

# PRESERVE, PROTECT, PROVIDE

*A look at some of the area's services and organizations*



ADVICE • HELP • SUPPORT • TIPS  
ASSISTANCE • GUIDANCE  
COMMUNITY

AN ADVERTISING SUPPLEMENT TO  
**THE MORNING JOURNAL**

[www.MorningJournal.com](http://www.MorningJournal.com)

## United Way Offering Free Tax Prep

The tax workshop series is presented to you by the Lorain County Free Tax Prep Coalition, led by the United Way of Greater Lorain County. We provide these educational workshops alongside our Volunteer Income Tax Assistance (VITA) program, where we prepare taxes for low-to-moderate income families free of charge through an IRS grant with volunteer support.

This past year we completed a total of 1,868 tax returns for Lorain County residents, with a total of \$2,243,224 in refunds brought back to the Lorain County community. Our tax return accuracy rate earned a national IRS award at our Elyria Public Library site.

Our 2018 tax sites included Elyria Public Library, Lorain Public Library, OhioMeansJobs, and the United Way of Greater Lorain County office.

Do you need tax preparation help? If you would like to use our free tax preparation service this upcoming tax season, you can call 2-1-1 for

**SEE AD  
ON BACK  
PAGE.**



more information or to schedule an appointment to have your taxes done.

Do you want to volunteer with our award-winning team? We always need more volunteers! No previous tax experience necessary. We provide a thorough training to all volunteers—if you can use a computer, you can help out the community by preparing taxes. Visit <http://lorain-countyfreetaxprep.org/volunteer/> or email [matthew.brady@uwloraincounty.org](mailto:matthew.brady@uwloraincounty.org) to learn how to get involved!



## The relationship between health and volunteering

Volunteering is often its own reward. Helping others can be just as beneficial to the people doing the helping as it is for the people being helped.

Though it can sometimes be hard to find time to volunteer, a close

look at some of the various health benefits of volunteering may compel adults and children alike to find the time they need to volunteer.

### *Volunteering and happiness*

Veteran volunteers may have long

**SEE PAGE 9**

**Avon Lake Municipal Pool**

**Dog "BIG SPLASH" Swim**

**Saturday  
September 7, 2019  
Noon to 4pm**

**13 Categories of Contests from 1pm - 4pm**

**Event & Registration Info Online**

**All Communities Welcome! Registration Gift First 300**

**loveastraydog.com**

**LOVE · A · STRAY DOG DIVISION**

## PATIENT CENTERED SERVICE

- ◆ EXCEPTIONAL CARE TEAM
- ◆ COMMUNITY PARTNER



*Bringing accessible healthcare to the underserved*

**TO GET INVOLVED CALL...  
VOLUNTEERS ARE OUR DRIVING FORCE**

**440-277-6641**

**WWW.LCFREECLINIC.ORG**  
**5040 OBERLIN AVE, LORAIN**





# TASTE OF *friendship*

## A FABULOUS FESTIVAL OF FOOD

Purchase your tickets for this annual event of friendship, food and fun. *Tickets available NOW!*

**FRIDAY, SEPTEMBER 6 | 6 P.M.**

To purchase tickets (\$75 per ticket/\$130 per couple), sponsor this event, or make a donation, please call the Mercy Health Foundation — Lorain at 440-960-3545.

A block of hotel rooms will be available at a discounted rate.

For more information about this event, visit [foundation.mercy.com/lorain.aspx](http://foundation.mercy.com/lorain.aspx)

Emerald Event Center | 33040 Just Imagine Dr. | Avon, OH 44011

## Wine Down by the Water

A Wine Social to Support Lorain County Health & Dentistry  
Raise a glass to help us raise funds... all for a great cause.

Join us for an all-inclusive evening of fine wines, imported & domestic beers, soft drinks, hearty appetizers, desserts, wine pull, Chinese Auction, live music and good company. Our event will be held in Lorain on Thursday, September 19th from 5:30-8:30 pm at Lakeview Park.

