

# SENIOR LIVING



THE MORNING JOURNAL  
THURSDAY, JANUARY 24, 2019

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Contact Tracey Murphy  
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\*Must sign residency agreement and take financial responsibility for apartment on or by February 28, 2019.  
\$500 credit will be applied to March 2019 billing statement.

## Help Relieve Stress with In Home Care Services

Continuing to live in the familiar surroundings of your own home is an extremely important and personal decision. Home care assistance should provide you or your loved one with a sense of freedom, flexibility, and safety while offering respectful services to match your lifestyle and budget.

Choosing to have someone come into your home does not mean that they “take over.” Sometimes help is only needed once a week, or once in a while. A little bit of help can go a long way to relieve the caregiving stress on family members and add to your own sense of peace, comfort and control.

A common area of in-home service is Companion Care. Companion Care services will provide support for any area of daily living and includes caring for a loved one with Alzheimer’s and Dementia and providing Mobility Assistance and Medication Reminders.

Personal Care provides assistance with hygiene, grooming, bathing, dressing and skin care, while Homemaking includes meal planning and preparation, shopping, cleaning, laundry, and help with appointments.



Don’t wait until there is an emergency to find care for a loved one or support for yourself. For information on affordable in-home services contact the Office on Aging at 440-326-4800 or your local Seniors Helping Seniors® organization at 440-935-3848 to find compassionate, dependable people so that you or your loved one can have one-on-one personal attention in the security and familiarity of your own home.

## Something for everyone at the library



The Lorain Public Library System has a multitude of programs for seniors. There are fitness programs such as Thai-Chi for Arthritis, Zumba, Yoga For Beginners and even Line Dancing. There are clubs that meet regularly such as Yarn Club, Sewing Club, Genealogy Club and Chess Club. There is a “History of Medication” program later this month and programs regarding Opioid Abuse in February. There are craft programs and book and movie discussions and lots of programs for the grandkids. And of course books, magazines and movies. All of this and more awaits you at your local Lorain Public Library; and it’s all free!

You deserve

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## Caring for Older Parents



You care about your aging parents. And yet, sometimes, you just don’t know the best way to help them, especially when they are trying to remain independent.

**Seniors Helping Seniors®** in-home services is an exceptional program of care and caring that matches seniors who want to provide services with those who are looking for help.

- Companionship
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**(440) 935-3848**  
[www.seniorcarelorain.com](http://www.seniorcarelorain.com)

## Learn more about Regenerative Therapy

One third of knee replacements in America today are done with no medical basis.

We live in a world where things are just simply discarded and replaced instead of repairing them. This happens because very few patients know the most important questions to ask before agreeing to have a joint replaced.

For example, a joint replacement of the knee requires the amputation of your knee joint and the insertion of prosthesis during surgery with many potential risks and complications.

It is important to ask the following questions:

*Are we sure that the knee joint is the source of the pain?*

*Have you been treated with less invasive regenerative therapies first?*

*Do you have any allergies or sensitivities to metal?*

Depending on your answer, the best option may be to REGENERATE



ATE instead of OPERATE.

### How Does Regenerative Therapy Work?

Stem cells are unique in comparison to every other cell in the body because of their ability to divide, renew, and

regenerate into other cells just like it. They are unspecialized cells to start, and only become specialized when they are called to action.

Stem cells target damaged or injured tissue in the body and repair and replace what is no longer functional or needed. Essentially, stem cells have the power to regenerate, heal and reduce pain.

Regenerative Therapy offers a single joint injection in the office, no anesthesia, no hospital stay and has ZERO post-surgical recovery time. While results may vary, clinically we expect significant improvement within 1-3 months.

Would you like to learn more?

Join Xcell Medical Group on **February 12 at 11:30am at Café Piccolo in Avon** or **February 13 at 6:30pm at the Holiday Inn Express in Westlake** for a free informative talk on Regenerative Therapy.

**Seats are Limited** so call to reserve your spot now! **440-484-3232**

## 6 ways to make bathrooms a safer place

Homes should be safe havens. But each year injuries in and around the home contribute to millions of medical visits and many fatalities each year.

Although anywhere in a home can be the scene of an accident, bathrooms tend to be the most dangerous room in the house. Slippery tile, the presence of water, stockpiled medications, and many sharp and hard edges in a small space pose several different hazards in the bathroom, particularly for young children and people age 65 and up. The Centers for Disease Control and Prevention says falls, which can result in serious injuries like hip fractures and head trauma, are the cause of 80 percent of all bathroom accidents.

Many bathroom accidents are preventable with some easy modifications.


