



(Left to right) Parma Mayor Tim DeGeeter, Ward 2 Councilwoman Debbie Lime and Jason Mayer

Mayer Plumbing Earns May Business Of The Month

by Carolyn Kovach

At the May 16 Parma City Council meeting, Parma Ward 2 Councilwoman Debbie Lime and Parma Mayor Tim DeGeeter presented Jason Mayor of Mayer Plumbing & Heating at 5914 Ridge Road with a Business of the Month Award and a certificate recognizing the Polish Village based-company's 100th anniversary. Jason Mayer is a third generation master plumber and holds state licenses in plumbing, as well as heating, ventilation and air conditioning services.

His grandfather's plumbing business had humble beginnings in 1922 when Joseph Mayer worked from the back of his horse and buggy. Mayer Plumbing has grown since and now offers a wide array of services, including faucet and toilet repairs, tankless water heater installation and whole-house pipe replacement. The business also specializes in sewer backflow prevention and trenchless sewer repair.

Seven Hills Summer 2022 Activity

by Tony Biasiotta

2021 was an exciting year for community and recreation services. We resumed our annual events such as the Memorial Day parade and Home Days, which were both heavily attended. We have ushered in new events like the Summer Concert Series and Oktoberfest. However, we are looking to surpass that milestone in 2022 with numerous events and activities scheduled. Our 2022 Summer Concert **continued on page 8**

Flooding Relief Projects

lladownou la Downoo lloiabto

Safety And Service Department Directors Retire From City Of Parma After Decades Of Service

by Carolyn Kovach

Safety Director Thomas Weinreich retired at the end of May after 36 years of serving Parma residents. Weinreich's career spans five mayors and four leadership roles, with the most recent as safety director overseeing police, fire, dispatch, animal control and other departments. He has a law degree from The University of Akron's School of Law and served as a Parma assistant city prosecutor for 12 years. He also was city tax commissioner for eight years, and human resources and purchasing director for seven years. "The safety director maintains a stressful job, requiring strong communication, administrative and public policy skills, as well as patience, flexibility and tenacity. Tom embodies all these strengths and more," Mayor Tim DeGeeter said. "He played a key role in keeping Parma safe and helping our first responders deal with the heroine epidemic, pandemic crisis, fires, weather events and other emergencies our city and other cities face."



Parma Service Director Brian Higgins receives an award from NOPEC.

Weinreich has served his community outside of work, too. He has held leadership positions in various professional and civic organizations, including the Cuyahoga County Juvenile Court Diversion Program, Ohio Association of Public Safety Directors, Northeast Ohio Municipal Prosecutors' Association, Parma Area Chamber of Commerce and the former Parma Jaycees and Proud of Parma, among others. An active parish member, he is the finance council chairman of St. Charles Borromeo Church on Ridge Road.



Parma Safety Director Tom Weinreich attends a 9/11 service at the memorial outside The Shoppes at Parma.

Weinreich grew up in Parma, graduated from Parma Senior High School and lives in Parma with his wife Leanne. Their son, Zach, is a firefighter/ paramedic full time for the City of Rocky River and part time for the City of Broadview Heights. "I am grateful for the opportunity to have spent my career serving the community I love and call home," Weinreich said. "During that time, I have been blessed to work with and for many very dedicated

continued on page 5

Script Parma Picture Of The Month



Underway In Parma Heights

by Marie Gallo

Basement flooding has been an issue for many residents in Parma Heights, and we are actively working on multiple solutions to help alleviate these issues. After three long years of working with the federal government, the City of Parma Heights received official approval for the Nathan Hale Retention Basin Project. We hope to break ground within the next six months once the bidding process is completed. Work will begin on the relining of a portion of the Blossom Avenue sanitary sewer line in order to reduce inflow and infiltration

of stormwater into the sanitary sewer system, and the city is partnering with the Northeast Ohio Regional Sewer District for the construction of a detention basin behind Maplewood Road. These projects should help reduce basement flooding for both Parma Heights and Parma residents in that area of our cities. We are fortunate to have great partners, like the Northeast Ohio Regional Sewer District, who assist us with projects that benefit our community as well as surrounding communities. We will continue to fight for flooding relief and solutions to help our community

This month's script Parma picture of the month was submitted by Parma Police Officer Rick Morgan to get us ready to celebrate our nation's 246th birthday. He will receive a gift card courtesy of Rookies Sports Bar and Grill, as well as a free car wash courtesy of Sgt. Clean's Car Wash. Pictures can be emailed for the monthly contest to Parma City Council President Sean Brennan at councilmanbrennan@msn.com. Be sure to include your name and address.

Interested In Writing For The Observer? - Join Us At Our Public Meeting At Arabica Coffee House (6285 Pearl Rd.) Every Tuesday 7 PM

COMMUNITY NEWS

The President's Corner

by Sean Brennan, Parma City Council President

This month I am continuing my series entitled Civics 101. The hope is to provide you with useful information about your local, state, and federal governments. So far I have covered municipal (city), school district, county, and state governments here in Ohio. This month I will write about our federal government, focusing on the executive branch.

Page 2

According to Article II of the U.S. Constitution, "The executive power shall be vested in a President of the United States of America." The original Constitution allots the President a four year term with no term limits. However, in 1951, following the four elections of Franklin Delano Roosevelt, a two terms limit was instituted with the Twenty-Second Amendment. Incidentally, the Amendment allows a President to serve up to ten years, if they were Vice-President and took the office of President with two years or less left in the term of the President who left office. Under the current administration, if Joe Biden left office before January 20, 2023, Kamala Harris would serve out the rest of the current term, but would only be eligible to serve one more term.

What are the qualifications to be president? Is there a gender, education, or religious requirement? The Constitution has only three requirements, including being at least 35 years of age, a natural born citizen, and reside in the United States for at least 14 years. Each semester I point out to the students in my American Government courses that George Washington was NOT a natural born U.S. citizen, as when he was born in 1732, the United States did not exist. The Constitution, of course, allowed for anyone who was a citizen at the time of the adoption of the Constitution to be eligible, otherwise no one would have been.



With President Bill Clinton.

The President and Vice-President are elected by the Electoral College. Each state is allotted a number of electors equal to the number of members of the U.S. House of Representatives and U.S. Senate it has. When the next Presidential election takes place, Ohio will have 15 members of the U.S. House (I will explain how we lost one due to the 2020 census next month.) and, like all states, 2 U.S. Senators, for a total of 17 electoral votes. To win a state's electoral votes, the candidates must win the popular vote in that state. Ohio is a winner-takes-all state, like most. The candidates who win 270 or more of the 538 electoral votes are elected President and Vice-President.

