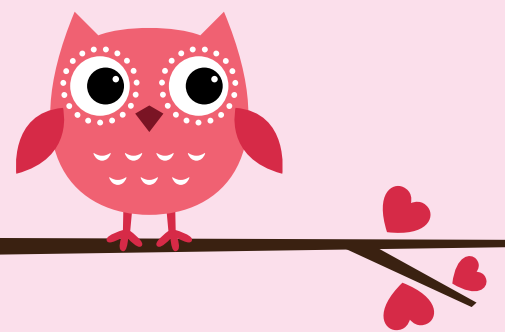




DESTINATION GEAUGA

It's only cold if you're standing still.



Geauga Park District Great Backyard Bird Count

Friday, February 15, 10 am-2 pm,
Swine Creek Reservation, Lodge

Friday & Saturday
February 15 & 16, 11 am-4 pm,
The West Woods, Nature Center

Become an official Citizen Scientist and participate in this worldwide bird count coordinated by the Cornell Lab of Ornithology and the National Audubon Society. Stop in anytime during listed hours to identify and count birds at the feeding station. Wheelchair/stroller accessible.

Geauga Parks has the cure for cabin fever

WINTER WOMEN'S RETREAT

Take a break with Nature at Big Creek Park

Women, retreat to the woods for a special opportunity to reenergize, relax and connect with winter weather and wildlife on Saturday, February 2, 9 a.m. to 12:30 p.m. at Big Creek Park's peaceful Donald W. Meyer Center.

Registration and a \$6 fee are required at www.geaugaparkdistrict.org or 440-286-9516 for the Nature Break: Women's Retreat.

Your morning in the park will begin with a light breakfast and coffee followed by both indoor and outdoor retreat activities.

Enjoy the winter backdrop by snowshoeing through this scenic park. Equipment and instruction for snowshoeing will be provided. Or

take a walk if you prefer, or if there isn't enough snow.

Opportunities for an exercise aerobics "Zumba" class and a Nature-themed craft lesson will also be available.

Finally, end your retreat with a soup and salad lunch.

Feedback on previous winter women's retreats have been very positive. "I and several others had gone alone to the program," wrote Mary J. of Burton. "Everyone was welcomed and included. I met some new friends."

Participants will want to dress in layers with comfortable clothes for being indoors and out. Activities will be partially wheelchair accessible.



NATURE BREAK WOMEN'S RETREAT
-PHOTO ANNA BRATNICK

Feb 1, 8, 15, 22 (Fri, 4pm-8pm)
Cabin Fever Fridays at the Snö Châlet

Winter blues? When the weather is snowy, join us in our rustic hideaway the Snö Châlet for waffles and indoor/outdoor winter fun on Friday nights. Indulge in our featured authentic Belgian Waffles, warm comfort food and espresso drinks while enjoying FREE snow tubing with tow lift (weather permitting), GIANT board games, WiFi, campfire s'mores, hiking and more. Adult supervision is required. Follow us on Facebook and Instagram for updates or visit our website sno-chalet.com for more info. No outside food or beverage permitted inside the chalet. Snö Châlet at Punderson State Park 440-773-2520 • sno-chalet.com

Feb 1, 8, 15, 22, (Fri, 5:30pm-7:30pm)
Fish Fry Fridays

Open to public, your choice of Perch, Orange Roughy, Shrimp, Chicken Tenders

February Events

French Fries or Home Fries, Salad or Cole Slaw, Bread, Coffee or Tea. Other beverages available cash bar TO GO ORDERS AVAILABLE CALL 440-286-9921

Feb 1 - 17 (Fri-Sat, 7:30pm; Sun, 2pm)
25th Annual Putnam County Spelling Bee at Geauga Lyric Theater

An eclectic group of six mid-pubescent vie for the spelling championship of a lifetime. While candidly disclosing hilarious and touching stories from their home lives, the tweens spell their way through a series of (potentially made-up) words, hoping never to hear the soul-crushing, pout-inducing, life un-affirming "ding" of the bell that signals a spelling mistake. Six spellers enter; one speller leaves! At least the losers get a juice box. A riotous ride, complete with audience participation, The 25th Annual Putnam County