**SEE PAGE 10 >**

## Introducing LIGHTHOUSE

### A NEW MEMORY CARE NEIGHBORHOOD AT WESLEYAN VILLAGE.

Wesleyan Village has long provided a complete spectrum of senior care, including compassionate care for Alzheimer's and dementia. Now Lighthouse at Wesleyan Village will offer a modern memory care neighborhood with innovative plans for the future. You'll have peace of mind, knowing you've found a serene, comfortable setting in a reassuring, faith-based community for your loved one.

**To schedule a visit, call 440.284.9000.**

  
**WESLEYAN**  
VILLAGE  
**A Life Plan Community**

Managed by  Life Care Services®

807 West Avenue

Elyria, OH

440.284.9000

**WesleyanLiving.org**



*Wesleyan is committed to providing equal housing opportunities for people of all races, religions, national origins, and disabilities.*



Make 2019 your year to get more comfortable with technology. Lorain Public Library System is here to help. We offer a multitude of free classes to help you learn the basics. In fact, if you give us a call we can even schedule one-on-one sessions. Think how impressed your grandkids will be when they see your first Tweet!



Thursday, February 7; 5:30 to 7:30 p.m.

Friday, March 29; 3:30 to 5:30 p.m.

### INTRODUCTION TO SOCIAL MEDIA

Social media allows you to interact with people online. Learn how to create, share and exchange information and ideas in virtual communities and networks online, including Facebook and Twitter. Preregistration required.

Saturday, February 23; 3:30 to 5:30 p.m.

Monday, March 18; 5:30 to 7:30 p.m.

### EMAIL FOR BEGINNERS

Become familiar with email account setup and use. Learn how to send and receive emails, attach pictures and documents to your emails, and create and use contact lists. Participants need to be comfortable using a mouse to attend. Preregistration required.

Tuesday, March 12; 5:30 to 7:30 p.m.

### INTERNET FOR BEGINNERS

Become familiar with internet basics, visiting websites and using internet search engines to find information. Discover the most useful websites for accurate information, such as health information. Learn about services available through the library's website. Participants need to be comfortable using a mouse to attend. Preregistration required.

Friday, March 15; 3:30 to 5:30 p.m.

### TECH HELP

Bring your questions to this informal session about the use of computers, tablets, eReaders, the internet or anything else technology related. Preregistration required.

Main Library Lorain  
351 West Sixth Street, Lorain • 440-244-1192

## Wesleyan Village Introduces Lighthouse, a New Memory Care Neighborhood



Wesleyan Village, the faith-based Life Plan Community in Elyria, has an extensive history of providing a complete spectrum of senior care, including compassionate care for residents with Alzheimer's and other forms of dementia. Now an innovative new memory care neighborhood is being introduced: Lighthouse.

"As the name suggests, Lighthouse is a beacon of hope, offering guidance for those navigating the challenges of memory loss," says Meg Nieberding, Marketing Director. "Families will have peace of mind, knowing they've found a serene, comforting environment for their loved one."

Lighthouse at Wesleyan Village provides private residential suites with individual bathrooms, nutritious meals and snacks, and welcoming

common areas to encourage interactions with family members during visits.

Of the many advantages of Lighthouse, highly skilled and innovative care may be its greatest asset, including the soon-to-be-introduced *Heartfelt CONNECTIONS – A Memory Care Program®*. The program promotes physical and emotional well-being and helps residents maintain a sense of satisfaction, dignity, and quality of life.

*For more information, individuals may call 440.284.9000. The community, located at 807 West Avenue in Elyria, is committed to offering equal housing opportunities for people of all races, religions, national origins and disabilities.*

### Did you know?

According to the National Sleep Foundation, certain foods may help people fall asleep faster and sleep more soundly while others may compromise a person's ability to enjoy a restful night's sleep. In lieu of white bread, refined pastas and sugar-laden baked goods, all of which can reduce serotonin levels, the NSF recommends whole grains. The buildup of serotonin in the brain during periods of wakefulness can contribute to the onset of sleep later in the day. If serotonin levels in their brains are disturbed, then people may experience difficulty falling asleep. The NSF also recommends almonds and walnuts, which contain melatonin, a hormone that helps to regulate the sleep/wake cycles. In addition, foods that are high in lean protein that contain the amino acid tryptophan also may increase the production of serotonin, potentially contributing to a restful night's sleep.

## Excellence is Martino's standard

Excellence is our standard and fun is our goal here at **Martino's International Café** in **Vermilion, Ohio**. We specialize in **tantalizing foods** from here and around the world. **Something for every taste** from the most discriminating **diner** to the young tikes who already knows what foods is their favorites. But we do not stop with just having the **best foods** anywhere; we take exceptional pride in our service. You should not have a single want (except more) from the time you walk in until the time you leave here at **Martino's**. We also are known for our most **generous portions** and we think you will also love our most **reasonable prices**. We also have **Petite Meals** for the lighter eaters. We are open seven days a week from seven am until at least eight thirty pm. We serve **breakfast all day** everyday.