Sunset Terrace at Lakeview Park is a beautiful setting on the shores of Lake Erie. Our event raises funds for those less fortunate, and most in need, in our community. These are two great reasons why community members and leaders, and business professionals from Lorain County (and beyond), will want to come together in a relaxed setting to network and raise funds for persons in need of affordable health care in our local neighborhoods.

Please call Rebecca Shaw at (440) 240-1658 for sponsorship, ticket sales or to donate an auction item.



About Lorain County Health & Dentistry

Lorain County Health & Dentistry (LCH&D) is a private, independent, non-profit Community Health Center and the largest safety net provider of primary care in Lorain County.

Operating since 2002, LCH&D has seven health center sites in Lorain, Elyria and Oberlin and provides the highest quality primary and preventive medical and dental care to persons of all ages regardless of ability to pay. About 95% of patients served by LCH&D in 2018 had household income at or below 200% of Federal Poverty – a reflection of our mission. Over the years, LCH&D has provided more than one-half million doctor and dentist visits to the most vulnerable in Lorain County.

Our commitment to the community?

We will do more, serve more and offer more to continue to improve our community's health.

It's part of who we are.

To learn more about LCH&D, call (440) 240-1655 or visit our website at [www.lorainhealth-dentistry.org](http://www.lorainhealth-dentistry.org).

## Great reasons to visit your local library

Many people have a wonderful resource at their disposal just minutes from their homes. This resource can transport them to distant lands, teach their children valuable lessons and serve as a great place to meet new friends.

So what is this magical place? The local library.

Libraries are filled with books for adults and children. But libraries have even more than books to offer, making them an invaluable resource for the entire community. The following are just a handful of the many great reasons to visit your local library.

- **Reading may help improve long-term mental health.** A 2001 study from researchers at Case Western Reserve University found that patients with Al-

SEE PAGE 10

# NEOS CENTER FOR DANCE

39 S. Main Street

Oberlin, Ohio 44074

# Open House

## Saturday, August 24

### 12-3 pm

Demo classes | Faculty Meet & Greet | Registration Discount  
Neos Youth Performing Ensemble audition

(440) 252-2779

[neosdancetheatre.org/neoscenterfordance](http://neosdancetheatre.org/neoscenterfordance)

IN PARTICIPATION WITH





## Generous Helpings

This September, Second Harvest will celebrate the 14th year of Generous Helpings at Second Harvest's Nordson Food Distribution Center. It remains one of the largest and most popular tasting events in the region. This year's focus is on Child Hunger and all proceeds from the event will go directly toward feeding those people in our area who are food insecure especially children.

Julie Chase-Morefield, President & CEO of Second Harvest said, "In our region, 1 in 5 children struggle with food insecurity and it doesn't have to be that way. We will not stop until all hungry children get the food they need."

Generous Helpings is a chance to not only help this most basic cause but to share an evening of great food and fun. Generous Helpings will feature tastings of local restaurants' signature dishes, wine and ale pairings, live music by the ever-popular Swamp Boogie Band, raffles and



SEE AD  
ON  
PAGE 7

silent auctions. The back dock and warehouse of this new facility are decorated and transformed for the party. Even with the glitz and ribbon, the setting gives guests a chance to see behind the decorations and view the pallets of food and grocery products which will be delivered to soup kitchens, pantries and shelters for distribution to those in need.

You will be able to enjoy special selections from crowd favorites including Chez Francois, Speak of the Devil, The Hotel at Oberlin and many more. We are expecting a fun crowd so make sure you mark your calendar and purchase your tickets online at [www.tickets.secondharvestfoodbank.org](http://www.tickets.secondharvestfoodbank.org)

### Did you know?

The Giving Pledge is a commitment by many of the world's wealthiest individuals and families to dedicate the majority of their wealth to giving back. The pledge aims to address the most pressing problems facing society by inviting the wealthiest people in the world to commit to giving the majority of their wealth to philanthropy or charitable causes either during their lifetime or in their wills. The pledge was formed in 2010 by billionaires Bill and Melinda Gates and Warren Buffett, who spoke with their fellow philanthropists as they sought a way to establish a new standard of generosity among the ultra-wealthy. The pledge initially focused on the United States but soon spread across the globe and now includes 170 of the world's wealthiest individuals, couples and families who represent 21 countries. Commitments are made publicly, and each couple or individual provides a statement explaining their decision to make the pledge. In addition to the Gates and Buffett, some of the recognizable people to have made the pledge include Virgin Group founder Richard Branson and his wife, Joan; American filmmaker and entrepreneur George Lucas and his wife, Mellody Hobson; and Facebook cofounder Mark Zuckerberg and his wife, Priscilla Chan.