The Constitution empowers the President to be the Commander-in-Chief of the armed forces, to grant pardons, to negotiate treaties with foreign nations, and to make appointments

to federal offices. As Commanderin-Chief, the President may send our servicemen and women into battle. The pardoning power allows a President to essentially give a "get out of jail free card" exonerating someone of federal crimes. Treaties negotiated by the President require a two-thirds majority of the Senate to be ratified. Finally, the president appoints Cabinet members, federal judges, and foreign ambassadors, among others, but each requires a confirmation vote of the U.S. Senate.

The Founding Fathers also created a method for the removal of a President for "treason, bribery, and other high crimes and misdemeanors." Again, I begin this unit of study with my students by asking them to define "impeachment." I then ask them, "How many Presidents have been impeached?" and "How many Presidents have been removed?" The answer is three and zero respectively. The U.S. House has the power to impeach or charge with a crime. A simple majority of 218 of the 435 members is necessary. The U.S. Senate then holds a trial where 67 of the 100 are needed to find guilty and remove and/or bar from holding another federal office in the future.

Presidents Andrew Johnson, Bill Clinton, and Donald Trump (twice) were impeached by the U.S. House. However, following their trials in the U.S. Senate, none were found guilty and removed. Incidentally, Richard Nixon resigned before being impeached.

Once again, I hope that you found this column informative. To find out more about the President, I encourage you to read the U.S. Constitution. One of the most enjoyable academic endeavors is reading the letters of our Founding Fathers, especially those of George Washington. There are many great website where you can find them.

In closing, I have been contemplating giving community lectures about the topics I cover in my government and law courses. Let me know if this is something you think folks would be interested in by dropping me a line at BrennanforParma@gmail.com. Best wishes for a great beginning of summer on June 21.



The Parma Observer is a community owned and operated citizen based news source. The views and opinions expressed do not necessarily reflect the views and opinions of The Parma Observer staff or our advertisers. P.O. Box 29030 Parma, Ohio 44129 440.884.7625 • http://parmaobserver.com

Advisory Board Craig Czepczynski Lisa Zaremba George Salo Bill DeMarco Penny Schultz

Publisher Daniel P. McCarthy

Editor-In-Chief Stefan P. Stefaniuk **Design and Production** AGS Design

Advertising Sales 440-884-7625

Writers

Tony Biasiotta Sean Brennan Marie Gallo





neubertpainting.com

Carolyn Kovach Bridget Lavelle Gene Lovasy Kathryn Mabin Geoffrey Moore Emery Pinter CJ Sheppard Lee Volenec Photography Sean Brennan

The Parma Observer is powered by:



HEALTH AND WELLNESS

UH Parma Nurse Practitioner Travels To Ukraine With Aid From A Generous Community

by CJ Sheppard

Alla Trokhimenko immigrated from Ukraine 18 years ago, eight months pregnant, with her husband and two young children. She brought with her a passion for helping others and a determination to become a nurse. The obstacles, though daunting without fluency in English or computers, were less insurmountable here than in her native country.

"My first days were troubling, as I knew no English, had never before used a computer, and was then pregnant with my fourth child," said Alla, who persevered to gain familiarity with the language and tools of her new country. She ventually received her associate's degree from Cuyahoga Community College and continued on to obtain bachelor's and master's degrees from Chamberlain University.

Now a nurse practitioner on the cardiac care stepdown unit, Alla has worked at University Hospitals Parma Medical Center for more than nine years. When war broke out in Ukraine, she knew she had to do something to help her home country.

Alla traveled to Ukraine with her husband and seven others from her church, Slavic Full Gospel Church in Broadview Heights, in late April. After holding a fundraiser and organizing, they managed to bring with them 105



Alla Trokhimenko, a nurse practitioner at UH Parma Medical Center, recently traveled to Ukraine with a group from her church. The only one with medical knowledge, she worked out of a warehouse in western Ukraine and provided vital support, explaining the use of various US medical devices and supplies.

bags of medical supplies and humanitarian aid - including four handheld pulse oximeters from UH Parma and medication samples, wound care supplies and burn creams from several physicians she works with at UH Parma. A member of her church donated insulin from a late loved one. The group alsobought tourniquets, first aid supplies and bulletproof vests for the volunteers taking treacherous trips to war zones to deliver necessary supplies.

MedWish International - a non-

profit humanitarian aid organization started by UH Urology Institute Chairman Lee Ponsky, MD to distribute discarded medical supplies to countries in need - gave them 350 pounds of medical supplies.

When the group arrived in Ukraine, they were stationed at a warehouse that receives medical supplies, medicine, food and other aid from the United States and European countries. As the only volunteer in her group with medical training, Alla's job was to translate and show Ukrainians how

to assemble wound vacs, chest tubes, central line kits and cannulas. She also explained the use of different medicines, creams, CPAP and BiPAP masks, suture kits and wound dressings.

The group had the opportunity to visit refugee camps and hear stories of people fleeing occupied cities. Many suffered without food and water for a long time. Alla and her husband visited relatives they had not seen in years. And they were struck by how different Ukraine is now, with checkpoints in cities and soldiers questioning each person's purpose.

"Ukraine was my first home, and to see this devastating war happening, I knew I had to do something to help," said Alla. "Everyone was quick to support me. People at this hospital are diverse, from many different walks of life, and for them to all come together to support my home country is overwhelming.

Chief Medical Officer Christopher Dussel, MD, said he was pleased - but not at all surprised - that Alla's fellow nurse practitioners pitched in to cover her patients while she was away and so many physicians and other caregivers offered their support.

"We at UH Parma were happy to support Alla on this important mission," said Dr. Dussel, who oversees dozens of advanced practice providers at UH Parma. "We are blessed to be part of such a generous UH family."

Nationally Recognized Care, Close to Home AT UNIVERSITY HOSPITALS PARMA MEDICAL CENTER

Local Expert Primary, Preventive and **Emergency Care Services**

- 24/7 Adult & Pediatric Emergency Care and Level III Trauma Center
- Family Medicine / Internal Medicine
- Heart Failure Navigator

A Vast Network of Nationally Recognized **Specialty Care Physicians**

- Bariatric Surgery / Weight Loss
 Ophthalmology
- Cancer Care

Cardiology

- Orthopedics / Sports Medicine
 - Pain Management

- Cardiovascular lesting
- COPD Navigator
- Diagnostic Imaging / Interventional Radiology
- Electrophysiology
- Interventional Cardiology
- Laboratory
- Nutrition Counseling
- Rehabilitation Services
- Digestive Health
- Ear, Nose and Throat
- Endocrinology
- General and Robotic Surgery
- Geriatric Medicine
- Nephrology
- Neurology
- OB/GYN

- Podiatry
- Psychiatry
- Pulmonology
- Sleep Medicine
- Thoracic Surgery
- Urology
- Vascular Medicine
- Wound Care



UH Parma Medical Center 7007 Powers Boulevard Parma, Ohio 44129



Schedule an Appointment Online or by Phone To schedule an appointment scan the QR code, visit UHhospitals.org/Parma or call 440-459-0200.

