Serving the Tri-City Area of Parma, Parma Heights, & Seven Hills

Parma And The World Still Stands With Ukraine

by Daniel P. McCarthy

Ukrainian Village Parma was the place on August 27 where once again all eyes focused on Ukraine and the ongoing atrocities committed by the ruthless dictator Putin on these innocent people. The Ukrainian Independence Parade hels annually here was especially poignant this year after what has unfolded just 6 months ago. One of the very largest parades ever held in Parma, with at least 66 floats, it was a very inspirational event, with so many people coming to show their unwavering support in this time. Ohio Governor Mike DeWine was

there and spoke to those assembled, as well as US Senator Rob Portman, Ohio Congressman Tim Ryan, Parma Mayor timothy J. DeGeeter, Parma City Council President Sean Brennan, and so many others. We were all very proud to see such a turnout for our friends and neighbors, and it is so wonderful that we have such a thing as Ukrainian village in our city. A naturalization ceremony was conducted where 15 brand new Americans were sworn in, and this above all served as a reminder of how special being a citizen in a free country is, and how we all can take it for granted from time to time.



the tents for prayers, support and food. Even Governor Mike DeWine came up to show support.



A Message From The PCSD Superintendent -

Build Our Future!

by Charles Smialek

The Parma City School District has partnered with GPD Group, our architectural consultants, to design a unique learning institution that will empower our high school students to learn in a first-class environment with myriad opportunities to "find their niche." The singular district high school will locate on the current property of Parma Senior High School (PSH), which is scheduled to be demolished in Fall 2023. Renderings of the campus show a clear embrace of the historical features of PSH, including the construction of a new clock tower above the main entrance to the school and red brick lining the exterior.

There are many advantages to the construction of a new, lone, high school campus. From an academic perspective, students will have the opportunity to take more College Credit Plus and Advanced Placement courses as these are

often limited when trying to maintain fiscal responsibility within a three high school campus model. Further, we will also have within our high school 17 Career and Technical Education (CTE) pathways, formerly known as vocational classes. Locating all of these in the same location allows our students to maximize their schedule by eliminating the travel period they currently have to include if they are participating in a program across town.

In addition to the historical features described above, the rendering also shows wings that extend outward toward the Longwood, or northern, side of the campus. These wings provide grade-specific environments for the ninth and, separately, tenth grade students. These grade-level communities will include dining areas and offices for support staff such as Assistant Principals, counselors, and mental health resources. These grade-level communities will

help our students to navigate what could otherwise be an overwhelmingly large facility without their inclusion.

Other advantages to the construction of a new, singular high school include the creation of a cutting-edge security system, complete with fewer doors that allow for public access, shatterresistant glass, and wings that can be locked down from a central location. Further, the recreation space includes an oversized gymnasium and a pool that we will open for public access throughout the year.

Construction of this proposed high school requires passage of a bond issue on the November ballot that will cost the owner of a \$100,000 home \$11.53 per month. The Ohio Facilities Construction Commission will contribute \$71.9 million in the form of a credit that we will apply to the construction of two middle and four elementary schools.

Parma's Plans For A New Golf Course Facility Making Headway

by Carolyn Kovach

Less than six months ago, the old Ridgewood Golf Course Clubhouse was knocked to the ground and replaced with a double trailer. Business has been brisk, and so has the process to secure funding and select an architectural firm.

Parma City Council has approved legislation to accept from Cuyahoga County \$4 million in American Rescue Plan Act (ARPA) funds to

help cover the costs of the \$9 million projected Ridgewood Golf Course Clubhouse and Event Center. City Council also approved the city engaging with the most qualified architectural firm to oversee the new facility's design and construction. The selection committee placed John Patrick Picard Architect at the top of its list after interviewing four

continued on page 4

Script Parma Picture Of The Month



This month's script Parma picture of the month was submitted by Christin Sorensen. It depicts her grandaughter Audrina. Christin 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.

COMMUNITY NEWS

The President's Corner

by Sean Brennan, Parma City Council President

This month I am concluding my series entitled Civics 101. The hope has been to provide you with useful information about your local, state, and federal governments. So far I have covered our municipal (city), school district, and county governments, as well as Ohio's state government and the executive and legislative branches of the federal government. This month I will write about our federal judicial branch – the federal courts.

According to Article III of the U.S. Constitution, "The judicial Power of the United States, shall be vested in one supreme Court, and in such inferior Courts as the Congress may from time to time ordain and establish." Thus, originally, there was only one federal court - the United States Supreme Court. Due to the overwhelming number of cases before that court, Congress soon began creating our lower or inferior court system. As a result, today there are 94 federal district courts and 13 circuit courts of appeals. All federal judges are nominated for appointment by the President and confirmed by a majority vote of the U.S. Senate. All federal judges serve for life on good behavior, as they can be impeached and removed like the President. The job of the courts is to interpret the law and settle disputes.

The district courts are courts of original jurisdiction, meaning that this is where most cases begin. They are also trial courts where trials are



held. The closest to us is the U.S. District Court of Northern Ohio which is located downtown Cleveland. District courts hear both civil and criminal cases. Civil cases involve issues such as lawsuits and bankruptcies, while criminal cases involve someone who has been accused of a crime, such as possession of illegal narcotics. Each state has at least one district court. Ohio has two – one for the northern and another for the southern portion of the state. There are over 670 federal district judges throughout the nation.

The next level of federal courts are the circuit courts of appeals. Ohio is located within the jurisdiction of the 6th Circuit Court of Appeals, which also includes the states of Michigan, Kentucky, and Tennessee. The 6th



Circuit Court of Appeals is located in Cincinnati. When a case is appealed from a U.S. district court, it is sent to the circuit court within its jurisdiction. There a three-judge panel reviews the trial court record to determine if a mistake was made. The circuit court may overturn the lower court's decision, affirm it, or modify it.

The highest court in the land is the U.S. Supreme Court located in Washington, D.C. It is currently made up of nine Justices. Currently, the court consists of a conservative majority which includes Chief Justice John Roberts and Associate Justices Clarence Thomas, Amy Coney Barrett, Samuel Alito, Brett Kavanaugh, and Neil Gorsuch. The liberal members include Associate Justices Sonya Sotomayor, Elena Kagan, and Ketanji Brown Jackson. Cases are decided by a majority of the Justices. In fact, the decision of the Court is called the "majority decision." If any members disagree with the majority, their opinion become what is called the "minority or dissenting opinion."