*"This is about building on a wonderful tradition of philanthropy that will ultimately help the world become a much better place."*

*– Bill Gates*

# LITTLE LIGHTHOUSE LEARNING CENTER AND THE ABI SYNAGOGUE CELEBRATE 20 YEARS OF QUALITY EARLY CARE AND EDUCATION



SUNDAY AUGUST 4TH 2019 • 1PM-3PM • 1715 MEISTER RD LORAIN

CALLING ALL PAST STUDENTS AND COMMUNITY SUPPORTERS TO BE OUR GUESTS!  
RSVP BY AUG. 2ND TO 440-282-1443

FREE FOOD AND BOTTLED WATER / BALLOONS BY BLAKE / ICE CREAM SOCIAL / VERMILION COMMUNITY BAND / FACE PAINTING BY CHRISTINE BURMAN



# Attention Veterans

**SERVICES ARE PROVIDED FREE OF CHARGE TO VETERANS OF LORAIN COUNTY**

**VA CLAIMS ASSISTANCE** Service Officers advise/assist Vets and their family of their rights and/or obtaining possible benefits through the VA, the State of Ohio and Lorain County.

**TEMPORARY FINANCIAL ASSISTANCE** may be available to Veterans or their widow who show a need and meet eligibility requirements. Applications are by appointment only.



## RESOURCE ROOM

Veterans have access to computers, printer, fax and notary.

## TRANSPORTATION TO VA MEDICAL APPOINTMENTS

A morning shuttle is available to Wade Park & Parma. Home pick-ups are provided to VA Clinic in Sheffield Village. Availability is on a first-come, first-served basis. Wheelchair accessible service is available.

**TO SCHEDULE A RIDE CALL 440-284-4624**



# LORAIN COUNTY VETERANS SERVICE OFFICE

1230 N. Abbe Road, Elyria, OH 44035

**440.652.2943**

[www.LorainCountyVeterans.com](http://www.LorainCountyVeterans.com)





## Little Lighthouse Learning Center

Little Lighthouse Learning Center is a quality non profit preschool located on 10 acres of property in Lorain. We are one of only two schools in the entire county with both accreditation from the National Association for the Education of Young Children and a 5-star rating from the Ohio Department of Job and Family Services. This year we are celebrating our 20th year of providing high-quality early education to area families.

At Little Lighthouse, your student will be exposed to so many enriching and valuable experiences. A wall of windows provides a view of the outdoors while allowing each classroom to be filled with natural light. Classroom centers are full of natural materials for the children to explore. Lesson plans are created by teachers with degrees in Early Childhood Education



**Little Lighthouse Learning Center**  
Creative Learning begins here

using a project-based learning curriculum. Our Ohio Healthy Programs designation lets you know we serve whole and healthy food. Our cooks create each meal with your preschooler's taste buds in mind. All of our meals are eaten family-style, together, in a large dining hall. We also partner with outside organizations to provide field trips and bring special guests to school.

You are your child's first and most important teacher, but our highly-qualified caring staff is ready to partner with you. Every moment at Little Lighthouse is an opportunity to help set your child on a path for success in kindergarten and beyond. We work with the Ohio Department of Education, Head Start, and the Ohio Department of Job and Family Services to reach the families who need

SEE AD  
ON  
PAGE 5



us most. If you are interested in a quality preschool education with options for extended care, give us a call

today at 440-282-1443 to set up a tour. We look forward to meeting you!

## If You or Your Family Needs Help, Please Call Now.

LORAIN/CUYAHOGA COUNTY: 440.989.4900 | MEDINA COUNTY: 330.952.1544 | ERIE COUNTY: 419.871.8500

TRANSFORMING THE LIVES OF INDIVIDUALS, FAMILIES AND COMMUNITIES SINCE 1981.