For those who enjoy a great **glass of wine or beer** with their dinner, choose from our impressive wine and beer list with selections from around the globe. Or sit back and sip the perfect **Martini** in our Piccadilly Pub.

Open for breakfast, lunch and dinner seven days a week. Casual Dining with a tranquil Pub within. Enjoy one of our international Omelets, Belgium Waffles, or choose from our hand-packed Burgers, Authentic Gyros and Pierogies or Panini Sandwiches. You can also sample one of our great Chicken Paprikosh, Cabbage Roll, Bratwurst or Lake Erie Perch Dinners

from our World Class Menu. To see our full menu and daily soups and specials go to [www.MartinosInternationalCafe.com](http://www.MartinosInternationalCafe.com)

**New to Martino's is our Soup and Salad bar** Monday through Thursday from 11am until 3pm and Friday 11am to 8pm. Add this soup and salads bar in place of a side to your sandwich or meal for **just \$1.99!** Or make it your meal for \$7.99.

**Also try our Sunday Brunch Buffet** every Sunday from 9am until 2pm. Complete with an omelet station along with a couple delicious entrees and all of your favorite side dishes, this bountiful buffet is a must try! All of this for **only \$7.99**(one time through) or \$10.99 all you can eat until 10.30. After 10:30 when dinner entrees are added \$9.99 one time through and \$13.99 all you can eat. Bring your family after church! We accommodate large families, or church groups in our Banquet room.

**MARTINO'S INTERNATIONAL BANQUET ROOM:**

**Enjoy your next Family, Class Reunion or Club Gathering**, whether it be a Birthday, Anniversary or **Rehearsal dinner in our private banquet room**. We accommodate parties of ten to sixty with **no room rental fees**. Contact Jim for planning ideas and menu options. 440-967-3463

**MARTINO'S INTERNATIONAL OFF PREMISE CATERING: OFFICE, HOME or HALL**

**SEE PAGE 10 >**

**BANQUET ROOM AT MARTINO'S**



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To View Complete Menu Visit [www.MartinosInternationalCafe.com](http://www.MartinosInternationalCafe.com)

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- Photo ID • Original DD214, if not already on file
- Honorable discharge or under honorable conditions

**440-329-5148**



**Lorain County Recorder**  
Judy Nedwick

## Distinctive independent living at St. Mary of the Woods

Located in the Heart of Avon's French Creek District, St. Mary of the Woods residents can take advantage of world-class cultural institutions, theaters, shopping, museums, and internationally-acclaimed medical facilities such as the Cleveland Clinic and University Hospitals. With scheduled transportation to some of the finest locations in the greater Cleveland area, St. Mary of the Woods is more than just a place to live. It is an opportunity to free yourself to enjoy an active lifestyle with the peace of mind and comforts of home.

Our distinctive Independent Living residency options allow you to choose the amount of space that fits your lifestyle and budget. The Assisted Living provides the

**SEE PAGE 10 >**

## Your Feet Are Trying to Tell You Something. Are You Listening?

Of course, your feet can't talk. But they are definitely trying to tell you something.

Don't ignore your feet when they ache, hurt or burn or when your foot and ankle joint is out of proper alignment which can cause foot, ankle, knee, hip or back pain or balance problems. The longer you wait to do something about it, the worse the problem may become.

Your foot doctor would be a good place to start because most foot doctors will recommend shoes with the proper fit and support. In fact, Januzzi's Footwear Solutions is recommended daily by doctors throughout the area. Why do doctors recommend Januzzi's? They know that Januzzi's Footwear Solutions will take the time to do a complete assessment of your foot condition, measure both feet and apply their extensive knowledge and experience to providing the customized remedy that will provide the most possible relief for you.

Perhaps you've experimented with other approaches like super store or drug store arch supports, highly advertised shoe brands, infomercials or online suggestions. Sometimes these approaches provide some level of relief and sometimes they don't. At Januzzi's we make sure that you receive the most possible relief with the most customized solution. Januzzi's can also help with your diabetic shoe requirements in partnership with our prescription shoe provider who accepts Medicare and most other insurances.

Januzzi's Footwear Solutions has the footwear and shoe insert selection designed to provide the most possible relief. Why else would so many doctors send their patients to Januzzi's? Januzzi's Footwear Solutions has been providing personal, caring and complete shoe fitting service since 1926. Stop or call today so that Roland and Connie Januzzi and their staff can help you with all of your foot comfort



needs. Located in Amherst, across from Drug Mart on Route 58. Call (440) 984-7463 for store hours and any other questions you may have.