GLIMPSES OF THE TRI-CITY AREA Pa-a-arma!

by Kevin Kelly

Pa-a-arma! If you were to tune in to channel 8 at around 11:30 PM Friday nights, back in 1965, that's what you would have probably heard coming from your television set. You would have also seen a funny looking man, wearing a fright-wig and lab coat, smoking a cigarette on live television. His name was Ernie Anderson, and he was a Cleveland sensation, from 1963 to 1966. The late-night TV horror host character he invented was "Ghoulardi" a barbed-beatnik. The show was called "Shock Theater", which aired 1950's horror flicks with intermissions of Ghoulardi's sly comments on how bad the movie was. At times, with jazz music playing in the background, he would even blow up something with fire-crackers on live television.

Back in 1963, there was nothing else like it on television. No matter how rude it seemed, Ghoulardi usually spoke whatever was on his mind. Not only did he bash his competitors on other television stations like Mike Douglass on Channel 3 and Dorothy Fuldheim on Channel 5, Ernie even took shots at hosts that aired on the same network as his. Local politicians, like the Mayor of Cleveland, were also targets of his critical remarks. Many adults loathed him, but the teenagers worshiped him. Unfortunately, what younger minds perceived from his message was that it was cool to be rebellious and make fun of others. Because the Friday night show



was live, the TV 8 station manager was constantly worried about what Ghoulardi would say next.

In 1965, Shock Theater's cameraman, Chuck Schodowski, decided to move to Parma, Ohio instead of Willoughby, where Anderson lived. Because of this decision Ernie Anderson began making fun of the City of Parma's manicured lawns and the plastic pink flamingos that decorated

them. Not only did Ghoulardi begin to ridicule the Cleveland suburb on a regular basis, he produced whole satires degrading the city on his late night show. It was called,"Parma Place", which was derived from the hit prime time soap opera, "Peyton Place". The skits were about the city's certain Eastern European population, and the wearing of their white socks. Ernie Anderson even played the main character on "Parma Place", who's profession was raking the muck out of Lake Erie, making fun of

the lake's pollution problem.

Even though some political officials in the city, including the Mayor of Parma, expressed outrage with the assault on their city, many Parmainians felt privileged that the popular "Ghoulardi", was talking about their city on live television. Eventually, after 4 years, towards the end of 1966, Ernie Anderson became bored with the whole "Ghoulardi" act and headed out to Hollywood to break into the entertainment business. Ever since then, others have come and gone, trying to gain the same high status that Ghoulardi gripped Northeastern Ohio with.

A new documentary about Ghoulardi was produced by Shocker Enterprises and will be shown on COX Cable (Channel 45) through the month of June 2022. It can be seen on Wednesdays at 8PM, Fridays at 8:30PM, Saturdays at 6PM and Sundays at 9PM. For more information on other documentaries produced by Shocker Enterprises, please check out: ShockerEnterprises.com











Affordable Digitizing of Photos, Slides, Negatives, Film & Videotape 5551 State Road 216-938-6711

Join the Discussion at: www.parmaobserver.com

AND GUTTERS

skexteriors1@gmail.com Free Estimates

Licensed, Bonded, and Insured

Cutting Edge Branded Apparel & Promotional ProductsFor Your Business or Non-ProfitFor Your Business or Non-ProfitMention This Ad To Receive
\$75.00 Off Your Order!Www.RememberedExpressions.comHuge Apparel Selections.
Latest Styles and Performance Wear.
In-House Equipment & Design Service

PARMA HEIGHTS

Cleveland's Rock N Roll Venues

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host Cleveland's Rock N Roll Venues on Thursday, June 16, 2022 from 7:00-8:00 p.m. in Meeting Room C. An Interactive presentation by author Deanna Adams. Author Deanna Adams presents a fun, interactive presentation honoring Cleveland's most popular rock and roll venues and the musicians who played there--from yesterday to today. Deanna

Adams is a freelance writer, author of both fiction and nonfiction works, and writing instructor. Her books include Rock 'n' Roll and the Cleveland Connection (2002), Cleveland's Rock and Roll Roots (2010), Cleveland's Rock and Roll Venues (2020), and rock novels, Peggy Sue Got Pregnant (2013) and Scoundrels & Dreamers (2015). In-person program. Registration required. To register, visit www.cuyahogalibrary.org or call the Parma Heights Branch at 440.884.2313.

Farmers' Market Master

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host Farmers' Market Master on Wednesday, June 8, 2022 from 7:00-8:30 p.m. in Meeting Room C. Shopping for local produce at the market can be quite different than visiting a grocery store. Join OSU Master Gardener Shayna Sharpe to learn everything you need to know before visiting a farmers' market this season. In-person program. Registration required. To register, visit www.cuyahogalibrary.org or call the Parma Heights Branch at 440.884.2313.

The History Of Immigrant Theatre In Cleveland

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host The History of Immigrant Theatre in Cleveland on Tuesday, June 28, 2022 from 7:00 -8:00 p.m. Join us for a historical presentation by Dr. Peter Graff. Cleveland in the early twentiethcentury boasted an impressive array of immigrant groups, each nestled into various pockets of the city. Among the many essential neighborhood institutions serving these communities was the theater. In the theater, immigrants

could navigate their evolving national identities as they adjusted to life in a new country. For some, it allowed them to cling to their old-world heritage, while others used the theater to explore new-world realities. In this talk, Dr. Peter Graff will outline the history of these vibrant institutions and explore their importance to the people who brought them to life. Inperson program. Registration required. To register, visit www.cuyahogalibrary. org or contact a librarian at the Parma Heights Branch at 440.884.2313.

Nifty Fifties Game Show

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will present Nifty Fifties Game Show on Monday, June 13, 2022 from 7:00-8:00 p.m. In Meeting Room C. Join us for a fun-filled hour of trivia about this fabulous decade! Travel back in time and revisit the lifestyle, sports, fashion, automobiles, and entertainment of the 1950's presented in the fun format of the famous fifties TV Game Shows. In-person program. Registration required. To register, visit www.cuyahogalibrary.org or call the Parma Heights Branch at 440.884.2313.