Approximately, 9,000 cases every year seek appeal to the U.S. Supreme Court. The Court typically only selects about one-percent, or 90 cases, to hear each year. If the Supreme Court does not select a case, the lower court's ruling stands. Further, the Supreme Court is the court of last resort, meaning that its decisions stand and become precedent or the law of the land. However, the Court can hear similar cases at a later time and decide to overturn precedent, as it did recently in the abortion case which overturned Roe V. Wade, the 1973 case protecting a woman's right to choose



Like all aspects of American Government, there is a lot more to know about the federal courts and their powers. I encourage you to read the U.S. Constitution and pick up a book about the courts. Best wishes to you as we move into the fall season.



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

PublisherDaniel P. McCarthy

Editor-In-Chief Stefan P. Stefaniuk

Design and Production AGS Design

Advertising Sales

440-884-7625

Writers

Sean Brennan
Rachel Durci
Mark Ellenberger
Marie Gallo
Lee Kamps
Carolyn Kovach
Erin Lally
Bridget Lavelle
Gene Lovasy
Kathryn Mabin
Lucy McKernan
Emery Pinter
CJ Sheppard
Charles Smialek

Photography

Sean Brennan Mark Ellenberger Marie Gallo Carolyn Kovach Kathryn Mabin Lucy McKernan Theresa Ritchie

The Parma Observer is powered by:



Your choice for quality short-term rehabilitation

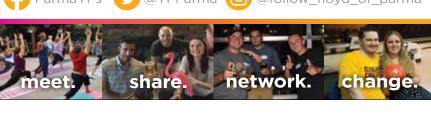
Providing quality health care services for seniors since 1953, we are pleased to offer short-term rehabilitation services and programs.



6765 State Rd., Parma, OH 44134 www.mountalvernavillage.com/np (440) 843-7800

Sponsored by the Franciscan Sisters of Chicago







Crime Tip Line (440) 887-7340 crimetips@parmajustice.net www.cityofparmapolice.com

Emergency – 911

Non Emergency - (440) 885-1234

HEALTH AND WELLNESS

UH Parma's Lung Nodule Clinic Discovers, Treats Man's Suspicious Mass

by CJ Sheppard

The confident care of a skilled surgeon using a robot to remove a mysterious mass in his chest was enough to intrigue Star Wars fan Tom Farmer. A physically fit executive who walks up to five miles most mornings, Farmer had just begun experiencing occasional but inexplicable episodes of light headedness after he turned 60. His primary care physician ordered a coronary artery calcium scoring scan, a noninvasive diagnostic test offered free at University Hospitals that can detect calcification of the coronary arteries and determine heart attack risk.

As often occurs, the CT scan of his chest yielded information about his heart - and beyond. The scan showed a 4.5-centimeter mass on his thymus, an immune system gland, in the center of his chest. Farmer was surprised, as he had not felt any pain, pressure or discomfort - not a single symptom that a foreign, potentially cancerous mass was forming. Up to half of all adults who get a chest X-ray or CT scan have lung nodules, according to the American Thoracic Society. They typically appear as a white spot or shadow on a radiographic image and are too small to cause pain or breathing problems. They may result from an irritant, scar tissue or a healed infection.

Farmer was referred to the Lung Nodule Clinic at University Hospitals Parma Medical Center. Even before his appointment took place, he received a call from coordinator Kellie Selig, RN, explaining what he could expect. This call comforted him, immediately putting him at ease. "Kellie was very calming," said Farmer, a father of four and grandfather of nine. "This was the most serious health situation I had ever faced. I was scared in that moment - and here is this wonderful person who is going to guide me through."

Nurse practitioner Lynda Boldt, CNP, of the Community Care Clinic, where the program is based, evaluates each patient for referral to the appropriate specialist, such as a pulmonologist for bronchoscopy, interventional radiology for biopsy or additional scanning, or a thoracic surgeon, Christopher Towe, MD, for removal. Farmer was referred immediately to Dr. Towe, who prides himself on expediting referrals from the clinic. "I literally walked out of that meeting with Kellie, Lynda and Dr. Towe thinking I couldn't have a better team," Farmer said. "These guys, they know their stuff."

The Lung Nodule Clinic has put minds at ease and caught cancer early for hundreds of patients since it opened three years ago. "Concerning conditions are seen almost immediately," says Dr. Towe. "We never refuse an emergency evaluation. In fact, most patients go from a worrisome CT scan to a definitive care plan within 10 days."

Across the country, an estimated 70 percent of lung nodule cases fail to be tracked. UH Parma's lung nodule clinic include a registry that logs patients so these often slow-growing masses are tracked over time. "We want zero patients lost to follow up," Dr. Towe said. "We want to miss no one."

Farmer talked with Dr. Towe about the tumor found on his thymus. He learned he had two options: a biopsy, where a sample of the mass is sent to pathology to determine whether the tumor was dangerous, or a complete resection of the mass.

Farmer was drawn to the latter, especially when Dr. Towe explained that he could use a robot - "like R2D2" - in the modern new operating theatres at UH Parma Medical Center. Dr. Towe is increasingly using the Da Vinci Xi, a high-tech robotic platform, for removal of masses like this one. Of particular note: many patients go home from UH Parma within 24 hours of their operation due to a novel fasttrack recovery program. This is far quicker than the national average of four days, says the surgeon.

Fewer than 5 percent of all nodules turn out to be cancer, and even in these cases, the cancer is often in its earliest stages. Tom's cancer had not spread to other organs, but some aggressive features necessitated a series of daily radiation treatments for six weeks. "Within 48 hours of being told I had this mass in my chest, I was meeting with my thoracic surgeon," Farmer said. "I'm a Star Wars fan, and when he mentioned a robot like R2-D2, I knew I liked this guy. His confidence makes you feel great."