THE **LCADA**  
way

WHERE RECOVERY BEGINS

**LORAIN WEST PARK CENTER/ MAIN OFFICE**  
2115 West Park Drive,  
Lorain, Ohio 44053

**ELYRIA MEN'S CENTER**  
120 East Avenue, Elyria, Ohio  
44035

**THE KEY WOMEN'S CENTER**  
1882 East 32nd Street,  
Lorain, Ohio 44055

**LORAIN ADOLESCENT CENTER**  
305 West 20th Street,  
Lorain, Ohio 44052

**AVON LAKE WELLNESS CENTER**  
525 Avon Belden Road, Avon  
Lake, Ohio 44012

**PREVENTION CENTER**  
1930 Reid Avenue,  
Lorain, Ohio 44052

**MEDINA WELLNESS CENTER**  
740 E. Washington Street,  
Medina, Ohio 44256

**WADSWORTH WELLNESS CENTER**  
215 Wadsworth Road,  
Wadsworth, Ohio 44281

**ERIE COUNTY WELLNESS CENTER**  
420 Superior Street,  
Sandusky, Ohio 44870

Comprehensive, results oriented programming focused on helping those suffering from alcohol and substance abuse, problem gambling and behavioral health issues.

www.thelcadaway.org • Visit us on Facebook [www.facebook.com/LCADAOHIO](http://www.facebook.com/LCADAOHIO)





# GENEROUS *Helpings*

## A Culinary Event Benefiting Second Harvest

### WHEN

Sunday, September 29, 2019  
5 pm to 8 pm

### WHERE

Second Harvest Food Bank  
of North Central Ohio  
Nordson Food Distribution Center  
5510 Baumhart Rd.  
Lorain, OH 44053

**TICKETS: \$80 EACH OR  
2 FOR \$150**

Order your tickets online today at  
[tickets.secondharvestfoodbank.org](http://tickets.secondharvestfoodbank.org)  
or call (440) 960-2265.



### HUNGER HEROES SPONSORS

- Aespire
- Assured Partners
- Bettcher Industries
- Capwell Financial Advisors
- Clark & Post Architects
- Columbia Gas
- Community Foundation of Lorain County
- Heidleberg Distributing Company
- Janotta & Herner
- Gundlach
- Lorain County Commissioners
- Lorain County Community College
- Medical Mutual
- The Morning Journal
- Nordson Corporation
- Gayle Reeves, L.P.A.
- SpaceBound
- Staffing Solutions Enterprises
- Target
- Towlift

### PARTICIPATING LOCAL RESTAURANTS

- 1833 at The Hotel at Oberlin
- Auntie Mari's Bake Shop
- Blind Perch
- Chez Francois
- Cork Tree Restaurant
- Fligner's Market
- Greek Taverna
- LCCC Conference & Dining Services
- Railroad Brewing Co.
- Sodexo Healthcare Services
- Spectrum Catering
- Speak of the Devil + SMASH
- Steel Magnolia Food Truck
- Sugar Shack Confections

**MORE  
TO  
COME!**



We invite you to be a part of celebrating our signature event in the state-of-the-art Nordson Food Distribution Center.

Generous Helpings will feature tasty samples of creations by local restaurants and chefs, complimentary wines and brews, live music by Swamp Boogie Band and an exciting silent auction filled with unique surprises!

It will be another amazing night, so join us and help raise the funds to feed our neighbors in need.





## VOLUNTEERING FROM PAGE 2

suspected they're happier when they volunteer, and research suggests that's true. A study from researchers at the London School of Economics that was published in the journal *Social Science and Medicine* found that the more people volunteered, the happier they were. The researchers compared people who never volunteered to people who did, finding that the odds of being "very happy" rose by 7 percent among people who volunteered monthly. Those odds increased by 12 percent among people who volunteered every two to four weeks.

### *Volunteering and mental health*

Psychologists have long known that social interaction can improve mental health. *Psychology Today* notes that interacting with others decreases feelings of depression while increasing feelings of well-being. Volunteering is a great way to meet new people, exposing volunteers to people with shared interests. That can be especially valuable to people who are new to a community, helping them to avoid feelings of loneliness after moving to an area where they have no preexisting social network.