Saturday Afternoon Book Discussion

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will present Saturday Afternoon Book Discussion on Saturday, June 25, 2022 from 2:30-4:00 p.m. in Meeting Room C. In-person program. Join a librarian from the Adult Services Department for a brand new, staff-led book discussion we discuss The Lost Man by Jane Harper. Registration required before picking up a copy of the book at the circulation desk. To register, visit www.cuyahogalibrary.org or call the Parma Heights Branch Library at 440.884.2313.

Safety And Service Department **Directors Retire From City Of Parma** After Decades Of Service

continued from page 1

men and women in our safety forces and throughout the city."

Additionally, Service Director Brian Higgins retired in May after serving the city more than 18 years. As service director, Higgins oversaw the city's infrastructure, yard waste and rubbish disposal, recreational parks and facilities, print and sign shops and the service garage. Whether it was heavy snow or heavy rain, it was Higgins and his team that worked long hours in fowl weather clearing snow from streets or working closely with Northeast Ohio Regional Sewer District to manage storm water. He also worked closely with city engineers, Cuyahoga County Public Works and the Ohio Department of Transporof Brook Park. He also was a union electrician for the International Brotherhood of Electrical Workers Local 38. To recognize his service and without Higgins' knowledge, city council voted on May 16 to name the Parma service garage on Chevrolet Boulevard the Brian Higgins Parma Service Center."We kept the building name a surprise because Brian didn't want a party or anyone making a fuss about his retirement," DeGeeter said. "We didn't listen to him because he deserves this recognition." The mayor called Higgins a family man who often talks about his wife, Karen, and their three adult children and grandchildren. Higgins will now have more time to spend with his family.

tation to fix and repave streets. In fact, there are enough lane and sidewalk miles to travel one-way from Parma to North Carolina, making road and walkway maintenance in Ohio's seventh largest city a never-ending job. "The service director position is tough in a big city like Parma. It requires taking calls all hours of the day and on weekends or holidays. When there was a snowstorm or storm-water issue, Brian was fielding calls from me and council members," DeGeeter said.

Before former Mayor Dean DePiero hired him, Higgins was the service director for the City



ZachariasLaw.com



216-631-4888

PROBATE OF ESTATES

Contact us for a free consultation Parmatown **Mayfield Heights** (440) 843-8400 or (440) 461-8500

Have you?

- Been injured in an auto accident?
- Been injured due to medical malpractice?
- Been attacked by a dog?
- Been hurt as a result of a fall at a business or another residence?
- Been injured at work?

YOU MAY BE ENTITLED TO RECEIVE A MONETARY SETTLEMENT FOR YOUR INJURIES AND EXPENSES.

Call us for a Free Consultation

At Russo, Rosalina, & Co., we fully explore the questions you have - or should have concerning any injury you have suffered.

PROBATE OF ESTATES

If you have suffered the loss of a loved one, our office will promptly handle the estate for you. There is no charge to discuss a probate matter with us.

WRONGFUL DEATH

If you have suffered an injury or the loss of a loved one due to someone else's negligence, you and/or your family may be entitled to compensation. Call us for a free consultation.

AUTO ACCIDENTS

If you have been injured in an auto accident, you may be entitled to receive a money settlement for your injuries and expenses. We also handle injury claims involving slip and fall, dog bites and medical malpractice. Call us for a free consultation.

WILLS - ONLY \$4000

If you die without a Will, the state decides who inherits your property This can only create hardship and financial problems for the ones you love. The cost of a will is only \$40. This price will remain in effect for 30 days. Our firm also prepares Living Wills, Durable Powers of Attorney, Deeds & Trusts.

CRIMINAL & TRAFFIC OFFENSES

We provide experienced representation for Driving Under the Influence offenses, Driving Under Suspension offenses, Domestic Violence charges and all Misdemeanor and Felony charges.

DIVORCE

When divorce seems to be the only answer, we can provide the professional advice you need to make sound decisions about your future. Know your rights concerning alimony, child support, and pension benefits



Gabriella Russo-Rosalina • Joseph Rosalina Parmatown 440-843-8400 Mayfield Hts 440-461-8500 NEW LOCATION 1240 Som Center Rd. www.rrlpa.com

INSPIRATION

Shoe Drive Success

by Erin Lally

The Parma Commission on Aging (PCOA) fundraising shoe drive has been a smashing success and is thanks to the dozens of people who have donated as well as the dozens of volunteers who have sorted and bagged the shoes. In fact, we are happy to announce that it was so successful, we will continue collecting through Friday, June 10th. Any and all types of shoes are accepted.

There is a collection bin outside our doors and a collection box in our lobby. In collaboration with the nonprofit Funds2Orgs, shoes that are donated will be redistributed to a network of micro-entrepreneurs in developing nations. Funds2Orgs helps impoverished people start, maintain, and grow businesses in countries such as Haiti, Honduras and in Central American and African countries. One budding businesswoman even earned enough to send her son to law



Donated shoes collected in the Center's basement.

school. "We are incredibly grateful to everyone who has helped us exceed our goal," says Julia Varley, PCOA President. "The monies we raise support programming and activities at the Donna Smallwood Senior Center." The goal was to collect 100 bags of 25

shoes per bag. Staff and volunteers sorted pairs of shoes, secured them with rubber bands, bagged them, and helped carry them to our basement. Funds2Org will collect the bags when our campaign concludes after June 10th.

The PCOA was created under the leadership of Donna Smallwood in 1988 and was visionary as far as how we are able to partner and apply for grant funding to complement our activities and services. A great example is the monthly Technology Help Desk which has been extremely popular with our members and paid for by our PCOA.

Additionally, because of donations, our PCOA has been able to bring Tri-C Encore 55 Classes here to the senior center in June. Every Monday (and Tuesday, June 21st) at Noon, there will be a different class beginning June 6th with TV Game Show Fun. June 13th will be all about The Sixties. June 21st will be fun with Name That Tune and on June 27th you can learn more about Backstage Broadway.

PCOA has also partnered with another nonprofit Simply Virtual to provide free tablets to seniors in our community who need to be connected. The eligibility requires 1) a membership to the senior center, 2) no smartphone, and 3) no computer or working computer at home. One-on-One training and technology assistance will be provided. Training through the Cuyahoga County Public Library is also an option. Anyone eligible and interested should contact Kathryn Karney-Davidson at 440-885-8155 or kdavisdon@cityofparma-oh.gov.

You would think after the pandemic that there would be no shoes in your closet left to donate but there are shoes out there that you will never wear again so please consider donating them to us. Again, There is a collection bin outside our doors and a collection box in our lobby and we are located behind City Hall and next to the CCPL Parma-Powers branch.

