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# PARMA Observer

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## Parma Senior Center Wins Award For YMCA Partnership

by Jeannie Roberts

The Donna Smallwood Activities Center and Parma Office on Aging was awarded the 2016 Independent Living Award for Excellence in Business Practices as chosen by the Western Reserve Area Agency on Aging. Center Director Jo Ann Mason accepted the award Tuesday, along with Brandon Bussey, executive director of the North Royalton/Ridgewood YMCA.

The award recognizes the partnership between the

Smallwood Center and the former Ridgewood YMCA. The YMCA made the decision to close Parma's local facility, and to address the void for the senior population, the YMCA and the City of Parma formed a partnership to bring the YMCA programs to the Smallwood Center. A wellness center with a variety of weight machines, treadmills, and stationary bicycles was added, and Silver Sneakers and other classes were added to Center activities. YMCA staff members and

teachers were relocated to the Smallwood Center, saving the city money previously paid for classes and teachers.

Since November, the Smallwood Center has gained more than 200 new members. The YMCA has seen an increase in its membership as well, because center members must join the YMCA - at special pricing established by the YMCA - to use the exercise facilities.

Mayor Tim DeGeeter said: "Our city's motto is 'Progress Through Partnerships' and this is a perfect example of how that works - we have upgraded our senior center facilities, brought in new classes and teachers and that has resulted in new members. Additionally, this has helped us reduce city expenses. I congratulate center director Jo Ann Mason and her staff for all the fine work going on at the Smallwood Activities Center."

Mason added, "This partnership has been a win-win-win for all - the center, the YMCA, but more importantly, our older adults. We are so happy to be able to serve more of them through this cooperative design."

Dr. Douglas Beach, the CEO of the Western Reserve Area Agency on Aging, said in his award letter: "The Donna



Senior center director Jo Ann Mason accepts the Independent Living Award for Excellence in Business Practices from Dr. E. Douglas Beach. Also looking on is Brandon Bussey, executive director of the N. Royalton/Ridgewood YMCA.

## Parma Comes Alive Inside

by Wayne Mesker

Parma has a history of being a Rock & Roll town dating back to concerts by Peter Frampton and other rockers at Byer's Field. Following in that tradition, the Alive Inside Foundation, as a kick-off to the launch of their "Adopt An Elder/Build A Bridge" Program with students from Director Kristopher S. Morron's Valley Forge High School Music Ed Department is bringing Legendary Emerson, Lake & Palmer drummer Carl Palmer and the ELP Legacy Band to the Valley Forge High School Auditorium on Saturday June 18, 2016 for some Rock with A Purpose. The event doors open at 4 PM, and the event begins

at 5 PM

Alive Inside Film and Foundation Director Michael Rossato Bennett formed the Alive Inside Foundation after realizing during the making of the 2014 Sundance Audience Award-Winning documentary "Alive Inside" that there was an important need to establish a bonding of the generations in our society. He understood that music, while being miraculously effective as a therapy for many ills including Alzheimer's and Dementia, is also the Universal language that all generations and cultures speak and respond to. The "Adopt An Elder" Program

continued on page 2

## Safety Fair Means Spring Has Arrived In Parma

by Dale Powell

The annual Safety Fair in Parma took place on April 30, a Saturday morning that started out awfully cold but soon turned much warmer by the 11:00 a.m. starting time, weather not uncommon for this time of year. I've always enjoyed attending this event, and this year was no exception. There is an assortment of interesting activities all occurring simultaneously, from demonstrations of the dangers of dealing with home grease fires, to displays of police dog prowess, guided tours of the Parma Justice Center, and all



kinds of useful information concerning safety and common sense approaches to better life choices. Congratulations to all

of the hardworking volunteers who made an extraordinary effort to present this fun and most worthwhile event.

Smallwood Activities Center ... truly demonstrated the intent of the WRAAA Independent living Award for Excellence in Business Practices. This award ... identifies individuals and organizations that set standards and demonstrate dedication to creating communities that advance independent

living. These communities are created by the work of individuals and organizations that are exceptional in helping older adults and individuals with disabilities maintain their independence through service provision, business practices, advocacy, volunteerism and leadership."

## Business of the Month



The Mayor's Business of the Month is Studio Zia Salon at 1339 Rockside Road. Owner Linda Madzia was joined by her mother, Evelyn Madzia, and by Annie Higginbotham, who works at the salon, to receive the award from Mayor DeGeeter and Councilwoman Kristin Saban. Studio Zia is known for being environmentally friendly and for supporting various community efforts, such as the annual peanut butter drive and the Parma Animal Shelter events. Congratulations to Linda and the staff at Studio Zia. Keep up the great work.



COMMUNITY NEWS

# The President’s Corner

by Sean Brennan

Recently, I was one of sixteen teachers from around the country to be invited to Mount Vernon, Virginia – the estate of George Washington – to take part in a weekend academic conference about the Father of our Country. In preparation for the colloquium, my colleagues and I read hundreds of his letters to friends, acquaintances and family members. As a result of this academic pursuit, I now hold a much deeper appreciation of the man I refer to as The First American.

Throughout the weekend, I found myself seeking Mr. Washington’s guidance and advice regarding the rhetoric of the current presidential contest. I was especially moved by his words about religion and was moved to share them with you, faithful reader of my series on Parma’s places of worship. In fact, I cannot help thinking, as I type this article on the back porch of the mansion overlooking the beautiful Potomac River, how proud President Washington would be of Parma’s rich religious diversity. Below I share with you his words about his vision for religious toleration in the United States of America.

## General Orders to the Continental Army Command (April, 1783)

Here, as the American Revolution comes to a close, General Washington commends the troops “who have assisted in protecting the rights of humane [sic] nature and establishing an Asylum for the poor and oppressed of



Sean Brennan,  
Parma City Council President

all nations and religions.”

## To the Reformed German Congregation of New York (November, 1783)

“The establishment of Civil and Religious Liberty was the Motive which induced me to the Field.”

## To Tench Tilghman (March, 1789)

Speaking of his employees and slaves: “If they are good workmen, they may be of Asia, Africa, or Europe. They may be Mahometans [Muslims], Jews, or Christians of any Sect, or they may be Atheists.”

## To the United Baptist Churches in Virginia (May, 1789)

“If I could have entertained the slightest apprehension that the Constitution framed in the Convention, where

I had the honor to preside, might possibly endanger the religious rights of any ecclesiastical society, certainly I would never have placed my signature to it.”

## To the Annual Meeting of Quakers (September, 1789)

“The liberty enjoyed by the people of these states of worshipping Almighty God agreeable to their consciences, is not only among the choicest of their blessings, but also of their rights.”

## To the Hebrew Congregations (January, 1790)

“The liberal sentiment towards each other which marks every political and religious denomination of men in this country stands unrivalled in the history of nations.”

## To the Roman Catholics in the United States of America (March, 1789)

The Roman Catholic community in the new United States was very small and faced persecution in most regions. A true leader, Washington stated “I presume that your fellow-citizens will not forget the patriotic part which you took in the accomplishment of their Revolution, and the establishment of their government; or the important assistance which they received from a nation in which the Roman Catholic faith is professed. . . And may the members of your society in America, . . . enjoy every temporal and spiritual felicity.”