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Receive a Discount Card good on future purchases with every purchase when presenting or mentioning this ad.



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Have you been diagnosed with cancer or another serious medical condition?  
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Through our program you can borrow money from your life insurance and receive up to 50% of your policy's death benefit today.

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Real Possibilities

## A SAFER PLACE FROM PAGE 3

**1. Reduce slippery surfaces.** Wet tile is a recipe for slick conditions. Bath rugs with rubber backing can provide traction in the bathroom, as can nonslip mats placed on the floor of the bathtub or shower enclosure. Water-resistant flooring made from recycled rubber is another option. It is softer, less slippery and more forgiving than traditional tile flooring.

**2. Install lever-style fixtures.** Round knobs in the bathroom can be difficult to grasp, especially for the elderly or those with arthritis. Lever-style fixtures are easier to maneuver and can help alleviate scalding from not being able to adequately adjust the water temperature.

**3. Utilize transfer benches and shower seats.** A transfer bench can help reduce injuries that occur when trying to climb over a tub wall. Benches are placed outside of the tub and a person sits and then swings his legs over the ledge. Transfer benches also can be used in conjunction with shower seats. This is a chair or bench that allows people to sit while they shower.

**4. Discard old medications.** Clean out the medicine cabinet of old or expired medications, including both prescription and over-the-counter drugs. This reduces the likelihood of medication confusion, and does not put potentially harmful pills and syrups into the hands of children.

**5. Install grab bars.** Properly installed grab bars around the shower and toilet area can provide leverage and stability. AARP says many injuries to



seniors occur when they are attempting to sit or get up from the toilet. Grab bars or an elevated toilet seat can help.

**6. Install motion-detecting lights.** These lights turn on automatically upon detecting movement, making them beneficial for people who routinely visit the bathroom in the middle of the night. Adequate illumination also can help reduce fall risk.

Bathroom safety should be made a priority. Various modifications can make bathrooms safer for people of all ages.

## ST. MARY OF THE WOODS FROM PAGE 6



highest quality of care with compassion in a home like setting. Our Skilled Nursing and Rehabilitation unit is focused on helping patients transition from hospital to rehab and back home. All are welcome at St. Mary of the Woods. Our diverse spiritual programming, worship services and Catholic masses make our community a comforting and welcoming place for residents to practice or rediscover their faith. Contact Tracey Murphy for more information or to schedule a tour 440-937-3111.

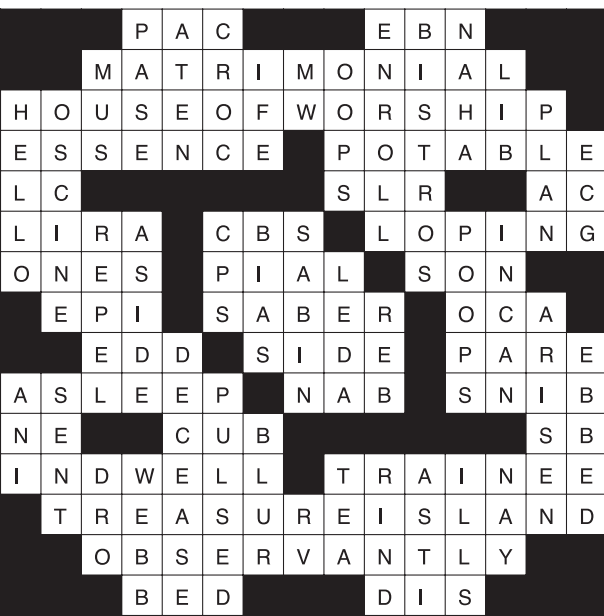
## MARTINO'S FROM PAGE 5

We proudly offer our high quality home cooked foods to your office, home, wedding reception or other special event at affordable prices. No event is too large or too small. Whether it is an office meeting, graduation party, or a special banquet, we take the fuss and worry out of the meal for you. Go to [www.MartinInternationalCafe.com](http://www.MartinInternationalCafe.com) for some of our catering menu ideas or call Jim for complete details as well as more about our **Gourmet Appetizers and Fruit carvings. 440-967-3463(Dine)**

**Martino's Gift Cards make a nice Thank you present.** You can always purchase Martino's Gift cards. Either buy them in person or simply go to our website [www.MartinInternationalCafe.com](http://www.MartinInternationalCafe.com) and buy them online. We will promptly mail them out to your desired location.