Spelling Bee is a delightful den of comedic genius. 440.286.2255 - geaugatheater.org

Feb 2, 2019 (9:00 am)
Nature Break: Women's Retreat

Retreat to the park to re-energize and relax. Activities include snowshoeing or walking, Zumba, and a Nature-themed craft and lesson. Fee includes a light breakfast and a soup and salad lunch. Please dress in layers with comfortable clothes for both indoor and outdoor activities. Registration required. Geauga Park District - The West Woods Nature Center | 4402869516 | www.geaugaparkdistrict.org

Feb 2 & 3, 9 & 10, 16 & 17, 23 & 24,
(Sat & Sun 10am-8pm)
Snö Däys - Winter Weekends

Plan to spend the weekend at the Snö Châlet at Punderson this season for waffles and indoor/outdoor winter fun. Indulge in our featured authentic

Continued on page H3 >

Articles in Destination Geauga were supplied by agencies and organizations in the county.



Shoulder pain? We can help.

Innovative care. Superior patient outcomes.

When it comes to your health, selecting the right doctor makes all the difference. Dr. Gobezie is one of the top performing shoulder surgeons in the country. A Harvard-trained orthopedic surgeon, he has again been recognized as a Castle Connolly Top Doctor and is a Patients' Choice Award 5-Year Honoree. His most cherished honor? Returning you to health.



Reuben Gobezie, MD

**SEE US FIRST
FIND OUT WHY**

clevelandshoulder.com

844.746.8537

Beachwood • Concord



Reuben Gobezie, MD, performs outpatient shoulder surgery at Lake Health TriPoint Medical Center.

Advances in Shoulder Surgery Enable Patients to Recover Faster

Cleveland Shoulder Institute Offers Outpatient Surgery for Shoulder Replacement

As the body's most flexible joint, the shoulder provides a wide range of motion for the arm through a complex union of bones, muscles and tendons. But this complexity can make the shoulder more susceptible to injury. While most injuries can be cared for with non-surgical treatments, more severe problems, such as chronic arthritis, may send patients looking for shoulder replacement to ease the pain.

At the Cleveland Shoulder Institute, patients are often surprised to learn that joint replacement surgery can now be done on an outpatient basis. Led by nationally renowned orthopedic surgeon Reuben Gobezie, MD, the Institute performs hundreds of shoulder surgeries every year. Through his vast experience, Dr. Gobezie has found that patients recover better at home and are happier when they can be discharged from a procedure sooner.

Advances in how the surgery is performed have enabled Dr. Gobezie to refine his technique to the point that it only takes 35 minutes in a highly-controlled environment and results in little blood loss. The less time the patient is under anesthesia, the better their recovery. There is less risk of infection, increased patient satisfaction, and higher quality outcomes based on function and pain with a home recovery. Patients recuperate from the anesthesia faster and can walk out the same day with their arm in a sling.

"We make shoulder replacement surgery as easy as possible for patients," says Dr. Gobezie. "We work with each patient and their caregiver in the weeks leading up to surgery with educational information, and a series of physical therapy videos that they study before the surgery and complete at home post-surgery. The videos illustrate the exercises, and the education we provide offers very specific goals that each patient needs to meet to recover faster."

The outpatient surgery and home rehabilitation options save patients considerable time and money.

After three months of follow-up appointments, the patient no longer requires office visits. However, due to the atrophy from the initial injury, it could take up to a year to regain full, optimal shoulder function.

Patients have total shoulder replacement surgery for a variety of reasons ranging from arthritis to traumatic injury.

"After suffering from severe arthritis for years, I am thrilled with my new shoulder and look forward to having Dr. Gobezie fix my other one," says Gloria Gillan. "Dr. Gobezie and his staff are so informative, they told me exactly what to expect. His physician assistant was simply delightful, making my entire outpatient experience seem almost easy."

Although more than half of these surgeries are now performed as outpatient at Cleveland Shoulder Institute, it may not work for everyone. Patients with complicated medical histories may not qualify. It is also important for the patient to have sufficient family or social support at home, and have realistic expectation of some pain and discomfort despite reasonable pain-relief strategies. Dr. Gobezie carefully examines each patient to determine which procedure will work best for them.