## To the Hebrew Congregation in Newport (August, 1790)

“The citizens of the United States of America have a right to applaud themselves for having given to mankind examples of an enlarged and liberal policy – a policy worth imitation. All possess alike liberty of conscience and immunities of citizenship. It is now no more that tolerance is spoken of as if it were the indulgence of one class of people that another enjoyed the exercise of their inherent natural rights, for, happily, the Government of the United States, which gives to bigotry no sanction, to persecution no assistance...”

## To the Hebrew Congregations of the City of Savannah (1790)

“I rejoice that a spirit of liberality

and philanthropy is much more prevalent than it formerly was among the enlightened nations of the earth, and that your brethren will benefit thereby in proportion as it shall become more extensive. May the same wonder-working Deity. . . make the inhabitants of every denomination participate in the temporal and spiritual blessings of that people whose God is Jehovah.”

As you can see, George Washington’s religious vision for American was initiated years before the First Amendment was conceived in 1791. As fellow Americans, our responsibility is to carry on his legacy and vision of toleration.

Sean Brennan, Mount Vernon, Virginia, April 24, 2016



Mount Vernon, Virginia 2016

# Parma Comes Alive Inside

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is our way of using that shared language and addressing the need to foster human connection between young and old. The program is currently active in 11 Cities/Schools in the United States. Valley Forge will make Number 12 with plans of expanding nationally, hopefully globally in the future.

We provide Elders that have Alzheimer’s / Dementia with the Technology to hear the “Personal” Soundtracks to their Lives by recruiting and training young people to discover

and deliver them. Our young volunteers have also received our Empathy education. Watch this video clip just shot in Orlando & get an idea of what we have to offer our local Communities. You’ll be astounded and moved. <https://vimeo.com/162722884>

We can rekindle memories for elders while transforming their lives and the lives of young people around the world. More information, videos and advance tickets can be found here:

<http://www.aliveinside.org/carl-palmer/>

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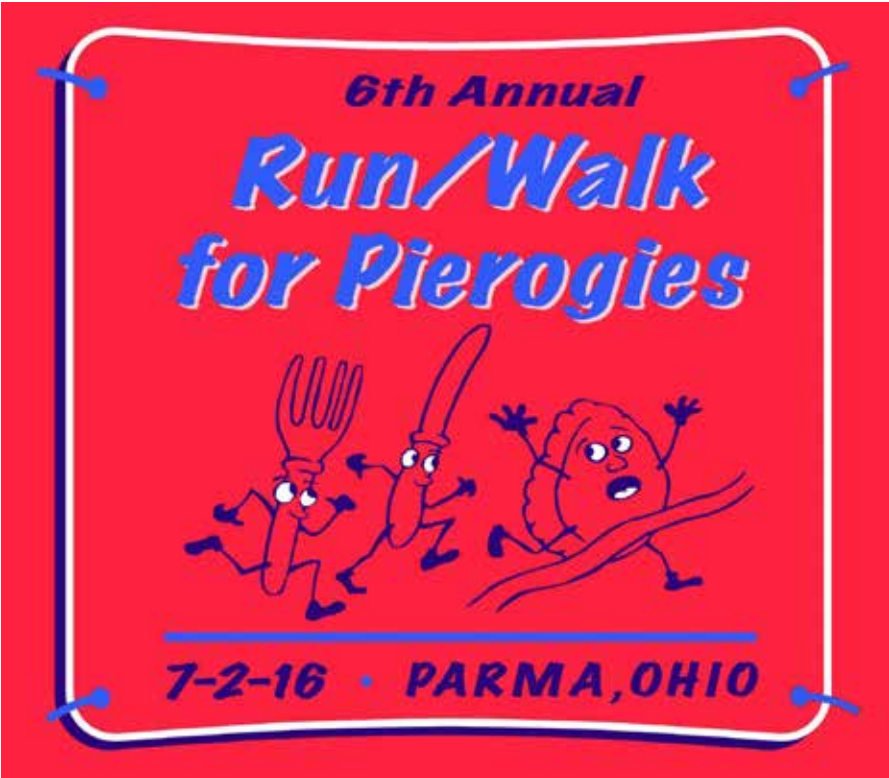
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HEALTH/CULTURE



Sixth Annual Parma Run-Walk For Pierogies

by Sean Brennan

It is not too early to start training for the University Hospitals Parma Medical Center's Sixth Annual Parma Run-Walk for Pierogies coming up on Saturday, July 2 at 8:30 am. As in the past, co-director Gary Uveges and I, along with our planning team of volunteers, have been working hard to make this year's event even more memorable than ever. We are fortunate to have the continued support of Cuyahoga Community College's (CCC) Western Campus (11000 West Pleasant Valley Road) who will be hosting us again this year. The flat course has been the PR of many a local 5k runner. Walkers will enjoy the 3.1 mile or 1 mile courses.

The family friendly event features something for all ages, including entertainment, visits from local sports team mascots, plenty of drinks and snacks, t-shirts, loads of door prizes and many other goodies for participants. Of course, all participants will enjoy pier-

ogies courtesy of Parma's own Perla's Homemade Delights (5380 State Road). Last year we hosted well over 600 participants and hope to top that this year.

The top male and female will each receive a prize package, as well as the exclusive Golden Pierogie Award. The top three males and females in several age groupings will win pierogie awards.

**To sign up visit**  
<http://www.hermescleveland.com/roadracing/events/runforthepierogies.asp>

The cost to participate is \$20 before July 1, \$25 on the day of the event. Ages 11 and under only pay \$10. Proceeds from this year's event will benefit several local charities, including the Parma Charitable Fund, the CCC Scholarship Foundation, and Honor Flight Cleveland. So, come on out and have fun, enjoy some Parma pierogies and feel good about helping some great causes. If you have any questions, feel free to e-mail us at [pierogie5k@gmail.com](mailto:pierogie5k@gmail.com).



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Your Health Matters:  
Living With Diabetes

by CJ Sheppard

Today, one of every four people with diabetes doesn't know he or she has it – that's nearly 7 million Americans. Many of our lifestyle choices influence our risk of getting diabetes. Everything from whether you smoke, to how much or how little you exercise, matters.

What you choose to eat and drink also can increase your risk.

When left untreated or not properly managed, diabetes can cause serious health complications such as heart disease, nerve damage, blindness, kidney failure and other problems.

Hear from Certified Nurse Practitioner Gwen Smith at this free talk on Wednesday, May 11 from 6 – 7:30 p.m. at UH Parma Medical Center, 7007 Powers Blvd., Parma. Register online at [UHhospitals.org/HealthMattersRSVP](http://UHhospitals.org/HealthMattersRSVP) or call 216-767-8435 between 9 a.m. and 5 p.m. Participate in the conversation on social media using #UHHealthMatters

Stroke Screening:  
Know The Signs Of The Leading Cause Of Disability

by Daniel P. McCarthy

Stroke is the leading cause of disability in the United States, and someone dies from a stroke, on average, every four minutes in this country. Do you know the warning signs? And have you been screened?