**Don't feel like cooking tonight? Or take Chicken Dumpling Soup to a Loved one.....**

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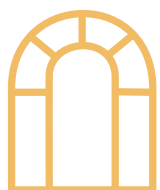
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Apartment move-ins scheduled  
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\*Must sign residency agreement and take financial  
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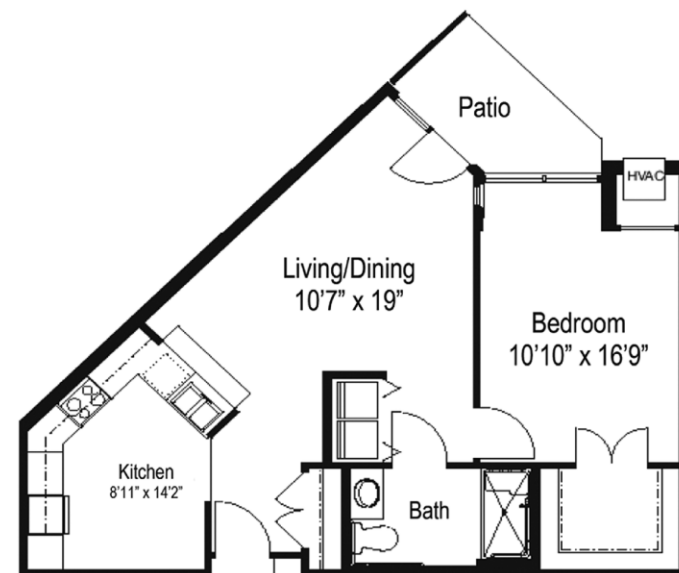
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## Improve crossword-solving skills

Crossword puzzles are an integral component of newspapers. In addition to their entertainment quality, crossword puzzles can help improve cognition and brain health in individuals of all ages.

The first known crossword puzzle to be published was created by a British journalist named Arthur Wynne, who is often credited as the inventor of crosswords. The first puzzle appeared in the *New York World* on December 21, 1913. The original crossword was diamond-shaped and did not feature the familiar black squares.

Throughout the 1920s, crossword puzzles became a standard offering in many newspapers. During this period, puzzle shapes evolved to the more familiar form, and certain puzzle standards were established. Puzzles now appearing in most North American newspapers and magazines feature solid areas of white squares. Each letter is usually part of both an “across” word and a “down” word, and usually each answer must contain at least three letters. In these puzzles, shaded squares are typically limited to about one-sixth of the total.

It is estimated that around 50 million people in America routinely partake in crossword puzzles. Each year, one best-of-the-best is crowned in the American Crossword Puzzle Tournament.

Everyone wants to improve his or her crossword-puzzling skills. These tips can help.

- **Practice ... a lot.** Practice makes perfect, even with crossword puzzles. Start with simple puzzles and work up to the more difficult ones.

- **Divide and conquer.** Divide the puzzle into smaller sections and complete each cluster before moving on. It's easier than completing all of the across or down clues.

- **Watch “Jeopardy.”** Puzzles used to be comprised largely of definitions, but they now incorporate just about every subject. Improving general knowledge and perhaps watching trivia shows can help with puzzle completion.



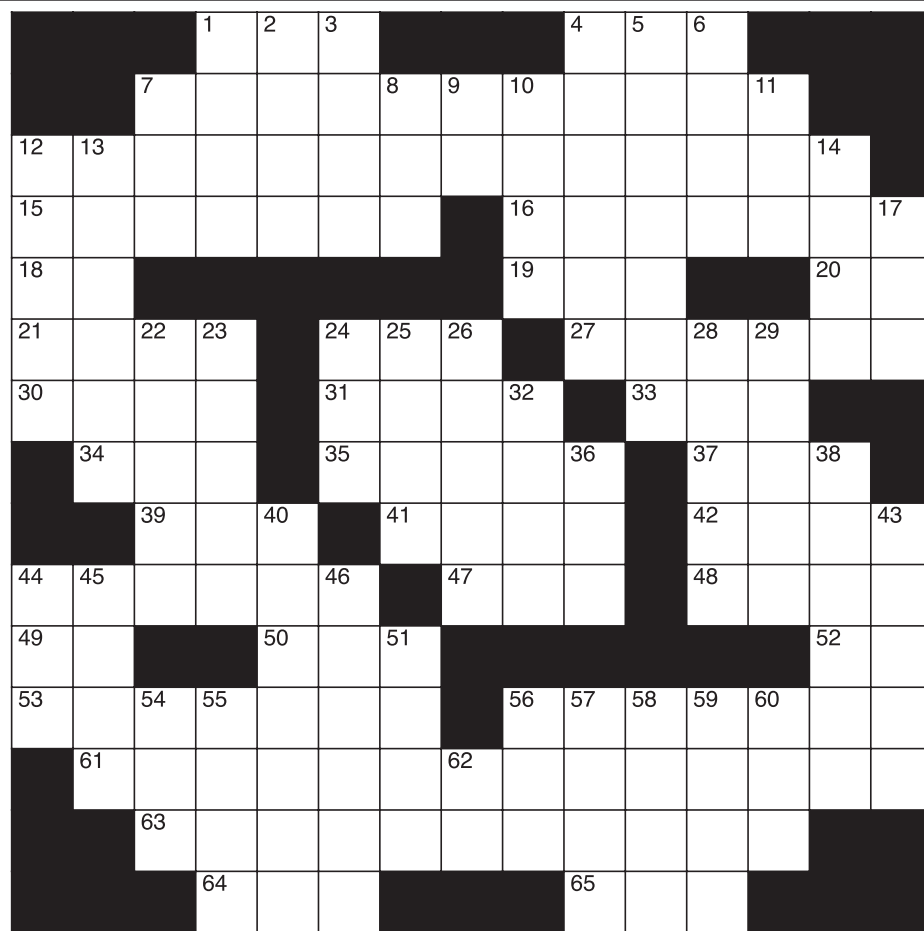
**Crossword puzzles are a newspaper staple. Practice is one of the key strategies to improving completion rates on these word games. Try your hand at this one.**