### *Volunteering and long-term health*

Volunteering that requires social interaction can produce long-term health benefits that can have a profound impact on quality of life as men and



women age. A recent study published in the *Journal of Alzheimer's Disease* focused on participants without dementia who were involved in a highly interactive discussion group. Researchers compared those participants to others who participated in Tai Chi or walking or were part of a control group that did not receive any interventions. The former group exhibited improved cognitive function, and MRIs indicated they increased their brain volumes after being involved in the discussion group. Larger brain volume has been linked to a lower risk of dementia. Many volunteering opportunities require routine interaction with others, potentially providing significant, long-term health benefits as a result.

While volunteering is a selfless act, volunteers may be benefitting in ways that can improve their lives in both the short- and long-term.

**LIFE HAS TAUGHT HIM THINGS  
NO CLASSROOM COULD.**

**GRADS of LIFE**  
org

LEARN HOW TO FIND, TRAIN AND CULTIVATE  
A GREAT POOL OF UNTAPPED TALENT.

Ad Council



## What I learned at Girls on the Run.

COMMUNICATION TEAMWORK • PROBLEM-SOLVING



Girls on the Run is an after-school program for 3rd-8th grade girls. The 10-week program teaches life skills through games and activities designed to build confidence. To learn more about our program and how you can get involved, visit [www.gotrneo.org](http://www.gotrneo.org).





## YOUR LOCAL LIBRARY FROM PAGE 4

zheimer's disease were less active in early and middle adulthood in regard to intellectual, passive and physical activities than people who did not have AD. Young adults and middle-aged men and women who visit their local libraries and check out a good book might decrease their risk for cognitive decline later in life.

- **Reading can improve your vocabulary, even as you get older.** Reading for pleasure as a child has long been linked to helping young people age 16 and under develop strong reading and math skills. But a recent study from researchers at the University of London that examined how the vocabularies of more than 9,400 people developed between the ages of 16 and 42 found that vocabulary continued to improve long after teenage years. By continuing to read books from their local libraries into adulthood, adults can further develop their vocabularies.

- **Libraries provide lots of free**

**entertainment.** Libraries are home to thousands of books, but that's not all you can find at your local branch. Newspapers, magazines, CDs, and DVDs are some examples of the forms of entertainment available at local libraries. Better yet, such entertainment is free to card holders.

- **Libraries offer age-appropriate programs for kids.** Some parents may lament the lack of programs available for their youngsters. Such parents are urged to visit their local libraries, which are often home to many programs that can inspire kids to read and foster their creativity. The scope of kid-friendly programs at your local library is wide and may range from sing-a-long sessions for toddlers to group art programs for preschool-aged children to STEM-based programs for elementary and secondary school students.

The local library is an invaluable resource than can benefit people of all ages.

### Did you know?

According to the Charities Aid Foundation, the most generous country in the world in 2017 was Myanmar, which earned the distinction for the fourth straight year. Perhaps surprisingly, Myanmar is classified by the World Bank as "Lower Middle Income," which means it is not among the world's wealthiest nations. One potential reason for the generosity of Myanmar residents could be

the popularity of Buddhism, which is practiced by the vast majority of people who call the country home. Buddhists believe greed hinders their spiritual progress, so some Buddhists may see charitable giving as a way to reduce personal greed. Rounding out the top five most generous countries in 2017 were:

2. Indonesia
3. Kenya
4. New Zealand
5. The United States



## Wine Down by the Water

Raise a glass to help us raise funds... all for a worthy cause.  
A Wine Social to Support



**Lorain County  
Health & Dentistry**

**Thursday, September 19, 2019**

**5:30 p.m. - 8:30 p.m.**

Sunset Terrace at Lakeview Park  
1800 West Erie Avenue  
Lorain, Ohio 44052

**Buy Tickets Now!**

Visit our website to purchase tickets:

**[www.lorainhealth-dentistry.org](http://www.lorainhealth-dentistry.org)**

Question? Call Rebecca Shaw at

**(440) 240-1658**



2019

Live Music

CARS  
CARS  
CARS

Games & Treats

Saturday August 3  
10am to 3:30pm  
Downtown Oberlin

# FAMILY Fun FAIR!

Side Walk Sales  
Friday, August 2nd Too!