On Thursday, May 12, from 5 – 6:30 p.m at UH Parma Health Education Center, 7300 State Road, Parma, receive a comprehensive screening and valuable information on stroke. This free public lecture with UH Parma Stroke Coordinator Noreen Chase, RN, will include blood pressure and stroke screening, carotid screening, and cholesterol and glucose testing.

Preregistration is not required. To learn more, call 866-UH4-CARE(866-844-2273) or visit [UHhospitals.org/StrokeRisk](http://UHhospitals.org/StrokeRisk).

Pianist to Perform In Parma And Parma Heights

by Joe Germana

Nationally renowned pianist Alexander Wasserman will perform TWO CONCERTS this May. Alexander Wasserman will perform a Piano Recital Saturday May 21st 7:00pm in the intimate Parma High School "Little Theater" 6285 W 54th St in Parma. Featuring: Carl Vine: Sonata No. 1 Rachmaninoff: two etudes; Liszt: Valee d'Obermann and Chopin's "Great Hits". Proceeds to benefit: Parma Symphony Orchestra

Parma Symphony Orchestra Music Director Dr. Randolph P. Laycock presents: Alexander Wasserman performing: Edvard Grieg "Piano Concerto Opus 16" also Franz von Suppe's "Poet and Peasant Overture" "The Walk to the Paradise Garden" by Frederick Delius and Dmitri Shostakovich: "Waltz No. 2 for Variety Stage Orchestra" on Sunday, May 1, 2016 at 3:00 PM at Valley Forge High School Auditorium located at 9999 Independence Boulevard in Parma Heights.

The orchestra, in its 47th season consists of 75 members of all walks of life from all over the entire Greater Cleveland area. They meet weekly for rehearsals and present at least four concerts annually.

General admission for each concert is \$10 for adults and \$5 for students and senior citizens. Family passes of \$20 are available for families of up to 2 adults and their children. All tickets

are available at the door.

Hailed as a "sensitive and sophisticated artist," pianist Alexander Wasserman is rapidly establishing himself as one of the most engaging performers of his generation.

A recent prize winner of the Bauru/Atlanta piano competition, Dr. Wasserman maintains an active concert schedule, with recent recital performances in the cities of Atlanta, Baltimore, Boston, Chicago, Cleveland, La Jolla, Los Angeles, San Diego, San Francisco, Minneapolis, Santa Barbara and Washington, D.C. His performances are frequently broadcast on television and classical radio stations throughout the country.

As a concerto soloist, Dr. Wasserman has appeared with the Thousand Oaks Philharmonic (CA), the New Valley Symphony (CA), the Suburban Symphony (OH), The Santa Barbara Choral Society and Orchestra (CA), and the Parma Symphony (OH) in concertos by Beethoven, Liszt, Grieg, Rachmaninov, and Tchaikovsky. This season includes performances of Liszt's Piano Concerto No. 2 in A Major with the DeKalb Symphony Orchestra (GA), and The Parma Symphony. As an orchestra pianist, Dr. Wasserman appeared as a member of the Cabrillo Festival of Contemporary Music Orchestra under the direction of Marin Alsop in the summer of 2014.

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EDUCATION

### ASSET CORNER

Visit the "Asset Corner" on Facebook. Share your Asset building ideas.

### MyCOM

My Commitment. My Community.  
THE PARMA AREA YOUTH INITIATIVE  
**PGSD**  
PARMA CITY SCHOOL DISTRICT

Show Kids You Care: Learn What They Have to Teach.

Asset Corner #77

by Gene Lovasy

Show kids you care: point out what you like about them.

May's Asset Category: COMMITMENT TO LEARNING.

A love of learning will take them far Education has improved immensely in the past 20 years. Today, more young people are taking high-level courses, fewer of them are dropping out, math and science scores are on the rise, and more students are entering college after high school. But that doesn't mean a commitment to learning happens naturally in all young people. Instilling this important trait involves a combination of values and skills that include the desire to succeed in school, a sense of the lasting importance of learning, and a belief in one's own ability. This commitment is strongly influenced by the school environment and relationships with family and peers.

COMITMENT TO LEARNING Assets Include:

- #21 Achievement Motivation – Young person is motivated to do well in school. (65%\*)
- #22 School Engagement – Young people is actively engaged in learning. (55%\*)
- #23 Homework – Young person reports doing at least one hour of homework every school day. (47%\*)
- #24 Bonding to School – Young person cares about her or his school. (52%\*)
- #25 Reading for Pleasure – Young person reads for pleasure 3 or more hours /week. (22%\*)

Tips for building these assets

By supporting young people and reminding them of the built-in rewards of learning, you can help them deepen their engagement in learning at school, at home, and in the community. Focus on young people individually to help meet distinct needs, styles, and pref-

erences. Schools and youth programs often offer different options. And remember: Learning happens everywhere, not just in school.

Also try this

In your home and family:

Encourage reading as a regular part of your child's day or read aloud together. When young people are read to, have book collections at home and limits on TV watching, they are more likely to read for pleasure and lifelong learning.

In your neighborhood and community:

Be a role model. Show young people your enthusiasm for learning new skills and gathering information. Encourage and support young people in finding new things that get them excited about learning.

In your school or youth program:

Bring in guests who have achieved their dreams. Invite the students and participants to interview them and learn firsthand about the commitment needed to succeed.

ASSET RELATED NEWS

The completed Parma MyCom Youth Development Plan will be presented to the community at a meeting scheduled for 5:30 pm, Tuesday, May 3rd at the Powers Blvd Library, Conf. Rm. B. Here's your chance to share opinions/suggestions, meet staff from Ohio Guidestone, the new lead agency that will be implementing the plan, and represent your community in support of our youth. Your active participation is vital to the process and its success. Please invite and encourage other interested parties to attend.

Are you interested in obtaining your GED? Do you have kids entering the 1st thru 5th grade this fall? Then Families Learning Together is for your family. This fun interactive program will both prepare you for the GED but also provide a summer learning experience your child will enjoy. It's scheduled for Tuesdays, Wednesdays & Thursdays beginning June 26th thru August 11th, 9:30 am – 1:00 pm at the Parma Library (on Powers Blvd). Register online or call 440.885.8362.

Particularly for our business partners out there, the Parma First Step PTA has a number of end-of-the-school-year events they'd like to do for their young kiddos. If you're a local business looking for a really "feel-good", relatively inexpensive way to build up your business while helping out our local kids you'll want to check out this opportunity. Call Amanda Rouse at 216.544.5840 to learn how you can help.

A newly formed parent networking organization called Partners For Community Connections has been created to support individuals w/disabilities and their families. Caregivers, individuals w/disabilities, parents and/or any interested families are welcome to attend a meeting of the group from 9:00 am – 12:00 on Monday, May 9th at the North Royalton Library, 5071 Wallings Rd. The keynote speaker will be Kelly Petty, Superintendent, Cuyahoga County Board of Develop-

mental Disabilities. The event is free but requires an RSVP to erin.hinkel@yahoo.com.

The Collab continues to work hard collecting donations of new or like-new prom, bridesmaid or special occasion dresses, shoes, accessories (jewelry, purses, shawls, etc.) and new/unused makeup for the BELLE OF THE BALL BOUTIQUE coming up on May 7, 2016. You can help make sure that every young girl, regardless of circumstances, has the opportunity to feel beautiful and special at her High School Prom. Call the Collab at 440,887.4873 for details.