All shoulder conditions should be evaluated by a shoulder specialist with a thorough history and physical examination including imaging studies. Dr. Gobezie always recommends surgery as the absolute last option, but when patients have hit the proverbial wall with pain, and conservative measures are no longer helpful, surgical intervention through a joint replacement may be the only option.

Dr. Gobezie is founding director of The Cleveland Shoulder Institute and Regen Orthopedics. For more information, visit clevelandshoulder.com and regenorthopedics.com.



Join us for a day of fun & furry festivities on Chardon Square! We'll kick off the day with a Pancake Breakfast at Pilgrim Church with Geauga Faith Rescue Mission at 9am. Followed by a free Chardon Polka Band concert! Participating restaurants and retail shops will have groundhog related events throughout the day.

Pancake Breakfast

(Donations benefit Geauga Faith Rescue Mission)

4 and under: FREE • 5-10: \$6 • 11 and up: \$8

Keep an eye out for our furry friend the GroundHog (with photo ops) throughout the day's events!

Stay tuned for our final schedule, shopping passes, and Groundhog naming poll! www.chardontomorrow.org

Maple Tree Tapping Time 2019

Each spring Burton Village comes alive after a long winter to become Pancake Town U.S.A. The first step to this is the annual Tree Tapping Ceremony. The maple trees that grow in the Village Green will be officially tapped to kick off the 2019 maple season.

The 2019 Tree Tapping Ceremony, sponsored by the Burton Chamber of Commerce, takes place Saturday February 9, 2019, from 10 to 4. The first 100 visitors will have the opportunity to get tapping equipment to tap a tree and a sap pail to hang. Hopefully, the ping-ping sound of dripping sap will begin if it is a warm day.

When you tap a maple tree it becomes yours in a sense. The tapper's name will be put on the tree and during the maple season the tapper can keep track of how much sap comes from the tree.

After tapping a tree, visit the Log Cabin for refreshments and warm up by the blazing fire. Sit in a rocker and watch maple candy being made.

Maple products will be available for purchase.

Historic Burton Village is the perfect way to cure "cabin fever." After tapping a tree and visiting the Log Cabin, visit the many locally



owner shops around the Village Green and on Main Street. A piece of hand-blown glass, a refurbished piece of vintage furniture, a unique boutique item or a hand-loomed rug would make a great Valentine's Day gift.

The maple trees on the Burton Village Green grow plentifully and invite visitors to rest a spell year round. When the first settlers came to the top of the hill in what is now Burton Village in 1798, the maple trees provided shade, building material, and in spring, maple sap for maple syrup. Burton celebrates this heritage each spring with a wide array of maple related activities.

Come join the day's maple activities and help kick off the 2019 maple syrup season.

For more information visit www.burtonchamberofcommerce.org or call Amy at the Log Cabin 440-834-4204

A Lot Planned for 2019

The Chardon Community Action Team (CCAT) is set for another year of education through activities for the youth and families of the Chardon area. The CCAT is a group of parents, concerned residents of the Chardon area, and government officials who work to reduce alcohol, drugs, and tobacco use by the youth in the Chardon Community.

The group begun planning for the 20th Annual Car and Motorcycle show, which will be held August 18 on the beautiful Historic Chardon Square. This past year there were over 100 cars and motorcycles year will be an even bigger fun family event.

Thanks to the successful Car & Motorcycle Show this past August the group is proud to have been able to offer three scholarships to deserving students graduating from Chardon High School. The scholarships were awarded based on the applicant's efforts to live an alcohol, drug, and tobacco free life. All students are encouraged to apply for this year's round of scholarships, which will be awarded in May.

The group plans a variety of activities throughout the year emphasizing the importance of living a drug, alcohol, and tobacco free life. This year's activities include Alcohol Awareness Month in April, Splash Party on Friday June at the Chardon Municipal Pool, educational forums, Annual Car and Motorcycle Show on August 18, observation of Family Day in September, and continued support of



anti-drug theater programs. Each event/activity involves the public, who's participation is sought.

"I always enjoy starting a New Year with new ideas from people who care about our important mission of living a drug free life," said Vice President Lynn Kempf. "I am excited for the New Year of programs and activities."