- **Learn repeat offenders.** Over time you may recognize certain words appear in puzzle after puzzle. You'll soon be able to match the clues to these repeat words.

- **Familiarize yourself with multiple word meanings.** Remember to think like a puzzle creator, who is probably trying to stump you. The word “flower” may not imply the blooming plant. It may represent something that “flows.”

- **Take a break.** Taking a few moments to step away from the puzzle before returning to it can clear the mind and make answers more apparent.

Crossword puzzles are a popular component of daily and weekly newspapers. They're fun to fill out and boast a rich history.



### CLUES ACROSS

1. Political action committee
4. One point north of due east
7. Marital
12. Religious building
15. Intrinsic nature of something
16. Safe to drink
18. Letter of credit
19. Single Lens Reflex
20. Keeps you cool in summer
21. Monetary unit
24. The Eye Network
27. Moving with a bounding stride
30. Figures
31. Of the pia mater
33. Male offspring
34. Indicates near
35. Calvary sword
37. South American plant
39. Doctor of Education
41. Something to take
42. Remove the edges from
44. Inattentive
47. Pick up
48. Latch for a window
49. Region of the U.S.
50. Windy City ballplayer
52. The NFL's big game (abbr.)

53. Be permanently present in
56. Novice
61. Pirate novel
63. In a law-abiding way
64. Where one sleeps
65. Criticize

### CLUES DOWN

1. Bullfighting maneuver
2. Egyptian Sun god
3. Predatory semiaquatic reptile
4. Register formally
5. Eating houses
6. Japanese port
7. Genus of rodents
8. Nigerian city
9. Milliwatt
10. Mistake!
11. Women's \_\_\_ movement
12. Greeting
13. Songbirds
14. An arrangement scheme
17. Heartbeat test
22. Push back
23. Intended for the audience only
24. Cycles per second
25. Impartiality
26. Polio vaccine developer

28. Bowel movements
29. South American Indian
32. Queen of Sparta
36. Confederate soldier
38. Emerged
40. Death
43. \_\_\_ and flowed
44. Folk singer DiFranco
45. Email folder
46. Throbbled rhythmically
51. English rockers
54. Disaster relief operation
55. American model and TV personality Katherine
56. Potable
57. Tough outer layer
58. \_\_\_ Spumante (Italian wine)
59. Troubles
60. Negative
62. Camper

**ANSWERS ON  
PAGE 10**



# Avon Oaks

## A CARING COMMUNITY

Skilled Nursing and Rehabilitation • Outpatient Therapy Services  
 Porter Pavilion - Alzheimer's Care and Memory Support  
 Acorn Childcare Center • The Gardens of French Creek Assisted Living

As we celebrate our 50th year, the Reidy family and the wonderful caregivers of Avon Oaks Caring Community are proud to say we have

*“Aged To Perfection”*

with our Perfect Ohio Department of Health Surveys, and we continue to be a 5-Star Medicare rated facility.



**5 Out of 5 Stars**  
 Highest Quality Rating  
 from Medicare



*“Avon Oaks  
 is a place of  
 help, hope and  
 healing.”*

*P. Hoag  
 - Rehab Client*

## Did you know?

According to the Anxiety and Depression Association of America, anxiety disorders are the most common mental illnesses in the United States. Roughly 40 million adults in the United States, or 18 percent of the country's population, has an anxiety disorder. Developing from a complex set of risk factors, including genetics, brain chemistry, personality, and life events, anxiety disorders are highly treatable. Unfortunately, the ADAA notes that less than 40 percent of those suffering from anxiety disorders receive treatment. Treatment of anxiety disorders can be highly effective and can even help people deal with other disorders, as the ADAA says nearly one-half of people diagnosed with depression are also diagnosed with an anxiety disorder. People living with anxiety disorders who seek treatment may find they also are suffering from depression, compelling them to receive treatment for that disorder as well and further improving their quality of life.