Nationally Recognized Care, Close to Home

AT UNIVERSITY HOSPITALS PARMA MEDICAL CENTER

Local Expert Primary, Preventive and Emergency Care Services

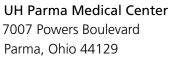
- 24/7 Adult & Pediatric Emergency Care and Level III Trauma Center
- Cardiovascular Testing
- COPD Navigator
- Diagnostic Imaging / Interventional Radiology
- Electrophysiology
- Family Medicine / Internal Medicine
- Heart Failure Navigator
- Interventional Cardiology
- Laboratory
- Nutrition Counseling
- Rehabilitation Services

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

- Bariatric Surgery / Weight Loss
 Ophthalmology
- Cancer Care
- Cardiology
- Digestive Health
- Ear, Nose and Throat
- Endocrinology
- General and Robotic Surgery
- Geriatric Medicine
- Nephrology
- Neurology OB/GYN

- Orthopedics / Sports Medicine
- Pain Management
- Podiatry
- Psychiatry
- Pulmonology
- Sleep Medicine
- Thoracic Surgery
- Urology
- Vascular Medicine
- Wound Care



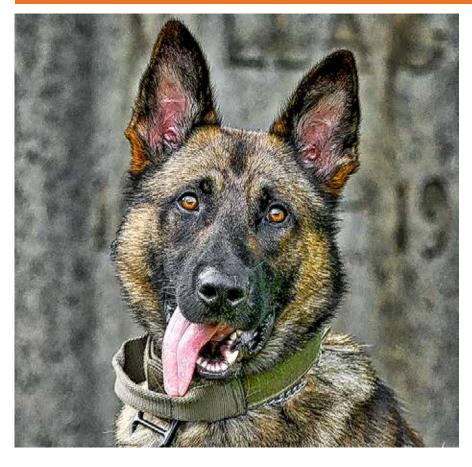




Schedule an Appointment Online or by Phone

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

GLIMPSES OF THE TRI-CITY AREA



Parma Heights Police Department Welcomes K-9 Officer Gunny

by Marie Gallo

For the first time in Parma Heights Police Department history, we welcome a new K-9 officer. Thanks to the A. Ripepi Funeral Home and a private family donor, we're excited to add K-9 officer Gunny Bennett on the

team. Gunny is a multipurpose German shepherd/Belgian Malinois and is named in honor of the family's father who helped donate the money, who was a gunnery sergeant in the mili-

continued on page 10

Lights, Camera- Parma!



On August 7 members of the Screen Actors Guild held a picnic at the pavilion in Westcreek Conservancy in Parma. Board member Andy Schofield, former Parma Ward 9 Councilman, and fellow board member Mike Kraft were in attendance, as well as Secretary Joe Gunderman. 39 people in all were there, enjoying food from Stancato's Restaurant on a beautiful sunny day in Parma. The SAG-AFTRA Family Picnic is an annual event, and the union encompasses actors, stunt people, broadcasters, dancers and singers. Everyone seemed to be enjoying themselves, taling over activities in their business and reminiscing about the great times they've had. They couldn't have picked a finer place for their gathering than this pavilion in our wondrful local resource that is Westcreek Reservation.

King Of The Moondoggers:

Alan Freed And The Birth Of Rock n Roll

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will host King of the Moondoggers: Alan Freed & the Birth of Rock n Roll on Thursday, September 22, 2022 from 7:00-7:50 p.m. Historian Dennis R. Sutcliffe will talk about the journey of Alan Freed to Cleveland where Rock n Roll was born. Dance at the Moondog Coronation Ball! Mr. Sutcliffe will include audio clips of ten early Rock n Roll favorites during his presentation. In-person program. Registration required. To register, visit www.cuyahogalibrary.org or contact a librarian at the Parma Heights Branch at 440.884.2313.



Alan Freed's grave site at Lake View Cemetery in Cleveland.

Parma's Plans For A New Golf Course Facility Making Headway

continued from page 1

finalists. A total of 10 architectural firms submitted requests for proposal. The next phase of the project is negotiating project costs.

"This is a multi-faceted project," Parma Mayor Tim DeGeeter said. "Due to the awarding of ARPA funds, the timeline on this project is moving quicker. Cuyahoga County Councilman Scott Tuma accelerated that timeline."

In June, Tuma introduced the legislation to provide ARPA funding for the project. Cuyahoga County received \$240 million of ARPA dollars in 2021 to be spent by 2024 on transformational projects. The city also received \$175,000 from Cuyahoga County and \$50,000 from the Cuyahoga Land Bank to cover the March demolition of the old, dated clubhouse.

"I am aware how important Ridgewood Golf Course is to the city. It continues to generate much-needed revenue for Parma and serves as a recreational center of activity for the entire community. The hope and expectation are that a modern, more efficient and better-designed facility will serve as a new clubhouse and event center for not only golfers but all our residents," Tuma said.

Tuma added that the facility will serve as a year-round meeting space for residents looking to celebrate impor-



tant life events such as small weddings, bridal and baby showers, and birthday parties. Both private and public organizations will also be able to rent the facility for events and meetings.

In addition to interviews, the selection committee, consisting of the mayor, Auditor Brian Day, Service Department Director Tony Vannello, Ward 3 Councilman Mark Casselberry and Recreation Department Director Mickey Vittardi, assisted by Law Director Tim Dobeck, visited in early August sites the four architectural firms designed.

Vittardi said the selection committee ranked John Patrick Picard Architect NO. 1 because it was impressed with the firm's presentation and experience designing golf course clubhouses. Massillon, Ohio-based architectural firm oversaw the renovations and additions to North Olmsted's

Read the entire story online at: parmaobserver.com

PROBATE OF ESTATES

Contact us for a free consultation **Mayfield Heights** Parmatown (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 mone; settlement for your injuries and expenses. We also handle injury claims involving slip

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

RUSSO, ROSALINA & CO. ATTORNEYS-AT-LAW Gabriella Russo-Rosalina • Joseph Rosalina Parmatown 440-843-8400 Mayfield Hts 440-461-8500 NEW 1240 Som Center Rd. www.rrlpa.com

PARMA HEIGHTS

Celebrating Success At Old Brook High School Parma Campus



Old Brook Parma 2022 Graduates

by Mark Ellenberger

Old Brook High School Parma Campus is a credit recovery/dropout prevention high school. Located at 8555 Day Drive in Parma, Old Brook Parma provides all students a safe environment, caring teachers, and tremendous opportunities. Old Brook Parma offers core classes in English, Math, Science, and Social Studies. Elective courses are also offered.