To find out more about CCAT's very important mission or more about one of our many events, please visit the group's website at www.ChardonCommunityAction-Team.org. We encourage anyone with an interest in our mission to attend our monthly meetings held on the third Tuesday at 7 PM at the Chardon Municipal Center, which is located at 111 Water Street, Chardon, Ohio 44024.



Gauga County Public Library

geaugalibrary.net

Love your library open house

Geauga West Branch

Friday, Feb. 1, 4 p.m. - 7 p.m.

Join us for an after-hours library open house where you can learn about all the library has to offer. Also, meet Pete the Cat and go on a winter story walk. Light refreshments will be served. No registration required!

"Which fork do I use?": Dining etiquette in the Gilded Age

Chardon Branch

Tuesday, Feb. 19, 7:00 p.m.

Register Now or call (440) 285-7601. If you've seen shows like "Downton Abbey" you know that dining etiquette was very different a century or so ago than today! Learn more about the many rules that governed how food was served and consumed in Gilded Age America. Sponsored by James A. Garfield National Historic Site.

Eliot Ness' Cleveland: Prohibition, beer,

and the torso murders

Geauga West Branch

Thursday, Feb. 21, 7 p.m.

Register Now or call (440) 729-4250. Eliot Ness transformed Cleveland from the most dangerous city in the country to a national safety award winner. But a serial killer was still lurking in the shadows! Presented by the Western Reserve Historical Society.

Take a ride along Route 6

Geauga West Branch

Wednesday, Feb. 27, 7 p.m.

Register Now or call (440) 729-4250. Learn about the famous highway that runs through Chardon. From the Pacific to the Atlantic, hear stories of the 3,652 miles that make up this historic "longest transcontinental highway."

Chardon VFW Post Serves Up Pancake Breakfast

Chardon VFW Post 6519 will begin their annual pancake breakfasts every Sunday starting February 10 and running through April 14, 2019. Serving time is 8:00am - 12:00pm.

For over 20 years dedicated veterans, post members and volunteers have been serving up delicious breakfasts, and each year the number served seems to grow. In 2018 they served close to 3,000 people.

The post offers special menus for seniors and kids. Regular menu items include Pan-

cakes (3 flavors), French Toast, home fries, eggs made to order, Sausage, bacon, ham & toast. Beverages are available.

Proceeds go toward the post's operational expenses and to help the Boy Scout and girl Scout troops, who also volunteer during pancake breakfast season.

Menu prices vary. Join us at 752 Water St. Chardon, Ohio 44024. For more information call 440-285-3699. Additional parking is available across the street at Sages Apples.



FEBRUARY EVENTS FROM PAGE H1

Belgian Waffles, warm comfort food and espresso drinks while enjoying FREE snow tubing with tow lift (weather permitting), GIANT board games, WiFi, campfire s'mores, hiking and more. Adult supervision is required. Follow us on Facebook and Instagram for updates or visit our website sno-chalet.com for more info and tubing availability. No outside food or beverage permitted inside the chalet. Snö Châlet at Punderson State Park, 440-773-2520 • sno-chalet.com

Feb 2 & 3; 9 & 10; 16 & 17; 23 & 24
(Sat & Sun, Noon - 10:00 pm)

Ma & Pa's Horse Drawn Sleigh & Surrey Rides

Remember the Days of O'le. Dashing through the snow in a one horse open sleigh! Afterwards warm up by the fire with some fresh maple coffee and cookies made by Ma. Shop 'til you drop in our 1820's log cabin. A winter adventure you won't forget. Make a Memory this Winter here at Ma & Pa's! Sleigh Rides are weather permitting, we can take you out in the Carriage or Surrey if there is no snow, Weekday rides are available, Call us for more information! Reservations are Required! Visit Our website for all of the details. Ma & Pa's Gift Shack | 440-548-5521 | www.maandpas.com

Feb 2 & 3, 9 & 10, 16 & 17, 23 & 24,
(Sat & Sun, 10am - 4pm)