**YOUR HERO  
CARED FOR YOU.  
NOW, YOU CARE FOR HER.**



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## Daily steps to keep your heart healthy

Heart disease is a formidable foe. According to the Centers for Disease Control and Prevention, heart disease accounts for nearly 25 percent of all deaths in the United States each year.

Issues relating to the heart affect both men and women, and an estimated 15 million adults in the U.S. have coronary heart disease, the most common type of heart disease. And heart disease is not exclusive to the United States, as the Heart Research Institute says that every seven minutes in Canada someone dies from heart disease or stroke.

Such statistics are disconcerting, but they can serve as a wake-up call that compels people to prioritize heart health. Fortunately, heart disease is often preventable and people can employ various strategies to reduce their risk.

- **Stop smoking right now.** One of the best things to do to protect the heart is to stop smoking. The Heart Foundation indicates that smoking reduces oxygen in the blood and damages blood vessel walls. It also contributes to atherosclerosis, or a narrowing and clogging of the arteries.

- **Eat healthy fats.** When eating, choose polyunsaturated and unsaturated fats and avoid trans fats as much as possible. Trans fats increase one's risk of developing heart disease by clogging arteries and raising LDL (bad) cholesterol levels. Read food

labels before buying anything at the store.

- **Keep your mouth clean.** Studies show that bacteria in the mouth involved in the development of gum disease can travel to the bloodstream and cause an elevation in C-reactive protein, a marker for blood vessel inflammation. Brush and floss twice daily, and be sure to schedule routine dental cleanings.

- **Get adequate shut-eye.** Ensuring adequate sleep can improve heart health. One study found that young and middle-age adults who regularly slept seven hours a night had less calcium in their arteries (a sign of early heart disease) compared to those who slept five hours or less or those who slept nine hours or more.

- **Adopt healthy eating habits.** Changes to diet, including eating more fruits, vegetables, whole grains, and lean protein, can help you lose and maintain a healthy weight, improve cholesterol levels and reduce blood pressure — leading to a healthier heart.

- **Embrace physical activity.** Regular moderate exercise is great for the heart. It can occur at the gym, playing with the kids or even taking the stairs at work.

A healthy heart begins with daily habits that promote long-term heart health.

## Is Medical Marijuana Right for You?

As of 2018, thirty-one states have legalized medical marijuana, and Ohio is one of them. Ohio's medical marijuana control program is designed to help patients who suffer from 21 severe and chronic medical conditions. Because many of the qualifying conditions are symptomatic of aging, the fastest growing demographic relying on medical marijuana nationwide is patients aged 54 and older. If you have any of the conditions listed in the sidebar, call Lakewood Medical Clinic to start integrating medical marijuana to improve your quality of life.

Legal medical marijuana is very different from the marijuana that is purchased on the streets. Medical grade marijuana is inspected, certified, and lab tested for contaminants including mold, chemicals, and toxic pesticides ensuring that you receive the safest and purest plant products. An ideal medical marijuana regimen limits psychoactive effects or the feeling of being "high". Lakewood Medical Clinic professionals teach you how to properly dose and safely adjust your medication so you can function throughout your day with relief.

A clinical evaluation is necessary to see if you are a candidate for medical cannabis. Erin Lesueur, the Executive Director for Lakewood Medical Clinic, outlines that, "The patient's symptoms guide which medical marijuana regimen our physicians recommend." Each plant has different clinical effects that cause distinct reactions in your body. Some plant strains are used to supplement chemotherapy to help energize patients with fatigue associated with their cancer treatments. Other plant strains calm the mind and relax the body to help patients suffering from PTSD (post-traumatic stress disorder) sleep better without night terrors. "Our certified medical marijuana professionals help patients identify the type and mode of cannabis administration that is best to manage your disease", Erin says.

Research has demonstrated that medical marijuana can strengthen the immune system, reduce inflammation, and slow the growth and spread of cancer cells. These multiple modes of action work on our "endocannabinoid system", which is a network of molecules and receptors in the human body that regulates everything. Our bodies recognize the marijuana plant molecules called phytocannabinoids, and these phytocannabinoids work directly on our endocannabinoid system to activate advantageous functions in our bodies.