In addition to core and elective classes, the CTE (Career Technical Education) program at Old Brook Parma provides all students invaluable handson training in construction, health care, manicuring, and business. As an example, our construction students have completed a variety of projects at Stearns Farm in Parma. All students who complete a CTE program earn an industry credential. We also work with students to find employment in their CTE field.

The 2021-22 school year was Old Brook Parma's first year. The year was an overwhelming success! At our magical graduation ceremony in June, we graduated 24 seniors. 96% of graduates earned one or more CTE industry credentials.

All 24 graduating seniors wrote a personal Senior Reflection. In the Senior Reflection, each senior expressed what Old Brook Parma meant to them. All 24 poignant Senior Reflections powerfully conveyed the deeply meaningful contributions Old Brook Parma is making to the lives of young people and the community.



Old Brook Parma Nail Tech Students State Board Certified

All community members are cordially invited to Old Brook Parma's One-Year Anniversary Celebration! This very special event will take place at the school, located at 8555 Day Drive in Parma, on Thursday, September 29th, from 3-5 p.m. All guests will be able to tour our wonderful building and meet our stellar staff. We hope to see you there!

Old Brook Parma is currently enrolling students ages 15-21. We are tuition free. Also, we are open enrollment, so students living in any city are eligible to enroll. You can learn more about our awesome school at www.oldbrookparma.org.

Our enrollment specialist is Nadia Dreger. Feel free to call Nadia at (216) 236-3208 or email her at nadia.dreger@oldbrookhigh.org.



Parma Heights 2ND Friday

Teddy Bear Giveaway

by Emery Pinter

On September 9th, National Teddy Bear Day and Parma Heights 2ND Fridays honors the history of one of childhood's favorite toys. This iconic toy owes its name to President Theodore Roosevelt, who was lovingly called Teddy by his family and friends. Some of us still have our teddy bear from our childhood. No matter what kind of teddy bear you had, the day is a perfect time to celebrate your childhood friend! And 2ND Fridays will celebrate with you! If you have toys from your childhood stored away in

the attic or the basement, today is the day to take out all your teddy bears and show them some love. If you have children in your life, surprise them with their own teddy bear to cuddle with. Young or old, venture on down to Pearl road Parma Heights on Friday September 9th and you may receive a free teddy bear! Shop, Eat, Play in Parma Heights on Pearl Road and the 2ND Fridays Squad may be by the local bakery, hairdresser, barber shop, hardware store, restaurant, and give to you a 'bear-y' special and cuddly surprise!

Saturday Afternoon Book Discussion

by Bridget Lavelle

The Parma Heights Branch of Cuyahoga County Public Library will present Saturday Afternoon Book Discussion on Saturday, September 17, 2022 from 2:30-4:00 p.m. in Meeting Room C. In-person program. Join a librarian from the Adult Services Department as we discuss Memorial Driveby Natasha Trethewey. Registration requiredbefore 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.





INSPIRATION



Entertainer Bill Newman at Pleasant Lake Villa on August 18

Summer Concerts At Pleasant Lake Villa

by Theresa Ritchie

The last concert of the Pleasant Lake Villa Summer Concert Series was on Thursday, August 18th, 2022. Thank you to Bill Newman for sharing his talent with us this summer! This concert was presented outdoors in the beautiful courtyard and was thouroughly enjoyed by residents listening to soothing vocals backed by wonderful music, on an equally beautiful summer afternoon. The final concert capped off a series of succesful events for our residents and staff at Pleasant Lake Villa

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, September 21st 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.



Wing Night Fundraiser

by Kathryn Mabin

Over the past few years, the volunteers involved with the 501(c)3 non-profit organization We Are Parma Proud have worked tirelessly to advance and support the city's overall image and well-being. Whether it was creating and publishing Parma's first ever Visitor's Guide (available in both electronic and hard-copy formats), hosting family-friendly events like Frosty's Fest and Picnic in the Park, beautifying local streets through our Trash Crawls, engaging the community through online photo initiatives and contests during the fall and winter months, putting together the fireworks display after the Rib 'n Rock, and much more, one thing is certain: We Are Parma Proud is here to stay.

To that end, they plan on hosting their first ever fundraiser to help offset the costs of some of the current initiatives and new ones they hope to add in the future. The Wing Night Fundraiser will take place Friday, October 7th, from 6 p.m. - 9 p.m. at the Union House Bar and Restaurant (2713 Brookpark Rd., Parma, OH 44134). Tickets for the event will be \$25 and will include food, beer and wine, and the opportunity to participate in various different raffles (sideboards, 50/50s, gift baskets, etc.).

We Are Parma Proud is currently



soliciting for donations that could be used toward gift baskets for the Wing Night event. If you are interested in supporting the cause, you could provide gift cards, merchandise, cash, or create your own gift basket. Volunteers are always welcome also, to assist during special events. And, they hope you'll attend on October 7, 2022.

Hope you will consider collaborating on this endeavour, or others. Follow We Are Parma Proud on Facebook for information on this event, how to purchase event tickets and merchandise. Or contact directly by email for more detailed information at (parmaproud1@gmail.com).

Faith Community Directory

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

www.iccleveland.org

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

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



NEIGHBORHOODS

Senior Center Programs

by Erin Lally

The Donna Smallwood Senior Center continues to grow and provide more programs than ever before. Our average daily attendance is over 100 and that breaks even pre-pandemic records. Of course this is due, in large part, to the YMCA Silver Sneakers classes offered here daily.

Our Center is focused on programming for seniors with a myriad of community partners who keep things fresh and interesting. Last month both our Parma Police and Fire Departments provided us with valuable safety information. In June, we hosted Tri-C Encore 55 classes here. Dedicated Medical Center hosted a free pizza party and provided our August ceramic painting craft. UHPMC provides free blood pressure checks monthly. We have informative medical programs, most recently about chiropractic care and skin cancer. Another partner, Brookview Health, had a health trivia game program with prizes.

Our own members are also stepping up to provide new programming. Roger Davis, a U.S. veteran shared his extensive coin collection and military memorabilia with us and will be doing another program about his trip to Alaska this summer. New member Diana Parsons is providing free genealogy research to anyone who wants to see what country their forefathers hail from



and she can often provide a ship's manifest from their original journey. Sharing her gift and passion for research, Diana has been able to connect our seniors to their families in ways that have been both profound and beautiful. Even I learned that my maternal great-grandparents were born in Austria, which I had not known before.