Waffle Weekends at the Snö Chalet

Join us at the Sno Chalet for a waffle brunch featuring authentic Belgian Liege waffles served with real Geauga maple syrup and other yummy toppings. Our menu includes all of the yummy fixings to make your breakfast or brunch complete and gluten free/vegan options for those with dietary restrictions. How about a delicious maple latte or one of our many specialty espresso coffee drinks to compliment your meal? We offer all kinds of waffle toppings and specialty waffles like our Fudgy Chocolate Waffle, Cinnamon Roll waffle or Blackberry Cream Cheese waffle, and savory waffles like our Crispy Chicken and Waffle or Waffle Dog, that will make your tummy happy. You may even want to spend some time outdoors enjoying the weather with the Naturalist or hanging out inside playing one of our giant board games. Maple products from Maple Valley Sugarbush and Cleveland's own Rising Star Coffee Roasters coffee will be available for purchase. There may not be snow but we are still having fun at the Sno Chalet. Join us! Punderson State Park Snö Châlet | 440-773-2520 | sno-chalet.com

Feb 5, 12, 19, 26 (Tues 5:30pm-7pm)
Spaghetti Dinner Tuesday's

Spaghetti and Meatballs, Salad, Garlic Bread, Coffee or Tea; also available with Alfredo Sauce Other beverages available, Cash Bar, TO GO ORDERS AVAILABLE CALL 440-286-9921 Chardon Eagles Ladies Auxiliary

Feb 8-28; (Tues-Sun, 9am-5pm)
Quilts 2019

Quilts 2019 is the 28th annual Quilt Show at Farmpark, displaying works from a nationally-known featured artist and a juried show of regional quilters. Enjoy more than 200 beautiful quilted works, including traditional bed quilts, contemporary wall art and apparel. Information about the quilts, including artist name, city and story behind their work is posted on each piece. Mark your calendars for the Quilt Vendor Event (Friday-Sunday, March 1 to 3), a jam-packed three days of quilts, demonstrations and shopping for all your quilting needs. Note: OPEN TUESDAY THROUGH SUNDAY (closed Mondays) Admission Regular Farmpark admission or membership applies. Please leave your pets at home! Pets are not permitted into Lake Metroparks Farmpark. 440-256-2122 | www.lakemetroparks.com

Feb 9, (Sat, 10am-4pm)
Tree Tapping Ceremony

Celebrate the official start of the maple syrup season by learning how maple trees are tapped and then tap your own! Free hot chocolate and donuts! Burton Log Cabin & Sugar Camp Burton Chamber of Commerce burtonchamberofcommerce.org 440.834.4204

Feb 9, 16, 23, (Sat, 9am-5pm)
Geauga Fresh Farmer's Market

The Geauga Fresh Farmer's Market is a year-round market bringing you the freshest vendor-grown fruit and vegetables to the community. Throughout the season one can also find pasture-fed, non-gmo and conventionally raised beef, pork, lamb, chicken, turkey, pasture-raised eggs, herbs and spices. Small batch coffee, fresh baked goods, jam, jelly, local honey, maple syrup, prepared foods, value-added products & hand-crafted soap. Lowe's Greenhouse www.geaugafarmersmarket.com

Feb 14 (Thurs, 11:30am-9pm)
Valentine's Day at Warren's Spirited Kitchen

Romantic dinner specials in a cozy & sophisticated atmosphere. Reservations suggested Warren's Spirited Kitchen, Burton 440.273.8100

Feb 12-14, (Tue-Thurs, 10am-6pm)
Valentine's Day Lovers LOVE Chocolate!

Our chocolate covered strawberries reign and can be ordered ahead. Every other chocolate delight is waiting for your gift giving. White House Chocolates * 440.834.3133

Feb 11-14, (Mon-Thurs, 10am-5pm)
Chocolate Covered Strawberries Days at Sunrise Farm

Strawberries dipped in premium chocolate for St. Valentine's Day. Decorated chocolate dipped cherries, grapes & bananas are also available, as well as potato & corn chips! 440-834-1298 sunrisefarmgifts.com

Feb 17 (2:00 pm)
Meet the Artists: discARTed Recycled Art Exhibition

Join dozens of artists in celebrating 200+ pieces created for this community art exhibition featuring creative

works of art transformed from discarded/found materials. Refreshments served. Exhibit on display until April 15. Wheelchair/stroller accessible. Geauga Park District - The West Woods Nature Center | 4402869516 | www.geaugaparkdistrict.org