**Lakewood Medical Clinic**  
Medical Marijuana Professionals

**OPEN HOUSE**

COME JOIN US  
**FRIDAY, JANUARY 25, 2019**  
3 PM - 8 PM

Come tour the facility, meet the doctors, and learn about how medical marijuana can help improve the symptoms of Ohio's qualifying medical conditions.

**11906 MADISON AVE**  
**LAKEWOOD, OHIO 44107**  
**440-809-8450**  
**LAKEWOODMEDICALCLINIC.COM**  
OPEN MON-SAT 8AM - 8PM SUN 8AM-6PM

## Is Medical Marijuana Right for You?

### OHIO'S QUALIFYING CONDITIONS FOR MEDICAL MARIJUANA

Ohio's qualifying conditions are: AIDS/HIV, amyotrophic lateral sclerosis (ALS), Alzheimer's disease, cancer, chronic traumatic encephalopathy, Crohn's disease, epilepsy or another seizure disorder, fibromyalgia, glaucoma, hepatitis C, inflammatory bowel disease, multiple sclerosis, pain that is either chronic and severe or intractable, Parkinson's disease, post-traumatic stress disorder, sickle cell anemia, spinal cord disease or injury, Tourette's syndrome, traumatic brain injury, and ulcerative colitis.

In the state of Ohio, marijuana is a medicine, and this medicine has to be recommended to you by a physician. You take your recommendation to an Ohio licensed dispensary to purchase medical marijuana products just like you currently take your prescriptions to the pharmacy. "At Lakewood Medical Clinic we offer genetic testing to patients so they can identify the plant strains that are genetically suited for them," Erin states. Patients can take their test results to a licensed dispensary and utilize it as a guide to select medical marijuana products that will be effective for them. "When you know what plant strains will work best for you, you save costs and start feeling better sooner," Erin says.

Medical marijuana oils, tinctures, plant material, edibles, patches, and vaporization are legal in Ohio with a valid medical recommendation. At Lakewood Medical Clinic, the physicians evaluate and educate each patient in order to present treatment regimens that give the best results. Although medical cannabis is not currently covered by insurance, it is an affordable alternative for many patients.

Call Lakewood Medical Clinic today to learn how medical marijuana may help you. Lakewood Medical Clinic is located at 11906 Madison Avenue, Lakewood, Ohio 44107. Our phone number is (440) 809-8450.

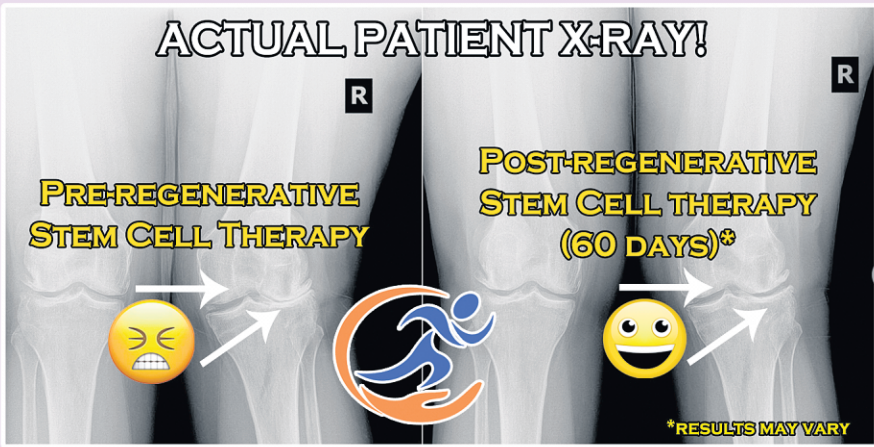
Interested in learning more? Come to our Open House on January 25, 2019 from 3 – 8pm. Tour the clinic and meet the doctors.

Look for more articles in future issues about medical marijuana and how it helps with specific diseases. The next news topic will focus on medical marijuana and fibromyalgia.

Because many of the qualifying conditions are symptomatic of aging, the fastest growing demographic group relying on medical marijuana nationwide is patients aged 54 and older.

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**E** LIMITED  
**E** SEATING!

**RESULTS BEST SEEN IN OSTEOARTHRITIC JOINTS LIKE KNEES, SHOULDERS, & HIPS**

## Lunch

Tues Feb 12 - 11:30am  
Cafe Piccolo Avon  
35568 Detroit Rd.  
(Avon Commons)  
Avon

**SEATING IS LIMITED!**



PLEASE, NO CHILDREN AT TALKS - ADULTS ONLY

## Dinner

Wed Feb 13 - 6:30pm  
Holiday Inn Express  
Cleveland-Westlake  
30500 Clemens Rd.  
Westlake

# CALL US NOW! 440-484-3232

DR. JANE HOASHI, MD - ORTHOPEDIC SPECIALIST



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