This summer, we had bus trips every Friday to different "Best of Parma" locations and our seniors thoroughly enjoyed visiting favorite places and those we have never been before. We look forward to doing something similar next summer. In the meantime, we are scheduling other local trips through the Center. This month we are returning to the Cleveland Metroparks Zoo and visiting Amish country in Hartville, Ohio.

September programs include a Balance & Stability class, a new

monthly program with Nature Pam about our national parks, and our 57th Anniversary Dance with honored guests and music by Wayne Tomsic. We are hosting a "Get Ready for Medicare Enrollment" informational program with our Human Service Specialist Kathryn Davison. Our partner Vista Springs will be providing a "How to Beat Diabetes" program as well.

The week of September 19-23 is

WWW.PCDSHOP.COM

our first-ever PARMA LIVING WEEK hosted by our partner Heather Lopez of My New Villa who will be conducting group tours of senior living communities. We'll be visiting Home Instead, Vista Springs, Pleasantview/Legacy Place, and Arden Courts, and more. We hope to be able to continue these types of senior living tours throughout 2023.

Friday, September 23rd is our Picnic in the Park at James Day Park, sponsored by Cox Communications and Drug Mart, which will include entertainment by Girls with Squirrels, a food truck, and sweet treat dessert.

All activities can be found in our newsletter available at the Center and on the city website under departments and Senior Center. Annual membership to the Center is only \$10 and any of our staff are here to help you sign up for programs and to welcome you any time you stop in. Hope to see you soon!

COMPUTER SALES & REPAIRS



♦ FREE ESTIMATES ♦ UPGRADES ♦ SMARTPHONE & TABLET REPAIR

VIRUS & SPYWARE REMOVAL ♦ LAPTOP SCREEN REPAIR ♦ ON-SITE AVAILABLE

OPEN MONDAY-SATURDAY (/// 10) QQ/_3003 Microsoft

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



For more information or a tour, call 440-845-0200

Pleasantview Care Center Legacy Place Parma

Part of the Legacy Health Services Family
7377 Ridge Road · Parma, OH 44129 · 440-845-0200

PERSPECTIVE

A Common Definition Of Insanity

by Lee Kamps

The year 1969 was a memorable year in American history. That was the year that men walked on the surface of the moon for the first time. It was also the year of the Woodstock festival of "three days of peace, love and rock and roll" that attracted a half a million people to a potato farm in the Catskills of upstate New York.

But 1969 was also the last year that the median household income in Ohio was above the median household income nationally. Since 1969, Ohio's personal income has declined in relation to other states. Based on statistics from 2019, the last pre pandemic year, the median household income in the United States was at \$65,712. Ohio was ranked among the fifty states at #36 at \$58,642. People can view this at this link: https://en.wikipedia.org/wiki/List_of_U.S._states_and_territories_by_income.

So, for fifty years the median household income in Ohio has been lagging behind the country as a whole to the point where Ohio now ranks in the bottom third of the nation. This is not progress, but regression.

Credit Scores/Reports 101

by Rachel Durci

There is a good chance that you interact with money on a daily basis. You are earning money through a paycheck or interest on investments; or you are spending money on items or accruing interest on debt. And yet financial education isn't taught in schools. I know I certainly didn't learn about financial basics in school, and I'm betting you didn't either. Financial education is important for so many reasons (reduce stress and anxiety, feel confident in your money choices, pay off debt and build a nest egg) so I am here to break down the basics of credit scores and reports.

We all know that banks use our credit scores and reports to see if we qualify for a loan and what interest rate they are willing to give us, but did you know that other companies also look at your credit information? Others who use your credit information include insurance companies (to determine premiums for auto and home insurance), landlords (to determine if you can rent from them), utility companies (may require you to put down a deposit on new service if your credit score isn't high enough), cell phone companies (to decide how good of a plan you qualify for), and employers (approximately 1/3 of employers do credit checks and use this information to determine the how a potential candidate handles responsibilities - they cannot see your credit score, but can see your credit history). So when you look at the whole picture, you can begin to see why it's important to have a good credit score. Having a good credit score will certainly save you money in many ways.

Everyone is entitled to a free credit report every year. Many websites will claim they offer one for free, but save yourself some time (and money) and go to www.annualcreditreport.com to get your FREE credit report every 12 months. I recommend doing this to check in on where you are, but to also check for errors. If you do see errors on your credit report, you can dispute it. You don't want to let an error prevent you from qualifying for a better interest rate.

Now let's look at how credit scores are determined. Your payment history is the most important factor, accounting for 35% of your credit score. Payment history includes whether or not you pay your bills on time. One late payment can make a difference in your credit score. Your amount owed is next, and accounts for 30% of your credit score. To figure out this

read the rest of this story online at: parmaobserver.com

Ohio has a great history of invention and industry. For most of our state's history, Ohio was perhaps the most important state politically since Ohio's politics mirrored the nation as a whole. Usually which presidential candidate can win Ohio, they will win the presidency. But in the 2020 election, Donald Trump won Ohio handily over Joe Biden. Yet Biden won both the popular and electoral vote nationally. The only other times since the beginning of the 20th century that the presidential candidate that carried Ohio did not win the presidency was in 1944 when Ohio voted for Thomas Dewey over Franklin D Roosevelt and in 1960 when Ohio voters preferred Richard Nixon over John F Kennedy.

The 1960 election was a very close election between two equally well qualified candidates. Perhaps the 1944 election was that Ohio's Republican Senator John Bricker was the candidate for Vice President.

Ohio has always been fairly close to the center of politics, seldom veering too far to the right or left. Both major political parties are equally matched in Ohio as many elections have shown throughout history. Ohio has always played a pivotal role in national politics, especially in presidential elections. In fact, seven Presidents were born in Ohio and an eighth one lived in Ohio when he was elected. Only Virginia has as many men who became President of the United States.

However, for 28 out of the past 32 years one political party has literally run the state of Ohio. Going back to the 1990 election Ohio has had only one Democratic governor and that was for one four year term. In addition, the Ohio General Assembly has been controlled by the Republican party for all but two years when Democrats controlled the House of Representatives from 2009 to 2011. The Republican party has continually controlled the Senate since 1984. At the present Republicans have veto proof

majorities in both Houses of the General Assembly.