Feb 18 (Mon 9am-5pm)
Farmer Monday

Bring the children to experience life on the farm making ice cream, meeting newborn animals and more at Lake Metroparks Farmpark during Farmer Monday. Children participate in hands-on activities and snow-shoeing scheduled throughout the day in addition to the regular Farmpark daily activities. Hands-on activities: Cream separating and Little Red Hen bread making demonstrations. Make play clay and hand-dipped candles. Snowshoeing, weather permitting. Admission Regular Farmpark admission or membership applies. 440-256-2122 www.lakemetroparks.com

Feb 18 (Mon, 10am-6pm)
Snö Däys - Presidents Day

No school? No problem! The Snö Châlet operates all day when school is not in session. Come outside and play. We have FREE snow tubing with tow lift, ice skating (weather permitting), indoor/outdoor activities, tube races, campfire and smores, fun food, wifi and more. Adult supervision is required. Punderson State Park Snö Châlet | 4407732520 | sno-chalet.com

Feb 19, 2019 - Apr 15, 2019 (10am - 4:30pm)
discARTed Recycled Art Exhibition



Geauga Park District presents a two-month exhibition of creative works of art transformed from discarded/found materials by community members and regional artisans. Discover the unexpected connection of discarded materials to finished artwork, as well as the cleverness of the transformation, each day during regular hours of 10 a.m. until 4:30 p.m. at The West Woods Nature Center. Be sure to vote for your favorite pieces! Geauga Park District - The West Woods Nature Center | 440-286-9516 www.geaugaparkdistrict.org

February 3rd, 2019 (Sunday) 3pm

Lantern Painting

Deadline to register February 1st.

Open to the public! The Middlefield Recreation Department will be hosting a sip and paint at the Senior Center located at 15820 Ridgewood Drive in Middlefield. Class begins at 3pm and includes appetizers. You will need to bring your own beverage of choice. We will be painting cardinals and birch trees on the glass panels of a lantern. The lantern includes a battery operated candle. Class fee is \$35.00 and includes step by step instruction from Debra Warren Miller and all art supplies.



Phone: (440) 632-5248

Register online: <https://bit.ly/2RufAYo>

Feb 23 (9:00 am)

Maple 101 Workshop

Beginners and experienced producers wishing to hone sugaring skills will learn everything they need to know including tree biology and identification, why sap flows, tapping, collecting methods, sugar bush management, producing the finished product, canning and packaging. Some local sugaring history will also be included. Registration through the office of co-presenter Geauga County OSU Extension Office at 440-834-4656. Wheelchair/stroller accessible. Registration required. Geauga Park District - The West Woods Nature Center | 440-286-9516. www.geaugaparkdistrict.org

Feb 23, 2019 (1:00 pm)

Sweet Maple: How to Make Maple Confections

Join two local maple producers, James Miller of Sugar Valley Maple and Tom Salo of Salo Maple, as they demonstrate sweet ways to use Geauga County maple syrup. Wheelchair/stroller accessible.

Gauga Park District - The West Woods Nature Center | 4402869516 | www.geaugaparkdistrict.org



University Hospitals Gauga Medical Center

Haas, Haas + Associates

Congratulate UH Geauga Medical Center's

Heroes of the Month



Anna Penko

Anna is a Pharmacy Technician in our Pharmacy department. Anna does a tremendous job in her role. She takes her job seriously, and is customer focused. Anna is always striving to do things more efficiently in the Pharmacy department as well. Recently during our Joint Commission survey, Anna was the scheduled technician for the day. Anna's manager told her that the Joint Commission surveyors would like to see her compound an IV. She took it upon herself to take home information and study it in case she was asked questions. She also took it upon herself to talk to the system safety officer, to clarify any questions she may have had. The survey team asked Anna many questions, which she was able to answer. She was also able to mix IV's without an issue. After the surveyor was done working with Anna he announced he had no negative findings. Anna was a huge part of the Joint Commission survey success. She is a great asset to the Pharmacy department and Geauga Medical Center as a whole.