Don't forget to save the date - Saturday, May 21, 2016 and consider sponsoring or participating in the PARMA WAY 5K. To register go to www.parmacityschoools.org/parm-away5k. For more information contact Kyan Johnson at 440.885.8777.

The next Mobile Food Pantry at the Collab is scheduled for Thursday, May 12th. Help is needed in the morning (9:00 am) to unload & set-up, and again in the afternoon (2:00 pm) for distribution. Contact Kira Karabanovs, Director of Family & Community Engagement for details on how you can get involved in this and many other youth related programs - email: karabanovsk@parmacityschoools.org; ph: 440.842.7022.

Share your asset building ideas and/or thoughts about the developmental asset concept by visiting the "asset corner" facebook page. I'm looking forward to hearing from you.



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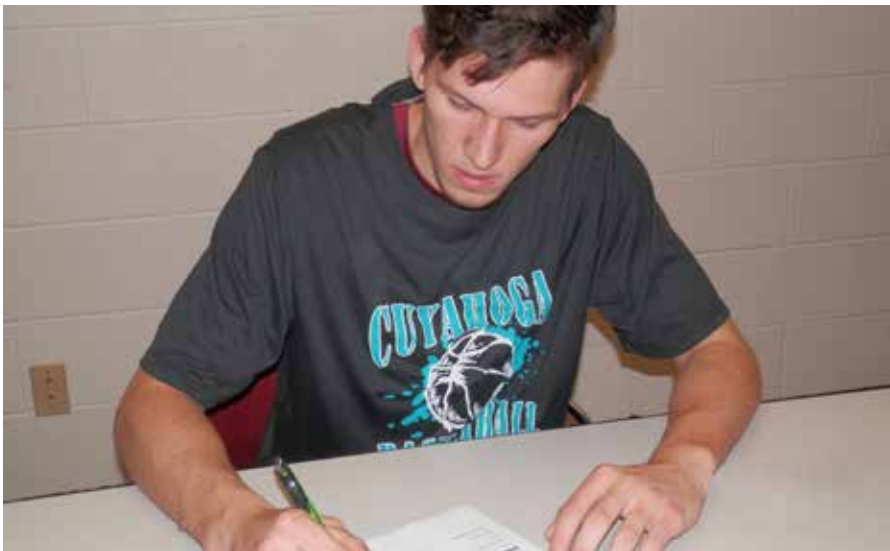
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Providing Help. Creating Hope. www.ccdogle.org/disability



Holy Name Graduate Brad Karn Signs Letter Of Intent To Play Basketball At Tri-C

by John Horton

Brad Karn, a 2014 graduate of Holy Name High School in Parma Heights, has signed a letter of intent to basketball at Cuyahoga Community College (Tri-C®) during the 2016-2017 season.

Karn was one of seven players with Northeast Ohio roots to commit to Tri-C. Others pursuing future academic and athletic success at the College include:

Da'viere Andrews, point guard (Lorain High School)

Anthony Carmon, guard (East Technical High School in Cleveland)

Devon Robinson, forward (John Adams High School in Cleveland)

Ramon Sheffield, forward (East Technical High School in Cleveland)

Logan Swift, forward (Lakewood High School)

Brett Swinnerton, forward (Midpark High School in Berea)

"This strong class of young men will become part of the tradition of excellence at Tri-C," said head coach Michael Duncan, who just completed his second season leading the Challengers. "They will make the College proud in the classroom and on the court."

The group joins a team that went 19-14 and won two tournament games last season before falling in the NJCAA Region 12 (District 11) finals. The Challengers play their home games at Tri-C's Metropolitan Campus in Cleveland.

For more information on teams from the College, visit www.tri-c.edu/athletics.



INSPIRATION

The Masseur Connoisseur

by Lizabeth Braskie

The Health Club was crowded with robed female participants at various stages of routing. A handsome “Viking” leaned against the reception desk and called my name. I froze, and prayed for someone else to respond. Four ladies came to attention and flashed the uniformed blond a reciprocal smile. A twenty-something threw her hormones into gear and displayed her shapely legs. But, it was me he wanted. My lengthy wait confirmed my worst fear. There was no female available to administer my massage. I was being paged by a “hot” masseur.

When my friend and I checked in earlier, my request was noted but not promised. “You should have asked for a masseuse when you made your appointment,” I was told. “We’re very busy, but

we’ll try to accommodate you.” Now I had to make a choice. Should I pretend I wasn’t there? I might bolt for the door, but would my retreat be viewed as cowardly? The gorgeous hunk looked at the flirting women and repeated my name. Slowly I rose from my chair. He tried not to look disappointed, however, he could perceive my mature body as a challenge! But, wait, I’m the one facing a major hurdle. Should this male person touch my cellulite?

“Hello, I’m Erik,” he said. “Follow me, please.” Hesitation altered my steps. Temptation beckoned at the Exit we passed. I considered escaping---but I might be arrested in the parking lot for stealing the velour garment clutched around my torso like plastic wrap! My companion was ahead of my schedule so I shouldn’t delay our plans. This “Spa Day” was her going-away gift

to me before I moved. I can’t embarrass both of us by halting our sequence of services. No, I’ll endure the hour massage with grandmotherly gumption.

Erik led me into a small room at the end of the hall. With a draped table in the center, it looked as professional as a doctor’s office. “I’ll leave to wash my hands. You can lie down after you hang your robe here,” he said pointing to a brass hook by the door. I made note of its location in case I lost my nerve. It took less than five seconds to follow his instructions. Soothing music flowed from overhead speakers bringing circulation to my white knuckles that gripped the mauve sheet.

Erik returned and invited me to relax while he worked on my discreetly exposed, frontal areas. Like a sculptor working clay, his trained fingers rubbed aromatic cream into my pores kneading my knots and kinks into oblivion. Moving methodically around the table, he demonstrated scientific remote control. When my feet were massaged, my jaw unlocked. I turned over while he announced the succeeding procedures, then carefully uncovered my arms, legs and back. My fingers slowly

enjoyed circulation.

We chatted about music, weather and finally shared pieces of our lives. He informed me he regularly gave a rub-down to his mother, a fact which bore endearing qualities. Now, his magical hands pushed me to the brink of euphoria. The wine I had at lunch may have kicked in at this point, but I transcended my inhibitions and reveled in the rush of relaxation.

All too soon, this talented masseur gave the final therapeutic treatment. Like a butterfly on a flower, his tingling touch on exposed skin created a perfect ending to this magical experience. “You’re finished,” he said. “How do you feel?” I felt wonderful and thanked him sincerely. When he left, I quickly donned my robe and hurried to find my friend. I couldn’t wait to tell her every detail of my encounter. As I passed the supply room, the stacks of cardboard boxes caught my eye. They reminded me of my impending relocation, subsequent packing and stress that was sure to follow. A question crossed my mind. Does Erik make house calls?