It is no question that the state of Ohio has not kept pace with the rest of the country and other states in population. Although Ohio was ranked the 7th most populous state in the 2010 census, several states are poised to pass Ohio within the next decade. This is reflected in Ohio's delegation and power in the House of Representatives in Congress since the number of seats is based on a state's population. In 1969, Ohio had 23 congressional districts. This year, reflecting the 2020 census, Ohio has 15 congressional districts, losing one this past ten years.

Clearly Ohio is not attracting and retaining people, especially the young college educated adults who have been moving to other states that offer better opportunities and a better quality of life. This trend shows no sign of reversing.

Yet, the Republican party has had a stranglehold on Ohio's government for all but four years since 1990. Since then, Ohio has become one of the worst gerrymandered states in the country. Gerrymandering only serves to protect incumbents or the incumbent political party and often the election is decided in the primary election. Usually gerrymandering leads to extremist candidates who place partisanship above governing. In fact, one term heard a lot this year has been RINO meaning Republican in Name Only to describe a primary opponent as not pure to the party line or ideology.

This is how states decline and descend to the bottom. Is this where people want Ohio to go? For 28 out of the past 32 years one political party has literally run the state of Ohio. A common definition of insanity is doing the same thing over again and expecting different results. According to that definition of insanity, the voters and people of Ohio must be insane.

Remember that when you go vote this year.



PARMA OBSERVER

Getting Wind Of Dubious, First-Ever North American Offshore Wind Turbine Project: Icebreaker

by Lucy McKernan

Last month, the first of its kind in North America, "Icebreaker," an offshore Lake Erie wind turbine project, was green-lighted by top dog legislators in Ohio.

Considering this is unprecedented, with the whole world watching, all stakeholders should have been included. Instead, valid concerns continue to be overshadowed by the need for quixotic solutions, corporate greed, and officials' contempt for the rule of law.

Some of the first objections came from a suit filed by eastern lakeshore residents who asserted unintended consequences for birds. It was enough to stagger the project, perhaps because developers and builders are getting hip to lawsuits that claim even unintentional harm to birds caused by our built environments. They should be worried. The U.S. boasts over 50 million birders, and the birding industry generates at least tens of billions of dollars annually.

More reason for pause: The lone Supreme Court dissenter in the 6 to 1 vote, Justice Sharon Kennedy, claimed there was not enough done to show bird populations won't be negatively impacted by Icebreaker. Her opponent, Jennifer Brunner, who's also opposing Kennedy for chief justice position this fall, alleges these turbines pose no significant harm to birds. But there's no paradigm on which to base Brunner's assumptions.

Justice Kennedy may be right. We don't know what we don't know, and the implications could be staggering because, as discussed below, Ohio government colludes with businesses to keep bird and bat mortality data secret. It's likely that, had all stakeholders -- ornithologists, thought leaders, citizen scientists, and birders -- been included, we would have brainstormed a site-monitoring program as unique as the project itself, one that would allow for adaptations to the turbines and areas around them.

One statistical qualifier: Experts agree the leading cause of birds deaths



This lucky gray-cheeked thrush seems safe, for now

-- one billion annually in the U.S. – result from collisions with reflective building materials, mainly glass, mostly residences. But while bird deaths caused by glass are incomparably more than those from encounters with wind turbines and outdoor cats, we should still be concerned about this offshore project.

How many more turbines and public violations will this novel project spawn? How can data be tracked from flocks that collide with turbines -- ironically intended to curtail emissions that would make a better world for birds and all life -- while bird pieces and parts quickly disperse on Erie's notoriously choppy surface, or sink to the bottom?

First, we admit that exhausted, migrating birds do sleep while flying along ancient migratory paths. On autopilot, birds will fly right into turbine blades. Next, we admit that our Public Trust Doctrine (humans are equal stakeholders in wildlife) and Ohio's Sunshine Laws (guaranteed public and media access to records and certain meetings created by public bodies) have been routinely violated. Then, we take responsibility for voting

into Ohio government those who disregard the rule of law and others' rights in the examples that follow.

Arguably Ohio's most renowned birding hotspot and an important migratory flyway -- situated at the entrance to Magee Marsh Wildlife Area in Oak Harbor, Ottawa County -- is Black Swamp Bird Observatory (BSBO). Chagrined researchers at BSBO watched as Spanish-owned Iberdrola erected wind turbines there. And in 2016, when those researchers requested bird and bat mortality data from Ohio Department of Natural Resources (ODNR), Iberdrola sued ODNR to keep otherwise public records secret, and ODNR sided with the company.

How does the ODNR, a state agency, override 100 years of federal bird protections under the Migratory Bird Treaty Act (MBTA), the oldest wildlife protection act in America? It's no coincidence: The same year ODNR violated Ohio Sunshine public records laws concerning BSBO mortality data, in 2016, Trump quickly dismantled MBTA, which had prohibited the illegal

"take" of migratory and other birds. Thankfully, under the new administration, federal migratory bird protections have been reinstated.

But now we know we can't trust Ohio lawmakers with important conservation Here's more proof: After it was signed into law, a first of its kind anywhere in the world rights-ofnature act, the Lake Erie Bill of Rights (LEBOR), was overturned by state attorney general Dave Yost who ruled in favor of an animal agribusiness company. Once again, company owners sued and won, this time, for the right to pollute Lake Erie with animal waste.

Proponents for the offshore wind farm have made the dubious claim it will create \$253M in revenue for our region, plus a bunch of jobs.

Certainly, that gray-cheeked thrush flying thousands of miles from the tropics on his way to summer breeding habitat in Canada will appreciate economic impact while being shredded.

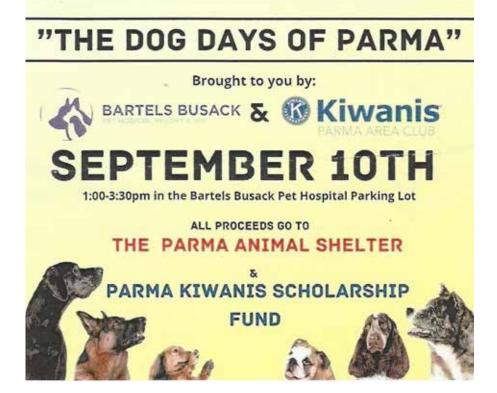
If one bird dying doesn't move the needle, consider that's all it took for this writer to retrofit our home's windows after seeing a robin collide with one at top speed. He died. And that's all it took for Fatal Light Awareness Program (FLAP) founder, Canadian Micheal Mesure, to begin a movement that has helped countless birds on an international level. One little bird died in his hand after colliding with glass, and it forever changed Mesure's heart, and the world around him.