Sarah Swanker

Sarah is a Physical Therapist in the Rehab department. She has a natural talent for putting genuine smiles on the faces of anyone she comes across, especially patients! Sarah is known to instantly build a lasting rapport with her patients and their families. She demonstrates compassion and integrity by checking in several times during their stay to see what they need or just to say hello, and make them laugh. Sarah even has patients ask to see her, by name, for their therapy when they return to the hospital. She has a special interest in working with patients in intensive/critical care and works hard to provide them gradual, progressive therapy designed specifically to meet their individual needs. Sarah enjoys spending time with high school students, assisting when they visit the hospital as part of the Community Outreach and Education program, teaching about the physical therapy profession and her role in the hospital. She is a great person, great therapist and great team member. We are lucky to have Sarah here to make a difference!



Melissa Deweese

Melissa is a Clinical Nurse in our Mother and Infant department. Melissa as a person is truly compassionate about life itself. She treats each of her patients with respect and empathy. In her previous role as a nurse in the Pain Clinic, she walked by a room and noticed a patient having a difficult time walking. She got him a wheelchair and checked his pulse-oxy before she took him back. Melissa also walked him out to his car at the end of his appointment. This is just one example of what Melissa brings to Geauga Medical Center every day. She takes time to understand her patients and makes sure all of their needs are being met. She truly cares about people and always shows compassion in her work. Melissa is always so understanding and approachable. Her ability to multi task and still show great attention to detail is truly an amazing talent. We feel lucky to have Melissa on the team here and she continues to inspire so many of her peers.



Jason DeRue

Jason is a psychiatric nurse on the Behavioral Health Unit. He brings compassion, empathy along with advocacy for the patients that he cares for. He demonstrates a desire to work with the patient to get them from being a barrier to their own treatment and well-being. On one particular day Jason was working with his team, with a patient who was experiencing a medical crisis and he recognized that the patient was terrified. His role during this crisis was sitting at the bedside with the patient so that she wasn't alone. He has done this on several occasions with other patients as well. Jason can be seen sitting out on the outer edges of groups when his tasks are completed and makes himself available. He also takes the time to sit out with patients and just talk. He is leading by example and is always expressing how he practices based on how he would want to be treated or his family. He embraces the culture of care and delivery that one can expect to encounter when being a patient at University Hospitals Geauga Medical Center Behavior Health Unit. Jason always greet you with a smile and is always ready to lend a helping hand. We are lucky to have Jason on the BHU team.

Each Hero will receive a gift certificate courtesy of



and William R. Haas.



University Hospitals
Gauga Medical Center

13207 Ravenna Road
Chardon, Ohio 44024

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TALK IS
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Worried About Diabetes?

Are you worried about how diabetes will affect your kidneys, losing a limb, your vision, cholesterol, or stroke risk?

FREE PRESENTATION

Mon. Feb. 4 • 4:00 p.m.

Wed. Feb. 6 • 11:30 a.m.

Red Maple Inn

14707 S. Cheshire St.

Burton, Ohio 44021

SEATING IS LIMITED!

TOPICS TO BE DISCUSSED:

- Find out why your **current therapy or treatment could make your diabetes worse.**
- New studies show that **high blood sugar increases the risk of Alzheimers** by 65%. Find out why this happens!
- Some high blood pressure **medications actually speed up the onset of diabetes.** Find out which one's they are.
- **Five foods that could be killing you!** Understand how.
- The **effects of insulin**, and why you should do everything within your power not to be on it.
- Stress makes diabetes progress faster. Find out **how to slow this down.**
- **Three early warning signs** you never would have suspected.
- Causes of high blood sugar that doctors almost **always ignore.**



Presented by

DR. KEITH S. UNGAR is giving a talk on **diabetes** next week. Whether you have already been diagnosed, or your doctor has told you that you are on the path to becoming a diabetic, this talk could be the most important one hour of your life.

LEARN MORE ABOUT DIABETES & BLOOD SUGAR HEALTH IN 1 HOUR, THAN YOU HAVE IN YOUR ENTIRE LIFETIME!

FUNCTIONAL ENDOCRINOLOGY OF OHIO
DR. KEITH UNGAR, CHIROPRACTIC PHYSICIAN

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