"Slider" Scores Big At Seniors' Baseball Dance!

by Judy Martins

Area seniors were dressed in their Indians’ best for the annual “Indians’ Baseball Opener” Party & Dance held at the Smallwood Center in April. Amid the music, chatter and laughter, the famous, lovable Cleveland Indians’ mascot, “Slider,” burst into the hall! The surprised and delighted crowd greeted him with big smiles and huge rounds of applause!. He danced and cavorted merrily through the room, stopping only to wiggle his famous

belly and give hundreds of warm handshakes and hugs. He boogied and twirled as the cameras flashed, and cut a mean rug with the senior dancers. He performed with the Raisin’ Canes, led them in singing, “Take Me Out to the Ball Game,” and happily posed for the dozens of pictures everyone wanted with their furry pink friend. What a delightful surprise, and what a fun way to spend an April day, welcoming the 2016 Indians’ baseball season. Go, Slider!! Go, Tribe!

Pianist to Perform In Parma And Parma Heights

continued from page 4

Equally dedicated to the education of emerging talent, Dr. Wasserman is the recently appointed Artist-in-Residence at Reinhardt University (GA). He also served as Professor of Piano at Youngstown State University (OH) shortly before his move to Atlanta. He has given masterclasses at University of St. Thomas (MN), Westmont College (CA), Cleveland Music School Settlement (OH), Youngstown State University

(OH), Kennesaw State University (GA), and Reinhardt University (GA).

Dr. Wasserman currently resides in Atlanta, GA with his wife, Jessica Oudin, a member of the Atlanta Symphony viola section.

The Parma Symphony Orchestra is a self-supporting community orchestra in cooperation with the Parma City Schools. For more information can be found on Facebook, web-site [www.parmasympphony.org](http://www.parmasympphony.org) or calling Business Manager Joe Germana 440-882-2012.

I Believe

by Daniel Taddeo

According to the Bible, marriage is an institution put in place by God, in which two adults of different gender choose to share an intimate, personal, and lasting relationship. Doing otherwise does not change this.

As a society, we are moving in the direction of doing-away-with morality from our way of life. This has resulted in an increase of senseless acts of violence. Matters can only become worse with each succeeding generation.

As our relationship with God is holy, relationships between husbands and wives should be sacredly guarded.

Godly living involves our service to others via the use of our time, talents, abilities, and material possessions.

Jesus promised that they who hear His Word and believe in Him who sent Him will have everlasting life, and they shall not come into condemnation but shall pass from death into life.

Life is a four-sided affair: physical, mental, social and spiritual. It is a four-fold opportunity to grow. It helps us to touch life at all angles, absorb strength from all contacts, and pour out power on all fronts. The more we pour out, the more we find to pour.

The Bible states that we are to refrain from “sin” as God defines it, and that in so doing, we will benefit others as well as ourselves.

The driving population needs to be more serious regarding distractions while driving, such as texting. They need to understand the risks to themselves and other people.

The surest way to guarantee ourselves a miserable existence is to live only for self and not consider the good of others.

We are to speak our truth quietly and clearly and listen to others, even the dull and the ignorant. They, too, have their story.

Self-reflection is always a good exercise. What I believe is a work in progress, not limited to these statements and subject to change. What do YOU believe?

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LOCAL ACTIVITIES



TV 5's Leon Bibb is this year's Master of Ceremonies at Walk to Remember on June 12.

## Parma Residents Invited To Celebrate Memory Of Loved Ones While Helping Hospice Patients

by Laurie Henrichsen

Residents of Parma and the surrounding Southwest suburban communities are invited to "pay it forward" to help hospice patients and their families while walking in memory of loved ones. Registration is now open for Hospice of the Western Reserve's 2016 Walk to Remember, sponsored by FirstMerit Bank. Emmy award-winning broadcast journalist Leon Bibb of WEWS-TV, Channel 5, is this year's Master of Ceremonies.

Now in its fifth year, the event takes place Sunday, June 12, 8:45 a.m. to 12 noon, at the Cleveland Metroparks Zoo, 3900 Wildlife Way, Cleveland. (Gates open at 7:30 a.m.) Registration is available online at [hospicewr.org/walk](http://hospicewr.org/walk) or by calling 216.383.3715. Admission includes a full day at the Zoo and Rainforest, T-shirts, entertainment and much more. The cost is \$25 Adult; \$12 Children; Family \$65 (includes two adults and three children under age 12). Ages 3 and under are free.

More than 3,000 participants

are expected to honor the memory of their loved ones while raising funds for services provided by the nonprofit agency that are not fully covered by Medicare and private insurance. These include pediatric hospice and palliative care, patient "day to remember" life enrichment experiences, art and music therapy, grief and trauma support in local schools and much more.

"FirstMerit is honored to support the mission of Hospice of the Western Reserve, which touches the lives of thousands of families at a time when they are the most vulnerable," said Chris Doyle, Vice President, Commercial Banking at FirstMerit Bank, who is this year's Walk to Remember Business Chair.

"I have witnessed first-hand the compassionate care and unsurpassed breadth of services in our community provided by this nonprofit organization. I encourage those who have been supported to consider forming a team and joining us as we walk together to celebrate the memory of our loved ones. The funds we raise will be used to 'pay it forward' to help other families have the best quality care possible."

About Hospice of the Western Reserve

Hospice of the Western Reserve is a nationally acclaimed nonprofit agency providing comfort and emotional support to patients and their families. The agency provides palliative end-of-life care, caregiver support and bereavement services throughout the region. Care is provided in a variety of settings, including private residences, assisted living and retirement communities, nursing homes, at Ames Family Hospice House in Westlake, David Simpson Hospice House on Cleveland's east side and at the Medina Inpatient Care Center. For more information, visit [hospicewr.org](http://hospicewr.org), or call 800.707.8922.

## Safety Town Of Parma Has Openings

by Joe Germana

Safety Town of Parma is a safety education program for children in Parma, Parma Heights, and Seven Hills entering public or private KINDERGARTEN in the fall. There are openings for the July 5th through July 15 class which runs daily 9:00 to 11:00 am at Parkview Elementary, 5240 Loya Parkway, the building just south of Parma Senior High at West 54th and Loya Parkway. Registration forms can be picked up and returned at 5835 Pearl Road, 9:00 am to 5:00 pm Mon-Fri (Four Star Insurance) Cost is



\$28 for the two week course. For more information contact Marylou at 440-882-2014.

## First Responders Appreciation Night "Heroes Honoring Heroes"

by Rebecca Devaney

On May 20th the Joseph J. Jacubik American Legion post 572 in Parma Ohio, will be hosting the inaugural "First Responders Appreciation Night" being dubbed as "Heroes honoring Heroes". This is a one of kind event that should prove to be memorable for the community, the American Legion and most certainly the first Responders....

American Legion members, Veterans and local businesses are not only showing their appreciation at the event, but by the sponsoring of Police, Fire, Emt's, Dispatchers, Sheriffs and Troopers by paying for their tickets to attend the event. There will be awards presented to first responders and guest speakers including: Police Chief Bob Miller, Fire Chief Mike Lasky and City

of Parma Mayor is expected to issue a proclamation proclaiming May 20th as "First Responders Appreciation Day". This will be a semi-formal event with cocktail hour, dinner, dancing and entertainment by the well known local group the "The Rat Pack and More". Opening ceremonies will be conducted jointly by American Legion Post 572 honor guard, City of Parma Fire Dept color guard and the Parma Police Dept honor guard. There is estimated 150 First responders who will be sponsored to the event with another 100 attendees showing appreciation.