One bird . . . one horrible thump . . . one billion birds still die every year in the U.S. after colliding with windows, despite increasing awareness and plethora of affordable, attractive anticollision films and other products.

If we can't trust ourselves to protect birds in our own yards, what makes us think we can trust government officials who've demonstrated zero environmental stewardship to decide an offshore project that raises more questions than it answers?

It's right to be outraged over government apathy, obfuscation, and illegal maneuvers, but better to be a DIYer. Researchers insist reflective materials must cover the entire outside of windows, which feathered friends confuse for habitat, so do it!

Meantime, maybe something will stagger the Icebreaker turbine project so long that its developers give up. Beaks crossed.





Worried about alcohol or drug use?

Learn more about what a substance use disorder is and what treatment options are available at adamhscc.org/treatment

Ready for treatment?



Take a free screening

Confidential online substance use screening





NEWS YOU CAN USE

... And Where to Find It

by Gene Lovasy

RAISING AWARENESS:

Human Trafficking/Abuse: Note: View the digital version to activate hyperlinks – www.parmaobserver. com/read/news

From The Collaborative to End Human Trafficking:

"Fundamentals of Human Trafficking" presentations will be coming up at 7:00 pm, Wednesday, Sept. 7th, and again at 10:30 am, Tuesday, Oct 4th. These hour-long presentations are both free and virtual. Get details & register here.

Save the date: October 20-21, 2022... join us in envisioning a new movement focused on creating a roadmap for collaboration where all systems and survivors work together for solutions. This county-wide, appreciative inquiry, "Thriving Youth Summit" will be facilitated by the Community Innovation Network at Case Western Reserve University. Watch for more information coming soon.

Go here to display a list of the nearly 70 partner organizations & agencies that make up Greater Cleveland's Coordinated Response to Human Trafficking. Click on any of the entries to visit their respective website.

Know who to call....If you believe someone may be a victim of human trafficking call the Cuyahoga County Regional Human Trafficking Task Force Hotline at 216-443-6085 or 911 in the case of an emergency.

From Cleveland Rape Crisis Center (CRCC):

It being Back-To-School time, go here to learn of four ways you can help support students and survivors in our community this fall.

CRCC offers resources on preventing, responding to, and supporting survivors of rape and sexual abuse. Check out their library here.

Learn how YOU can help to prevent sexual abuse in our communities. Whether you're an educator, healthcare provider, or parent/caregiver, we ALL can play our part. The training is free, virtual & open to all.

LOCAL EVENTS AND OPPORTUNITIES:

Grant Sources for Nonprofits...
Here is another set of five grantors identified by the MyCom network. These have a mostly mental health focus: The Abolitionist Teaching Network (ATN) The Jack Kent Cooke Foundation The JAMS Foundation/ACR Initiative for Students and Youth The National 4-H Council The Local Initiatives Support Corporation (LISC). If you're affiliated with a family/youth-serving organization visit these funders' sites to see if your program/service fits their mission.

From Parma Council of PTA's...

Go here for information regarding upcoming events and activities. Included, among other things, are links to order forms for the PTA's current School Calendar, and details related to the Annual Kalahari Night Fundraiser scheduled for October 27th.

From Parma City Schools:

If you have not yet, go here to view an initial architectural rendering of the new Parma H. S.. A bond issue on the November ballot to fund the project will be for 3.95 mills or \$11.53/month per \$100,000 in property value. Email bond-related questions to bondissue-

read the rest of this story online

Parma Heights Police Department Welcomes K-9 Officer Gunny

continued from page 4

tary. Gunny's middle name, Bennett, is to honor fallen Parma Heights Police Officer Sergeant Robert Bennett, who lost his life during a bank robbery in October 1972.

Gunny is one of nine K-9's that recently graduated from a six-week training program with Excel K-9 Services in Hiram, Ohio. Police Officer Bradd Smith will be Gunny's handler. In preparation to adding a K-9 officer, we had to retrofit Officer Smith's vehicle to include a cage for Gunny. With Officers Smith and Gunny on patrol, they will assist with search and rescue, along

with narcotics and evidence collection.

We're grateful for the grant from A. Ripepi & Sons Funeral Homes to help cover costs and bringing a K-9 Officer to Parma Heights. Officer Smith and Gunny have been patrolling and creating a great bond. Thanks to David Sands Photography for the photo of Gunny. Be sure to follow Gunny's continued success on Facebook.

https://www.facebook.com/ CityofParmaHeights/

https://www.facebook.com/par-maheights.police

Parma Heights – Community Grows Here.



PARMA ART SCENE

Parma Art Scene

by Kathryn Mabin

PRAMA ARTSPACE & GALLERY, 5411 Pearl Rd, in Parma, Ohio, opened the exhibit titled All Together Now, on Friday, August 26th. This exhibit and sale has a large variety of work, one each, from over 30 local area artists. This exhibit is not juried and contains works from amateurs and professionals, sized 18x24 and smaller. It offers artists who don't normally appear in galleries a chance to display and sell their work. The Call For Artists was made to anyone and all, and there is no specific theme. So you will see a wide variety of styles and mediums. This event runs through September 18th.

Coming September 23rd through October 16th is Monday's Child, a show of work by Gina Washington. Monday's Child is an archaeological dig into a family, identity, expectations, and the dualistic nature of Black Identity in America. This project will consist of photographic portraits manipulated through collage techniques, hand weav-

ing, and embedded augmented reality. The images will illustrate the poem, Monday's Child. Each person represents their born day. The hand-building/weaving of each picture connects to the physical process of raising children, and the objects collaged will directly represent the people no longer present. Monday's Child is supported by The Satellite Fund, administered by SPACES and funded by The Andy Warhol Foundation for the Visual Arts Regional Regranting Program.

