek were lost. Dams and concrete structures blocked the movement of fish. Many of the concrete structures eventually failed, leaving non-vegetated banks subject to erosion. Increased storm flows, due to the growth of upstream impervious surfaces, scoured the artificially straightened creek bed and resulted in sections of stream devoid of fish habitat. In fact, a combination of studies sponsored by WCPC and its partners identified problems and needed solutions at over a dozen sites along West Creek.

Now we are repairing some of this damage and restoring the stream to a more natural state at three of these locations.

### Where are the projects located?

Three sites were selected based upon expected benefits and feasibility, cost and available funding, accessibil-



Six foot concrete fish barrier and eroded stream bank on West Creek at I-480 before restoration.

ity and participation of landowners along the creek.

WCPC worked with project site property owners to obtain required access agreements and environmental covenants (similar to conservation easements) which will permanently protect the restored stream sections. One owner, Fogg Properties, donated land containing a portion of West Creek to the Village of Brooklyn Heights so that the restoration could move forward.

rock structures known as vanes were introduced to direct and dissipate stream energy, guide water flow, and build up the stream bed to alleviate the elevation change where the dams previously stood.

At Site 9, rock structures were used to build up the grade of the stream bed and create a series of pools, effectively erasing the 6 foot high concrete waterfall and fish barrier that previously existed at the downstream side of I-480.

Site 8 will also employ rock vanes to direct water flow, dissipate stream energy, and help prevent erosion.

At all three project locations, streambanks are being re-graded to gentler slopes to increase the floodplain area. This allows the creek to hold more storm water and reduces flooding downstream. Native vegetation will be planted on the streambanks to prevent erosion and improved habitat. Site photographs and detailed plans are available on our website at: <http://www.westcreek.org/wrrsp.html>

### Who are the partners?

The Northeast Ohio Regional Sewer District (NEORS) made this restoration of West Creek possible. An integral partner, NEORS helped obtain and sponsor a grant from the Ohio EPA that provided the bulk of the funds for this project. NEORS's technical expertise was invaluable in planning and implementing the restoration work. Further, their willingness to embrace natural methods in solving stream, erosion, and storm water problems is to be commended.

Both the Village of Brooklyn Heights and City of Parma have been



Locations of West Creek stream restoration projects: Sites 8, 9a, & 11 (circled) are in progress or recently completed. Site 1 is funded and pending while sites 2-6 are proposed future projects.

very supportive both as landowners and as partners in these projects. Other landowners who provided access and agreed to place protective environmental covenants on their sections of West Creek include Chelm Properties, Door Properties, and Fogg Properties.

A total of \$3.5 million in grant funding for this initiative was provided by the Ohio EPA through the Water Resources Restoration Sponsorship Program (WRRSP), the National Fish & Wildlife Foundation, and the Great Lakes Commission.

West Creek Preservation Committee staff worked on project coordination, negotiated with landowners, and applied for and managed grant funding. In addition, as a land conservancy, WCPC is a party to the environmental covenants and is responsible for ensuring the long term conservation of the project sites.

### What's next?

Two of the sites are substantially completed and the third should be completed this spring. We are looking forward to the thousands of new plantings greening up when the weather warms. Monitoring and measurement of the projects' anticipated benefits to the Creek will continue for several years.

Additional restoration projects are on tap. Restoration of the Confluence, the 10 acre site where West Creek meets the Cuyahoga River is substantially funded, with design/engineering expected to start this year with a goal of construction in 2011. Important funding has been obtained for restoration of the Creek between Schaaf and Granger Roads in Independence. Finally, WCPC is actively seeking resources for additional restoration projects identified in the West Creek Watershed Action Plan and the West Creek Valley Management Plan. (To view these plans, please visit [www.westcreek.org](http://www.westcreek.org))



Dam at restoration site 11 before removal.