For further media information or for sponsoring or ticket purchase information contact: Post 572 Commander Tony Kessler at: 440-263-0507 or email to: [commanderpost572@yahoo.com](mailto:commanderpost572@yahoo.com)

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PERSPECTIVE

Miclassifying Employees; Another Form Of Wage Theft

by Lee Kamps

Last month I wrote about wage theft by companies against their employees. That column focused on the ways unscrupulous employers cheated workers out of legally mandated overtime pay as well as hourly wages. However there is another form of wage theft that is also very pervasive in the United States right now. That is misclassifying employees as exempt or as independent contractors.

According to the Fair Labor Standards Act, hourly employees should be classified as non exempt. That means that hourly employees are covered under the Fair Labor Standards Act regarding their hours and wages. That act mandates that when a worker works more than 40 hours in one week or more than eight hours in one day; the employer is required to pay them overtime at a rate of 150% of their hourly wage for the time worked exceeding eight hours in one day or forty hours in one week. The Wage and Hour Division of the Department of Labor is charged with enforcing this rule.

However some employers classify hourly workers as “exempt” from the Fair Labor Standards Act. But for an employee to be classified as “exempt”; that employee must be paid as a salaried employee with a fixed salary instead of an hour wage based on the hours that they are working.

However some hourly paid workers can be classified as exempt under certain circumstances. Those circumstances are that the training and education required for the job is such that it is a “professional” position. This applies to many nurses and teachers as well as many accountants who work for many companies. Another requirement for being classified as “exempt” is that the position involves supervisory or managerial duties. Therefore a head cashier who supervises other cashiers in a retail store could be classified as exempt since their job involves supervising other employees.

However some companies misclassify hourly employees as exempt even though their job does not involve supervisory duties or special education and certification. In a recent case, the nation’s largest private employer, Wal Mart, was cited and fined over misclassifying employees as exempt when they should have been classified as non exempt. This Department of Labor ruling cost Wal Mart \$4.3 million dollars in back pay, denied overtime and fines for the aggrieved employees. You could read about this settlement at this link: <http://www.girardgibbs.com/walmart-misclassification-settlement/>.

Another means of misclassifying employees that is commonly done is to classify them as independent contractors. As independent contractors, the

workers are not employees of the company at all, but actually self employed. By classifying employees as independent contractors, the company does not have to pay workers compensation premiums for those workers, nor does the company have to pay the required matching social security and Medicare taxes. In addition the employer does not have to cover those workers for their group health insurance or pension plan.

Again, enforcement of this falls under the Department of Labor. But the Internal Revenue Service also can enforce this as well. The IRS has a set of 20 guidelines to determine whether a worker is an independent contractor or is an actual employee. Those guidelines can be found on the IRS’s web site.

The major distinction is how much control over the workplace, hours of work and pay there is between the

company and the worker. True independent contractors either work on a project basis or are free to offer their services to any other company that the worker chooses. Independent contractors are free to determine the days and hours that they work for a particular employer. However there may be strict standards for working hours.

When I was working as an independent contractor conducting employee benefit meetings and enrollments, I was required to be set up at a certain time and place. But I was there for a specific project and when the assignment was concluded, I was on to my next assignment. I was free to choose which assignments I would take and was paid either on a per diem basis or based on the assignment. Sometimes I was reimbursed for my travel and lodging expenses, sometimes not.

continued on next page





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OBSERVER

Money For Hunting, And The Tricks For Free

by Lucy McKernan

False data continues to proliferate mainstream and social media, overwhelm online comments, and spill from local officials and residents’ lips about the recently-passed bow bow-hunting advisory election. Although Cuyahoga County Board of Elections official/final results for all six communities show about 2 to 1 in favor of bow hunting, the majority of registered voters in all six communities did not vote.

That’s how voting works, right? Actually, no, this is weird. Just over 19,000 Parma residents voted out of 85,000, less than 18%. Most suspect is Broadview Heights, whose majority resoundingly voted no to bow hunting in 2010, but now, 63% voted for and 37% voted against bow hunting March 15.

Could opinions have changed about deer, especially since their mass slaughter in West Creek Reservation by Cleveland Metroparks officials begun three years ago forced more deer into our yards?

Maybe it’s because the true majority of registered voters and residents still don’t know Cuyahoga County Mayors and City Managers Association – a taxpayer funded lobbyist group that earned \$170,000 in 2014 and held closed-door meetings with the Ohio Division of

Wildlife for over a year -- came up with a plan that would “get ‘er done.”

Am I alleging voter fraud? Am I alleging voter suppression?

Is it possible our taxpayer-funded lobbyist Mayors Assn. -- legally represented by attorney Cosgrove of Squire, Sanders & Dempsey whose firm formed a political action committee that directly donated to these mayoral campaigns last fall – somehow made sure hunting would pass?

Do these pro bow hunting voters at least care about their money, that attorney Cosgrove lobbies for our Mayors Assn. at legislative and executive levels with the State of Ohio -- same gov’t whose Dept. Natural Resources arm, Ohio Division of Wildlife -- profits by tens of millions annually from Ohio hunters who literally keep it in business? In Seven Hills, where all the fighting is about our dire lack of money, I’d think voters would really want to know this fact.

At least one of these mayors is asking for a raise from residents this fall.

Rabid gardeners who HATE deer -- like one Parma City school board official who loudly behaved rudely towards me outside the polling location March 15 and who has the ear of her spouse on Seven Hills council – don’t realize

“limited” hunting will not reduce landscape damage one bit because ODOW uses ICC (Inflection Carrying Capacity) to keep deer populations robustly rebounding. ICC means ODOW maintains populations between 50 and 75% to guarantee a high number of live targets for the six percent who hunt, many of whom don’t live in these communities. Independence bow hunters are 60% nonresidents and, of them, 85% of their applications were turned away because they had no permits or licenses.

Independence’s bow hunting program – touted as a paragon of population control – has completely failed. A recent mainstream article claims huge reductions in deer-vehicle collisions in Indy since 2001 because of bow hunting. But hunting didn’t start in there until 2007, when I-77 sound barriers were installed, after which accidents dropped precipitously. Sickeningly, Indy boasts a 66% percent NON-resident hunting permit status and many, MANY hunting violations.

Deer-vehicle crash records for all six communities significantly declined after spiking in 2009, the year Indy police chief slyly claims as a baseline, further skewing data.

Our Mayors Assn. ensured six communities will collectively garner at

least \$300,000 (grossly underestimated) in special fees for a permit to hunt, separate from state licensing fees. The state will make about \$150,000. But maybe not, if city officials make legislation tough enough, which begs the question, how will that reduce populations?

Look no further for proof that all levels of government have taken deer, supposedly held in Public Trust for all to enjoy, and turned them and our neighborhoods into giant, outdoor slaughterhouses for profit than the fact that an extremely informed and knowledgeable activist like me who screams the truth about bow hunting will not be asked to serve as liaison between Seven Hills and the ODOW. Just. You. Watch.