Mobile Food Pantry

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library, partnering with The Greater Cleveland Food Bank, will offer a monthly Mobile Food Pantry distribution on the 3rd Wednesday of every month at the Parma Heights Branch Library, 6206 Pearl Road, on Wednesday, June 1th from 10:00 a.m. -12 Noon for customers who are in need. Please visit www.cuyahogalibrary. org or call the Parma Heights Branch Library at 440.884.2313 for additional information

FAI+H COMMUNI+Y DIREC+ORY

All Faiths Pantry

P.O. Box 34239 Parma, OH 44134 216-496-4329 allfaithspantry.org

All Saints Episcopal Church

8911 West Ridgewood Drive, Parma, Ohio 44130, 440-888-4055 parishadmin@allsaintsparma.org

Bethlehem Lutheran Church

7500 State Rd. Parma, OH 440-845-2230 www.BethlehemLutheranChurchParma.com

Divinity Lutheran Church 11877 Blossom Ave. Parma Hts., OH 44130, 440-845-2060 www.divinitylutheran.com

The Islamic Center of Cleveland

6055 W. 130th St. Parma, OH 44130 216-362-0786 www.iccleveland.org

Ridgewood United Methodist Church 6330 Ridge Rd. Parma, OH 44129 440-885-1360

www.ridgewoodumc.org

St. Bridget's of Kildare Church

5620 Hauserman Rd. Parma, OH 44130 440-886-4434



www.Stbridgetparma.com

Holy Family Catholic Church

7367 York Rd. Parma, OH 44130 440-842-5533 www,holyfamparma.org

Parma Christian Church

7000 Ridge Rd., Parma, Ohio 44129, 440-842-1614 www.parmachristianchurch.org



We work for you

Crime Tip Line (440) 887-7340 crimetips@parmajustice.net www.cityofparmapolice.com Emergency – 911 Non Emergency - (440) 885-1234

l've worked many jobs.

All that experience has led me to a job that feels like home.

As a Home Instead[®] CAREGiver you can help care for older adults, from companionship to personal care. Choose a career that makes a difference.

Call (440) 888-3809 or visit HomeInstead.com/306 Home Instead.

Each Home Instead® franchise is independently owned and operated. © 2021 Home Instead, Inc.

NEIGHBORHOODS Share Care Home On Lakeview Drive

by Geoffrey Moore

Home Instead has created a way to receive 24-hour care in a singlefamily home at less than half the cost of our traditional home care. We call it "Share Care" and for some clients, it's the perfect solution.With a Care Professional-to-resident ratio of 3:1 (and no more than 5:1), our residential facility is very different from a traditional "group home." Our Care Pros engage with our residents at a level no other facility in the area can match. Our care is provided by screened, bonded, trained, and specially selected Home Instead Care Pros. At least one Care Pro is in the home at all times and Care Pros never sleep in the home. Home Instead Lakeview offers a safe, quiet, and comfortable alternative to larger facilities. The Covid-19 pandemic has shown that limiting one's exposure to a small number of people is a good defense against the virus...or any virus. Home Instead Lakeview is licensed by the State of Ohio as an R-2 residential care facility and can accommodate up to 5 residents.

Here are more details:

•Our 2,000 square foot home is spacious and bright. The family room and living room provide ample



space for residents to enjoy music, games, crafts, puzzles and their favorite TV shows.

•Room & Board includes all meals, snacks, beverages, utilities, cable, phone and wireless internet.

Transportation to appointments is available as an add-on service.

•24-Hour care includes third shift, hands-on care.

•Each resident has their own bedroom, filled with their own personal belongings. We will also make room for a resident's favorite

chair in the family room, if desired •Family and friends may visit whenever they like or may plan outside activities with their loved one.

•Our households are filled with joy, due to the personal relationships we form with our clients.

The Home Instead office that serves Parma and the surrounding area was established in 1998. Over the last two decades, we've cared for thousands of seniors who wish to remain in their own homes. Home Instead Lakeview is offered as an alternative to in-home care for our clients who desire aroundthe- clock, hands-on care in a nicely appointed home at an affordable cost. We also have a Share Care home on Vicksburg Drive in Parma. Please call 440 734-7441 for details.



Pleasantview Care Center Skilled Nursing and Rehabilitation

Clinical Specialty Programs

Physician driven programs with on-site rounding by each specialist in

Cardiology - Infectious Disease Respiratory • Psychiatry • Wound Care

Legacy Place Parma Assisted Living

- Apartment Style Assisted Living Studio and 1 Bedroom Suites
 - Extensive Assistance Unit
- Bridge to Home and Respite Care





PERSPECTIVE

How Many More Must Die Before Something Is Done?

by Lee Kamps

There has been another mass shooting in the United States recently. This time an 18 year old man methodically shot and killed ten people at a supermarket in Buffalo New York. The shooter used an AR-15 semi automatic assault weapon that was legally purchased and had body armor on himself consisting of a bulletproof vest. He planned out the attack and even "cased" out the place before his shooting rampage. On the day of the shooting, he drove more than 200 miles from his home to Buffalo where his intention was to shoot and kill as many Black people as possible.

On August 3 2019, another gunman used a civilian version of the AK-47 assault weapon to shoot and kill 23 people at a Wal Mart in El Paso Texas, specifically targeting Hispanic people. Like the Buffalo shooter, he traveled over 650 miles from his home in the Dallas area to El Paso on the Mexican border where he carried out the shooting. The same night another mass shooting occurred in a neighborhood in Dayton Ohio when another young man, like the other mass shooters, he used a weapon similar to the AR-15 semi automatic assault weapon to kill nine people, including his brother, and wound another 17 people. The gunman was shot and killed on the scene by police officers.

On April 28 1996, a gunman went on a shooting rampage at a former colonial prison and tourist attraction in Tasmania, a part of Australia, killing 35 people before he was caught by police. Again the weapon that the shooter used was a military style semi automatic assault weapon similar to the weapons used in most mass shootings.

What set this mass shooting in Australia apart from the mass shootings in the United States is the action taken by the Australian government. Within two weeks of the shooting the Australian Prime Minister had brokered a National Firearms Agreement Law limiting the licensing and ownership controls on guns. As part of that agreement, all semi automatic rifles as well as semi automatic and pump action shotguns were banned and all unlicensed firearms were surrendered during a gun amnesty. In Australia all guns and firearms must be licensed and all gun purchasers are subject to mandatory background checks before purchasing any firearm. This also includes all private sales of guns.