Bounce House

classic car Show

Bubble Soccer

Food Trucks

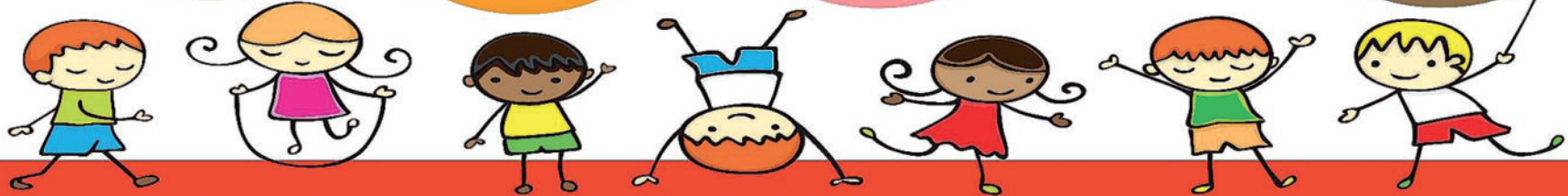
Hula Hoop contest

Dunk Tank

Big Wheel Race

Laser Tag

Rock wall



oberlin.org

- PRESENTED BY -

Positively Oberlin!  
**OBP**



facebook.com/oberlinFamilyFunFair

- SPONSORED BY -



Custom Cleaning Services | Gary's Auto Body | Gibson's Bakery | Oberlin Cable Co-Op | Oberlin IGA | Oberlin Midas  
Oberlin Subway | Oberlin Lakeside | Ratsy's Store | Rotary Club of Oberlin | Slow Train Café

# free TAX EDUCATION SERIES

## INFORMATIONAL WORKSHOPS

PRESENTED BY:



### **WORKSHOP ONE:** RIDESHARE/ FOOD DELIVERY APP TAX INFORMATION

**THURSDAY, AUGUST 15 1PM-2PM**

**Who should attend? Uber, Lyft, Grubhub, UberEats, Door Dash, Postmates, Shipt, & drivers for other app-based services.**

Whether as a full-time job or a side gig, if you drive for one of the many app-based services out there, you are a business owner. Join us to learn about what you can/cannot deduct, what tax documents you need & how to find them!

**Register at [uwloraincounty.org/taxes-app-drivers](http://uwloraincounty.org/taxes-app-drivers)**

### **WORKSHOP TWO:** SELF-EMPLOYED & INDEPENDENT CONTRACTORS

**THURSDAY, SEPTEMBER 12 5PM-6PM**

**Who should attend? Small business owners\*, independent contractors, anyone who works on a 1099-C (check with your employer if you are unsure)**

\*we will not cover inventory based businesses

If you own your own business and are unclear about how to file your own taxes, this workshop is for you! We'll start out by just going over the process of filling out a Schedule C. Then we'll cover what records you should keep to cover your deductible expenses & income.

**Register at [uwloraincounty.org/taxes-self-employed](http://uwloraincounty.org/taxes-self-employed)**

### **WORKSHOP THREE:** TAXES 101 FOR FIRST TIME FILERS & SIMPLE RETURNS

**SATURDAY, OCTOBER 12 10AM-11AM**

**Who should attend? Anyone who needs a basic refresher on filing your own taxes, young people who are employed & living at home, college students**

A lot of people tell us they wish there was a class in high school on how to file taxes; it can be confusing for even the simplest of returns!

We'll answer these questions:

- What are taxes?
- What paperwork do you need?
- Can I file if my parents are claiming me? Can I claim myself?

**Register at [uwloraincounty.org/taxes-first-time](http://uwloraincounty.org/taxes-first-time)**

## DO YOU DRIVE UBER? ARE YOU SELF-EMPLOYED?

The content of these workshops is intended to convey general tax information. We advise that you seek advice from qualified professionals for the most accurate and personalized information for you/your business. We will not cover health insurance, retirement, investments, complex Schedule C or questions related to your specific business during these workshops.