That task is better left to someone better at negotiating with terrorists. ODOW and city officials and you who voted “yes” to hunting: you have proven Stanley Milgram -- the famous experimenter who proved the masses will blindly obey whatever authority tells them to do -- to be correct. Along with mainstream media, whose slanted, echo-chamber “reporting” ensures propaganda finds its “sheeple.”

If you’re ready to help me to go after the state for mismanaging deer in urban areas (what the Mayors Assn. pretended to do while it conspired for profit behind closed doors since Sept. 2014) by forcing a ballot initiative for ODOW reform based on broad-based rather than hunter funding, replacing its board of directors who are all hunters with unbiased authority, and requiring representatives and biologists to use ONLY “best practices” non-lethal management models for urban deer management, email me at 7hillsdeer@gmail.com.

We Go Nuts For Frost Donuts And A Sweet Wine Bonus

by Christian Fitzharris

Is there anything more tasty than Jack Frost Donuts? No! The question was rhetorical. I could shove those delicious cake gems down my throat until I pass into a deluge of diabetic comatose delight! Jack Frost Donuts has been voted best donuts in Cleveland over and over again, and I agree! Their motto is, "Every Batch From Scratch" and you can taste the difference. This cozy hometown shop at the corner of Pearl and Fulton has a bright new storefront that is a larger shining example of a hometown favorite! With a bigger building and more parking a greater number of locals can come and enjoy a hometown favorite. Some of the best donuts they sell are the



maple bacon which would pair wonderfully with with, strangely enough, an Italian Nebbiolo d'Alba. The fruit and higher acid matches the saltiness of the bacon on the donut right on the level. Another great donut is the gigantic apple fritter that is the size of a dinner plate! This would be wonderful with a nice sweet Riesling. The

apple notes in a sweet Riesling from the United States, would be a refreshing complement to the apple fritter. And when all else fails, make sure to grab a bubbly Moscato or a frightfully fizzy champagne. The bubbles will cut through the heaviness of the fired dough and the sweetness will match all of the stupendous treats you can find under the roof of this beautiful new donut shop waiting to make you smile with every fresh batch of donut deliciousness! Cheers!

Another Form Of Wage Theft

continued from page 8

If anyone believes that they have been misclassified by their employer, they can go to the Department of Labor and file a complaint or ask for an investigation. If anyone believes that they may be misclassified as an independent contractor, they can request form SS-8 from the IRS. The form can be completed by the worker and submitted to the IRS and the IRS will make a determination.

No one should worry about retaliation by the employer or company since one cannot be penalized for exercising their rights under the law. If a company retaliates against a worker who files a complaint, whether legitimate or not, the employer or company is liable for damages in court.

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PARMA TOWN CENTER



Smallwood Center Honors Volunteers!

*by Judy Martins*

Volunteers don't get paid for all their hard work—but that's because they're priceless!

A rousing round of applause to the volunteers at the Smallwood Activities Center! In a festive setting, the 61 volunteers were honored at their annual Volunteers' Brunch in April. After a delicious brunch and tasty sundaes and cake, each volunteer was introduced and applauded, then entertained with musical Bingo, while they sang, danced and identified the wonderful hit songs from the 50s and 60s. What a fun party and tribute to a priceless group!

These charitable folks generously donate their time, talent and hard work all year long at the Center, eagerly pitching in to help wherever they are needed—and their efforts are so appreciated! With sunny smiles, they are always there to help; greeting seniors, answering phones, calling numbers at Bingo, serving lunches, handling setup, decorating and cleanup for parties and dances, maintaining and updating displays and bulletin boards, and so much more! In addition to the daily helpers, the organized groups of talented volunteer performers—the 21 Raisin' Canes Senior Vaudeville Dancers and the 19 Sunshine Singers—faithfully rehearse at the Center every week and take their shows on the road throughout the year! They entertain at other senior centers, local assisted living and senior facilities, and wherever they can create smiles and spread cheer, with all fees donated to the Center. Show business with a heart! Take another bow!

The Smallwood Center hosts a dance on the third Wednesday of every month. On Wednesday, May 18th, from 11:00 am to 3:00 pm they've scheduled a rousing "Cinco de Mayo" Party and Dance! With gala decorations, a delicious lunch, raffle prizes, surprises and dancing to the music of



Sandy Perkins, Center Activities Director, and Kathleen Wilson from Regency Apartments, who donated the cake.

Glenn Toth, seniors will really enjoy the day! Advance tickets are \$10, with dance-only (1:00-3:00) tickets \$6 at the Door. All seniors are welcome for a fun day at the Center!

Don't miss the annual "Senior Health Fair" at the Center on Thursday, May 5th, from 9:00 am to 1:30 pm! There'll be dozens of exhibitors with passouts, brochures, samples, health screenings, free prize drawings and informative presentations. All of this from the people who keep us healthy, safe and informed! Entertainment is scheduled all day with line dancing and senior exercise instructions, the Raisin' Canes and the Sunshine Singers! FREE ADMISSION, with shuttle buses available from Dick's Sporting Goods parking lot on Day Drive, as well as from the CCPL Parma Branch Library eastern parking lot on Powers Blvd.

Their monthly 32-page Newsletter-Magazine, "The Center Line," has a complete listing of lunch menus, calendar of daily activities, party and trip listings, local events, and great articles

Junior Golf Is Better Than Ever!

*by Dave Chuba*

I am excited to announce a new addition to our junior golf program this year. Starting Tuesday June 14, the beginner's class of the junior program (ages 8-12) will offer two classes at Ridgewood administered by The First Tee of Cleveland. The first class runs from 9 a.m. until 10:30 a.m. and the second class will run from 11 a.m. until 12:30 p.m. Don't delay, because space is limited to the first 24 paid juniors for each class in the beginner's section. After each class ends, we will go out to the golf course for instruction and golf. This portion of the junior golf program will last an additional 1.5 hours. For example: if your junior golfer signs up for the 9 a.m. class he or she will finish around noon. Those participating in the 11a.m. class should finish around 2 p.m. Each junior golfer should arrive 30 minutes before class begins to register for the day. At the end of each session, a hot dog and drink will be served to each junior golfer. (There is also an intermediate section, which is ages 12-18, and it is also limited to 48 golfers.) Check [www.Golfridgewood-ohio.com](http://www.Golfridgewood-ohio.com) or call (440)-888-1057 for complete information.

**Tip of the month:** Let's start the golf year with some fundamentals; our first one is developing distance control while putting. One of the best tips



I ever received was at a PGA seminar on putting. Start by placing a quarter on the putting surface and a penny two feet behind it. The quarter represents the front of the cup and the penny is a short distance you can miss and still feel comfortable about making the return putt. The idea is to hit three putts from 10 feet, then 15 feet, 20 feet and finally 25 feet. The goal of each distance is to roll all three putts past the quarter but not go outside the penny. If your ball stops short of the quarter or goes outside the penny, start again!