Since 1996, Australia has had no mass shootings

Contrast that where mass shootings in the United States are a plague on the nation with many occurring each year. Usually there is a pattern to a mass shooting. Often it is a man (few mass shootings are committed by women) with a grudge or just a desire for notoriety. Very few mass shooters have any criminal record prior to the shooting. In most cases like the Buffalo shooting, the shooter legally obtained the firearm used in the shooting and most often it was a semi automatic military style assault weapon such as the AR-15 which seems to be the most "popular" weapon of mass shooters.

Whenever there is a mass shooting in the United States, there is a similar pattern of reaction. There are "thoughts and prayers" offered to the victims of the shooting. Then people psychoanalyze the motivation of the shooter. In many mass shootings the shooter either kills themselves or is killed by police responding to the shooting. Then we move on until there is another mass shooting somewhere and the same actions are repeated.

While mass shootings where more than four individuals are shot by one person make headlines across the country; far more Americans are victims of individual gun violence. Whether it is an irate spouse or a young man in a gang, individual gun violence plagues most of the cities in the United States. By law, people with felony records are not allowed to own or purchase a firearm. But somehow they manage to get a gun.

We talk about "doing something" and wander all over what to do to stop the tide of gun violence. But one thing that is seldom mentioned as a remedy to mass shootings and gun violence is what was done and has worked in Australia following the mass shooting in 1996. In the United States we never talk about actually eliminating the cause of gun violence in the United States; too many guns and the ease at which guns end up in the wrong hands.

I find it highly hypocritical when elected officials and politicians rail against abortion, calling it murder; yet at the same time do absolutely nothing about the proliferation of guns in our country while opposing any measure that might limit or reduce the types and amount of guns. One quality sorely lacking in the United States is courage, especially among our elected officials. It is time to actually do something other than offer "thoughts and prayers".

Seven Hills Summer 2022 Activity

continued from page 1

series kicks off on June 24th with resident Brian Papesh Band performing and new restaurant BossChick N Beer bringing up their food truck.

Home Days is moving back into July as we celebrate a weekend to remember, July 22nd, 23rd and 24th. We are happy to bring in new acts like Ace Molar, 1988 Rocks! Soul Shake and the Eastside Horns as well as favorites such as Elvis! We will have Fireworks on both Friday and Saturday nights.

On October 1st, we will celebrate Oktoberfest at the City Hall Pavilion with live entertainment, food, beer, and activities for the kids. Our sports fields have been improved with proper drainage and field topping resulting in an excellent playing condition for baseball and softball players. New playground equipment is scheduled for Cricket Park. Summer Day Camper will run June 6th – August 12th at the recreation center. A new regulation sand volleyball court was added at North Park and later this year a similar volleyball court is planned for City Hall.

Have you been to the Beverly Nature Preserve at North Park? This trail – from entry to exit – is roughly a half mile long. We just completed planting 61 new trees representing 11 different tree types that are native to this area. In addition, we just completed connecting to our neighbors in Brooklyn Heights. Come celebrate with us on Friday July 8th at 2pm as we host a ribbon cutting ceremony to celebrate the official grand opening of the Beverly Nature Preserve at North Park!

In 2021 we began planning con-

struction for the future of our Parks. This year, the major updates will include ADA compliant restrooms in each of our main parks throughout the city, starting with Meijer Park. We are doing these updates strategically and building things properly. These changes are for the greater good of the community and are made to last well into the future. Hopefully putting the brunt of Covid behind us, our summer recreation center programming is open for registration and back to normal capacity!

For example, we offer Summer Learn to Swim, Swim Team, and Rookie Athletics registrations just to name a few. Stop in our recreation center or check us out online to see all the great programs we are offering!

Hope to see you at an event or two!

Fighting for our families for over 25 years.

Depiero.com 440.884.2400

PARMA FUN

Irrational Crazed Sheep

by Lee Volenec

Regarding the Roe leak, Pelosi said, "This is a dangerous court to families, to freedom in our country," and Schumer brought a bill to the floor to legalize abortion. When it failed he said, "women's constitutional rights are under unprecedented attack -- and it runs counter to the will of the majority of American people." Neither of them is correct. In Schumer's case, the bill he touted would have legalized abortion right up until a baby is born. While a majority of people support abortion in certain circumstances, a much larger majority are against abortion without limitations, which is

what the Senate bill called for.

Then headlines announced in bold print that the Senate "failed to protect abortion rights." The activist group "Ruth Sent Us," named for the late liberal Justice Ruth Bader Ginsburg published a map to Republican-appointed justices' homes and asked people to protest at their homes and inside Catholic churches. The fact is that for years Ginsburg said the basis of the Roe decision was wrong and predicted it would eventually be overturned. In a lecture she gave in 1992, she said of Roe, "Doctrinal limbs too swiftly shaped...may prove unstable."

The Court doesn't make decisions

DAD Wants You To Shop Local!

by Emery Pinter

There are dads, grandfathers, role models, husbands, and so many more men who deserve special recognition on Father's Day. Over the years, dads have taught us how to ride a bike, drive a car, fix a leaky faucet, and so much more. Now, let's show them how much we appreciate all of their wisdom by finding the perfect Father's Day gift at a local business.

Let the local stores of Parma Heights find the perfect gift. What is the most common gift on Father's Day? Tools, every dad needs them. Andy's Hardware, 6658 Pearl Rd, Parma Heights, sells tools that would make any handyman's heart beat faster. Their passion is oddity niche tools you won't see in big box stores. They are your go-to hardware store for everything from screens/window replacement, patio screen door repair, and hedge trimmer sharpening. But they also sell gardening supplies, and more. They're not just a hardware store; they're a dad's lifestyle store. And they have Gift Certificates Dad will love too!

Being the man of the house can be hard work, so why not treat your dad to a precision haircut at Suburban Hair Cutting, 6595 Pearl Road. Not only do they specialize in precision haircuts and beard trims, a handy gift certificate can take care of a few sessions!

ask for Rich.

Pick up Dad's favorite wine, beer, tasty spiked seltzer water, or a unique cocktail from Martini's Drive Thru Beverage, 6505 Pearl Road. Or customize a few of his favorites in a personalized gift basket with munchies and lottery tickets. With a little something for everyone, this makes Martini's Drive Thru Beverage the perfect spot to pick up a gift this Father's Day.

Is your dad the king of board games? Plan a family game night at Gamers Haven, 6639 Pearl Road. There is a warm and inviting atmosphere for all tabletop game enthusiasts! Whether you're looking for the new hottest game, or an old favorite, they've likely got it! Pathfinder, Bolt Action, WarCry, Star Wars....And if not, Brandon, or his Game Guides would love to recommend something that's sure to become his new favorite! You've got to show your Dad this place!