Prama also has a boutique with an assortment of unique hand made items at a reasonable cost. In addition you'll find an assortment of published work by local authors and poets. Frequently there's live music also. View the artwork and mingle with the patrons. It's a great way to start out the weekend doing something new and different. Plus, a five to ten minute drive takes you to several bars or eateries on Ridge or Pearl Road. Makes for a great date night. Support your local small and



unique businesses. Follow Prama on Facebook and Instagram.

Michelle Behal, President of Parma Area Fine Arts Council, spent several days at the Cuyahoga County Fair, demonstrating her phyrography (wood burning) creations. She also does acrylic and oil painting, pen & ink, graphic design, calligraphy, and commission work. You will also find her creations at The Rift Shop in Olmsted Falls. For more on Michelle, visit her web site, www.beartracksart.com.

Anthony (Tony) DeMarco, board member of Parma Area Fine Arts Council, and retired art teacher (photography/filmmaking/enameling/ jewelry) from Parma School District (31 years teaching) recently was in the one day exhibit at The Barn in Richfield with about 20 other artists.

Sean Mabin, owner & operator of Prama Artspace & Gallery has been busy. He was in the WECAN TOO 2022 at Doubting Thomas Gallery in Tremont, which opened August 12th. His photo illustrations appear in Randy Rosko's new epic story, which can be purchased at Prama Gallery, along with other books and poems. Sean's new endeavor is chlorophyll prints (photography) on leaves from his garden. You can view these on the Prama Artspace & Gallery Facebook page.

FREE Faux Watercolor Workshop In September

by Kathryn Mabin

Back by popular demand! Amanda Nyx of Fiercely Serene Studios is truly a renaissance woman. Her passions are creating art, live performance art and dance. Her enthusiastic personality is infectious. She's participated at events at Ingenuity Cleveland, Brite Winterfest, Cleveland Public Theater, and Prama Artspace & Gallery. She recently appeared at Chagrin Falls Little Theater and will be performing at Cassidy. She also performed at Picnic In The Park.

Amanda will be teaching two FREE workshops titled Faux Watercolor with Amanda on Monday, September 19, 2022 from 12:30 to 2:30 PM, and Monday, September 26, 2022, same time, at the Donna Smallwood Activities Center, 7001 W Ridgewood Drive.

(216) 267-1267

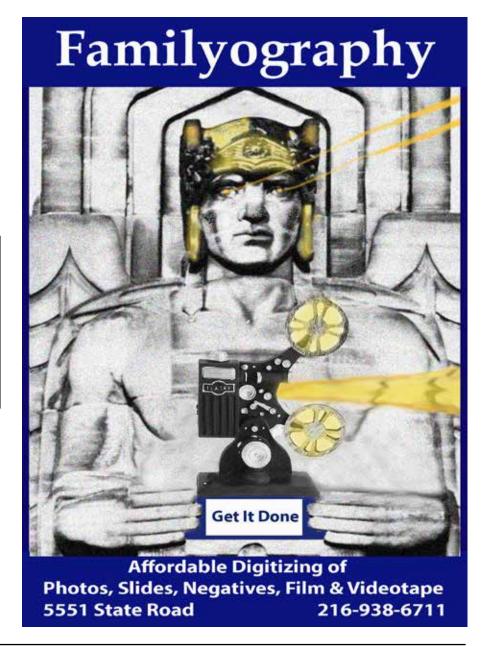
This beginners class is for those who love the look of watercolor abstract paintings but are reluctant to try. The class introduces students to an inexpensive, easy, alternative to abstract waterolors. Students will be amazed at their results. Participants typically create 3 to 5 pieces in this two hour class. Plus, supplies are included!

Don't hesitate, register now by email at kathrynmabin@att.net, as space is limited, and as of this article the 19th class is already half full. For more information on Amanda Nyx, Fiercely Serene Studios, visit her web page at www.fiercelyserene.com, or visit Parma Area Fine Arts Council at www.parmafinearts.org.

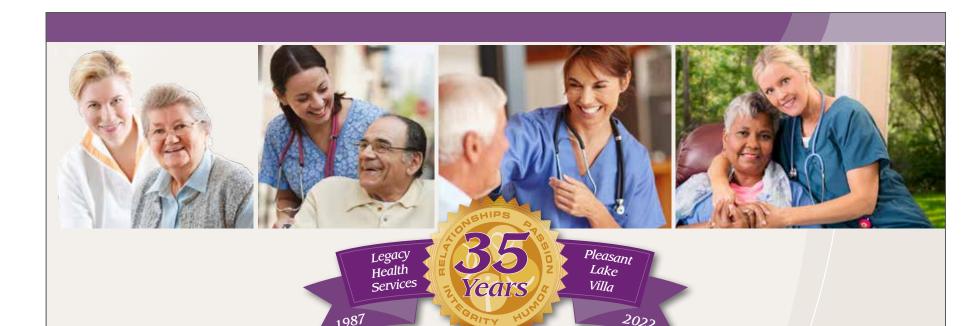
Hosted by the Parma Area Fine Arts Council, Inc and in part through grant funding from Cuyahoga Arts & Culture.







Parma, Ohio 44130



Pleasant Lake Villa

Skilled Nursing · Rehabilitation · Long Term Care · Assisted Living



Five Star Quality Measures

by the Centers for Medicare & Medicaid Services

Come experience premier health care with all the touches of home – and more. At Pleasant Lake Villa, we make it our priority to provide you with high quality care, spacious accommodations and the comforts of home.

Clinical Specialty Programs

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

Cardiology • Orthopedics • Nephrology • Pulmonology • Psychiatry On-site Hemodialysis partnered with CDC

Amenities and services:

- 60 private short term rehab suites with private bathroom and shower
- Medications administered by 24-hour nursing staff
- Visiting physicians, including dentist, optometrist and podiatrist
- 24-hour personal response system
- Secure Dementia unit
- Beautiful, secure and private courtyard for residents to enjoy fresh air
- Medical model assisted living
- Non-Denominational chapel

- Housekeeping, personal laundry and linen services
- Barber shop and beauty salon services
- Complimentary in-house cable television and in-suite internet and phone service
- Aromatherapy/gentle massage. The use of essential oils and lotions helps reduce stress for the resident
- Music stimulation, which includes using instruments, provides an invigorating experience provoking improved memory and coordination
- Gardening, cooking and arts and crafts

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



Part of the Legacy Health Services Family

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

www.lhshealth.com