**Here's how the beginner can gain a better feel for distance control:** Buy a 1x1 or 2x2 piece of wood, and cut it into a three-foot piece. Mark a line on the top edge in the center of the board; signify the center by marking a zero with a Sharpie pen. Using a ruler, mark numbers from 1 to 12 (out from zero) on both the left and right sides of the center line. Once your numbers are set, place this tool on the green along your target line just far enough away from the ball so as to not hit it with your putter. Always start with the ball at the center line (marked zero). Then pick a number - let's start with 8. The goal is to create a swing of equal lengths both on the backswing and follow through. The biggest mistake players make is to decelerate as they strike the ball.

Party room: Another addition at Ridgewood this year is an updated party room available for rent, beginning in May. We separated the back room by closing off the archways. Two doors were also added for more privacy. This room will service up to 80 guests and is perfect for any occasion. For more information, call us at (440)-888-1057.

for seniors! Also, be sure to visit their colorful website at [www.smallwood-center.com](http://www.smallwood-center.com) for a calendar of monthly Center activities, lunch menus, trip listings, lots of photographs, and links to many helpful and informative senior sites.

Stop in at the Center! You'll be so welcome — and you'll be so glad you did!

Have a little spare time? The Smallwood Activities Center always needs volunteers, especially to help set up and decorate for parties and dances! If you'd like to be part of this helpful, friendly group and make new friends, please call 440-885-8800 for more information, or to ask any questions about this outstanding facility for seniors.

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**Sunday-** Open Mic Night-Patio



PARMA ARTS SCENE

# The Flamingos Are Coming!

by Kathryn Mabin

Pink Flamingos are making their way back to Parma. Just like the swallows return to Capistrano, and the buzzards return to Hinkley, pink flamingos are popping up in yards all over Parma. Little known fact, there are more pink plastic flamingos in existence than there are real live ones. In the 1960's, Parma received fame when Ghouardi, a local TV host, began poking fun of Parma with it's white socks, pink plastic flamingo lawn ornaments, gazing balls, kielbasa and pierogi. The pink plastic flamingo became a tradition on Parma lawns.

In 2013 Flamingo Fever, Parma's

first public art event was created. Flamingo Fever is sponsored by Polish Village CDC. One hundred percent of the net proceeds from this event benefit Polish Village. Talented individuals create unique table top sculptures from the traditional pink plastic lawn ornaments. The possibilities are endless. The flamingos are painted, and/or dressed up in various costumes. Once completed these are placed in local businesses throughout Parma for the summer. Businesses that have participated in the past enjoy displaying the unique sculptures, some humorous, others beautiful. It is a unique, fun way to promote shop local. The flamingos are auctioned off in the Fall at a banquet/auction. Events like this one foster a greater sense of community, bring enjoyment to the residents, and increase foot traffic at local businesses. Flamingo Fever is a fun event, from the creation of the unique sculptures, to the sightings at local businesses, and the banquet/auction in the fall.

Polish Village/Old World Parma was created to facilitate the ongoing development and revitalization of the community by empowering residents, institutions, businesses and government to enhance the area's business climate and long-term economic viability. They have a variety of events throughout the year, such as the Pol-



2014 Lego Flamingo

ish Constitution Day parade in May, Annual Ward 2 Garage Sale in June, Treat N Greet in October, and the upcoming pocket park on Ridge Road. Polish Village has partnered with Parma Area Fine Arts Council to bring the Free Side Walk Chalk Drawing Event during the summer, and Cocktails & Canvas (acrylic painting at local taverns) this past fall. More events are

currently in the planning stages for the future.

For more information on Flamingo Fever, or for an application to enter your own creation, please email chairperson kathrynabin@att.net. For more information on Polish Village, visit their web site at www.polishvillageparma.com, or follow them on Facebook.



2014 Elvis Flamingo

# You're Invited! Medley Of Arts Show & Sale

by Kathryn Mabin

Saturday, May 21th, the Parma Area Fine Arts Council (PAFAC) will hold their annual Medley of Arts Show & Sale, 10am to 4pm, at the Donna Smallwood Activities Center, located at 7001 W. Ridgewood Drive. Local artists will display their works of painting (oil, acrylic, watercolor & mixed media), photography, graphics (computer art, pen & ink, drawing & wood burning), 3D (sculpture, ceramics, clay & pottery, jewelry, and woodcarving). Cash prizes are awarded to artists in 5 categories. Attendees will have a chance to vote on their favorite entry. A Chinese auction will be held of handcrafted items. Refreshments will be available. The event is open to the public, and admission is FREE. The Parma Area Fine Arts Coun-



2015 Watercolor 1st Place - Emery Bogardy

cil has been serving this community since 1962. Several paintings from their permanent collection are on display at the center, as well as carvings from the Great Lakes Wood Carvers throughout the year. PAFAC also offers affordable art classes, with discounts to members, and beginners are welcomed and encouraged. PAFAC is a qualified 501(c)3 and has not raised their prices in over 15 years. For more information go to www.parmafinearts.org, follow them on Facebook, or call the office (440)888-4514, and leave a message and a volunteer will return your call. Stop in on Saturday, May 21st, view the entries, vote for your favorite, participate in a Chinese Auction, enjoy some refreshments and chat with the artists, and see what they have created for your enjoyment.



2015 Youth 1st Place - Tommy Sarlog







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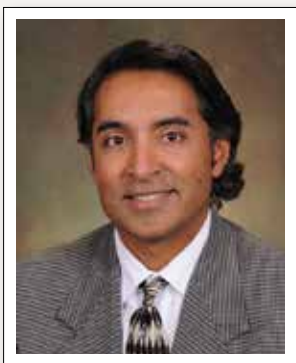
# Pleasant Lake Villa

## Skilled Rehabilitation Services

# Cardiology Program



**Gerald Burma, MD**  
Pleasant Lake Villa  
Board Certified Cardiologist



**Raju Modi, MD**  
Pleasant Lake Villa Director of Cardiology  
Board Certified Cardiologist



**Arthur Ulatowski, DO**  
Pleasant Lake Villa  
Board Certified Cardiologist

“The cardiology program is very unique  
due to the close integration between acute care and post-acute care.

The program involves a **comprehensive approach** to patient care, starting with extensive **nursing education** and close follow-up by **board certified cardiologists**.

The program also monitors appropriate use of cardiac-specific medications and dietary recommendations with detailed attention to patient outcomes.

Our approach has resulted in a successful **reduction in hospital re-admissions** for our patients.”

RAJU MODI, MD  
PLEASANT LAKE VILLA DIRECTOR OF CARDIOLOGY

### About our specialty program

- The Cardiology Program includes all cardiac related care, skilled nursing and rehabilitation to a speedy return home
- The Cardiology Program treats patients with diagnosis that include: heart failure, coronary artery disease, arrhythmia, resistant hypertension, peripheral vascular disease, shortness of breath, and chest pain.
- Patients are seen by the cardiologist several times per week, in addition to their regular doctor visits.

### Our stats tell the story

- **880 patients** in the program since 2012
- **Less than 2%** of those on the program had to be readmitted to the hospital **within 30 days** of their hospital stay.
- Those who chose to opt out of the program were **7.5 times more likely** to be readmitted to the hospital because of a cardiac related diagnosis.

For more information, or to schedule a tour, call 440-842-2273



# Pleasant Lake Villa

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