Parma Heights local businesses have all of these gifts and more, so one can find a meaningful, exciting gift to show Dad just how much he is appreciated! What's more, local businesses have the personal customer service you need to help you pick the best gift from your list of ideas. Happy Father's Day to all of the dads, granddads, fathers-to-be, dog dads, cat dads, and

based on political expediency. They base them on the Constitution and precedents. The exception is the liberal justices who believe the Constitution is a living document and they should have the power to change the law as they see fit. (Before anyone starts whining about that statement, it is straight out of NPR's and most other descriptions of the difference between liberal and conservative justices.) They are right that the Constitution is a living document. It provides ways it can be changed. But It also assigns the power to make law to the Legislative Branch so it's not up to a few arrogant justices to impose their values on everyone else. In addition, it assigns certain powers to the federal government and states that all other powers are "reserved to the states respectively, or to the people." That's is exactly what will happen if Roe is struck down. It will not end abortion. It will simply leave it up to the states just like the founding fathers envisioned. So, for the people who are whining about the Court, take it up with your state legislature.

Politicians have used spin and lies to gain political advantage as long as there have been politicians. Years ago (I'm old enough to remember the FDR administration) people understood that and could get the facts from the media. Today the media gives us more opinion than fact although most political opinion is positioned as fact. People are so overwhelmed by the opinion and spin and lies in news and social media they believe it's factual. So whenever something like the Roe leak happens, half the nation, depending upon which

side of the aisle they're on, becomes irrationally incensed about what the other party is doing to them and follow right along whether it's true or not. In other words, they become irrational, crazed sheep.

Unfortunately, this publication is no exception. Almost every month we get a nauseating piece by Lee Kamps that contains nothing more than liberal talking points that are mostly spin and seldom true. How do I know they're talking points? I have them delivered to my inbox so I know what spin and lies are coming next. Lately it's been all about deflecting the blame for inflation away from Biden so it's no surprise that was the subject of last month's political advertisement from Kamps. As always there was just enough truth to make the spin and lies believable. For example, he states that inflation is caused by too much money chasing too few goods. True. Then he states there is nothing Biden can do about that. Nonsense. Among many other things, he can decrease demand by cutting government spending. Instead he want to increase spending. He can increase supply by decreasing regulations. Instead he wants more regulations. Kamps ends with, "let's hear some bona fide solutions" from other people, which is the old magician's trick of misdirection so you don't see what's actually happening. The truth is Biden is the president, it is his responsibility and he has the tools to do it. So please Mister Kamps, if you can't come up with an original thought, just get over yourself and take a break. And please, Mister McCarthy, stop being part of the problem.







Videogame break

A good time to start having short, frequent conversations about alcohol and other drugs.

Talking with your child at an early age about drinking and drug use is the first step toward keeping them safe. For tips on how and when to begin the conversation, visit adamhscc.org/talk.



PARMA OBSERVER

News You Can Use (And Where To Find It)

by Gene Lovasy

LOCAL EVENTS AND OPPORTUNI-TIES:

Grant Sources for Nonprofits... Here is another set of five grantors, these w/a mostly education (both educator & student) focus, identified by the MyCom network: > The JAMS Foundation/ACR Initiative for Students and Youth> Tim Hortons Foundation Camps> The Lewis Prize for Music > The Synthomer Foundation > The Boeing Company. If you're affiliated with a family/youth-serving organization you s/b visiting these funders' sites to see if your program/service fits their mission.

Community From Cuyahoga College:

Their Summer Semester begins May 31, 2022, & registration is still open. As a member of Tri-C's Paralegal Studies Advisory Board, I can vouch for it as being one of the highest-rated such programs in the region, recognized and well respected by our local Bar Association. For reasontuition, this ABA-accredited able program offers in-demand career opportunities with a median salary approaching \$50,000. For any folks out there specializing in career counseling, you might consider recommending the program as an inexpensive gateway for someone thinking of becoming an attrorney. Check it out at www.tri-c. edu/paralegalph: 216.987.5113.

From Parma Area Chamber of **Commerce:**

Plan on attending the 20th Annual Rib Cookoff & Music Festival, June 9 -12 at Tri-C's Western Campus. If your organizations would like to participate as an "Exhibitors" or to volunteer email, Megan Cooney at executivedirector@parmaareachamber.org or ph: 440-221-6648 Cell or 440.886.1700 Office.

From NEO Black Health Coalition... Is looking for kinship families willing to participate in this dental health survey. The Oral Care Survey for Kinship Care is for grandparents or other relatives/godparents/close friends who are caring for children because the biological parents are unable to do so. Must be a resident of the State of Ohio to qualify for this survey. There are a limited number of stipends available for this survey. The goal is to learn about the oral care needs of children in kinship care. Contact lpugh@neobhc.org or call 216-236-8027 for more information.

From Cuyahoga County Youth Work Institute: As part of "The Power of Summer Boot Camp Collection", check out these upcoming free, virtual professional opportunities for those supporting our youth

"It's Summer Learning" - Wednesday, May 25th. Learn more & register here.

"Setting the Summer Environment" - Thursday, May 26th.Learn more & register here.

"Summer Staffing" – Friday, May 27th.Learn more & register here.

From The Literacy Cooperative & Dolly Parton Imagination Library (DPIL):

The Literacy Cooperative of Greater Cleveland is the local affiliate for the Imagination Library. Click here to learn more about the Imagination Library & enroll your child in the this free, book gifting program.

Go here to listen to a Sound of Ideas (on Ideastream public radio) piece that aired earlier this year. Guests included a rep from The Center for Community Solutions and an Imagination Library parent sharing how much the program has meant to her family.

From Cleveland Division of Water & the NEORSD ... The Cleveland Student Technical Enrichment Program (STEP) gives sixth to ninth graders in the Cleveland Water or NEORSD service areas the opportunity to visit premier institutions, interact with professionals, meet new friends and work together performing exciting experiments that make science, technology, engineering and math come alive. The program is free and held one Saturday a month from September to April. Click here to apply.

From Islamic Center of Cleveland, 6055 W. 130th St, Parma, 44130:

The Ibn Sina Free Health Clinic.... offers free healthcare services to community members who are uninsured or under-insured. The clinic serves anyone in need regardless of race, gender, religion, or ethnicity. Visithttps:// clevelandibnsina.com for details.

#TalkTheyHearYou





From Search Institute (Re: Developmental Relationships)... Go here to learn more about how to build a Relationship-Rich Organization. Make a point of checking out the 3 tools leaders and practitioners are using to reframe their strategies for relationship building.

Offering Free Fresh Produce the first Saturday of each month, from 10:30 am to 12:30 pm. Federal program income guidelines apply; please bring ID & your own bags/cart; no admittance before 10:30.

From City Ballet of Cleveland and Cleveland City Dance...Announces its Spring Open House from 9:30 am - 2:00 pm on Saturday, May 28, 2022. Visit the studio and find your love of dance. Take the opportunity to tour the school, and register for our summer programs including Storybook camps, Dance Bootcamps and Intensives and single classes for children and adults. For more information: Phone:

read the rest of this story online

PARMA ART SCENE

by Kathryn Mabin

Prama Artspace & Gallery,

5411 Pearl Rd, presents Slain

Nemo, June 3rd through 19th.

June 3rd gallery show opening

reception kicks off with Slains

Laser Light and Photon Magic

Music Lights and Art Event.

Reception begins at 6 PM, with

artwork illustration of fractals

and math art in the main gal-

lery. Slain Nemos creations use

computer generated images,

laser burns, and oil paint on

canvas. His very precise work

shows no visible brush strokes.

His artistic creations are sacred

geometric forms, surrealistic, Sci-Fi, Shamanistic, and lin-

ear. Don't miss this unique,

one-of-a-kind experience. Fol-

low Prama Artspace & Gallery on Facebook and Instagram, or

visit their web page for details

Gallery look for the new display

of Parma authors and writers

titled The Parma Author Sta-

tion provided by the Flamingo

Also at Prama Artspace &

on all upcoming events.

Parma Art Scene



11th Annual Parma Run-Walk for Pierogies

5K Run/Walk and 1 Mile Fun Walk Saturday, June 25, 2022 - 7:30 am Tri-C Western Campus - 11000 Pleasant Valley Road







Writers Guild.

CHIF TIMED RACE

First 600 pre-registered are guaranteed a t-shirt, as well as a certificate for pierogies from Perla's.

Please follow us on Facebook and Twitter: @pierogie5k

5K Run Award Age Groups: Top overall male and female 11 and under, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 Over - Pierogie awards to top three male and female finishers in each division.

Mail entries must be received by Wednesday, June 22. Make checks payable to: Hermes Sports & Events 2425 W. 11th Street Suite 2, Cleveland, OH 44113 *Pre-Registration \$25 *Day of Registration \$30 *Ages 11 and Under: \$15

Register online at: <u>www.hermescleveland.com</u>

On-Site Registration/Check-In: 6:30 am - 7:15 am

Call For Arts Instructors

- The Parma Area Fine Arts Council is searching for artists of various mediums interested in teaching classes or workshops. Instructors are paid the going rate. If interested please send an email to kathrynmabin@att.net, with your contact information and the type of class and/or workshop you'd like to teach.

Local Artists Katie Harroff and Donata Rahne will be exhibiting at the Beachwood Library, located at 25501 Shaker Blvd, in July. Opening reception on July 3, 2022 from 1:00 to 5:00 PM. This show runs through July 28th. Both are members of Parma Area Fine Arts Council.

Farm Art Day at Stearns Homestead is brought to you by the Parma Area Historical Society, Saturday, July 9, 2022. Artists of all ages and mediums are invited to set up their easel and create their farm related works of art. Artists should pre-register by sending your name, age (if under age 18), and medium at StearnsHomestead@gmail.com, with subject Farm Art Day. Artists will set up 9:30 - 10:00 AM. Stearns opens to the public at 11:00 AM. Visitors will be able to view artists at work.

1,000,000 PHOTOS The Photo Fest is Cleveland announcing its third annual event to take place in the fall of 2022. They are encouraging EVERYONE to submit their images to this event, the world's largest international photo exhibition. The event opens November of 2022 at Bostwick Design Initiative in downtown Cleveland. It runs through December 31st. Any type of photo is welcome. Send as many as you like. NO submission fee. This invitation is open to photographers from all over the world. The photos will be assembled into multi-image panels for viewing. Their mission is Unity Through Photography and hopes to uplift and unify the human condition through global photographic collaboration and partnership. Visit www.onemillionphotos. org for detailed information or email questions to info@onemillionphotos.org.

Race Director: Parma City Council President Sean Brennan: 440-885-8091 pierogie5k@gmail.com

Proceeds benefit local charities and projects. Sponsorship opportunities available!

Run/Walk for Pie	erogies
------------------	---------

First Name:	-
Last Name:	
Race Day Age:; Gender: M F	
Date of Birth:	
Address:	
City:	
State and Zip:	
Phone:	
E-Mail:	
Signature (Parent/Guardian, if under 18):	

Shirt Size: YS YM YL S M L XL XXL XXXL Circle One: 5K Run, 5K Walk or 1 Mile Walk

I hereby understand that upon my entry into the Pierogies 5K race/walk or 1 mile fun walk, I waive any and all claims for damages that I may have against University Hospitals, Cuyahoga Community College, Perla Pierogies, the City of Parma, the Parma Charitable Fund, Hermes Sports & Events, promoters, sponsors or anyone involved in the production of this race, regarding any and all injuries suffered by me while running, traveling to and from, or participation in this event, for myself, my heirs and/or assignors. I also understand that refunds will not be available for entry fees. Due to COVID restrictions, we will not be serving food at the event this year.



INTRODUCING

Assisted Living Memory Care Unit

At Pleasant Lake Villa's Assisted Living unit, memory care is provided by specially trained professionals dedicated to the unique and ever changing needs of those living with Alzheimer's and related dementias. Utilizing a SecureCare system allows each individual a safe, secure and homelike environment.



Our program provides:

 Compassionate staff specially trained using HealthCare Interactive's CARES training. HCl has developed the most innovative set

developed the most innovative set of training products for professional The marketplace today. HCI's CARES Dementia Basics and CARES Dementia Advanced Care online training programs qualify individuals for Alzheimer's Association essentiALZ certification.

- **Daily social activities** that use visual aides and functional routines to promote independence and well-being.
- Activities and recreation provided by a Certified Dementia Practitioner.
- Opening Minds through Art Program (OMA).
 This is an intergenerational art program for people with Alzheimer's Disease and other forms of neurocognitive

disorders. Provides opportunities for creative, self-expression and social engagement for people with dementia.



- Memory Care Activity Coordinator on staff.
- Live music.
- Psychiatry and psychology services to meet the changing needs of our residents.
- **Respite, hospice and palliative care** services are available if needed.
- **Private rooms** available.



Pleasant Lake Villa

Part of the Legacy Health Services Family

7260 Ridge Road · Parma, OH 44129 · 440-842-2273

www.lhshealth.com

SKILLED NURSING · REHABILITATION · LONG TERM CARE · ASSISTED LIVING