

DESTINATION GEAUGA

Autumn is a second spring when every leaf is a flower.

Family Fun at Geauga Parks

Backcountry Hike: Veterans Legacy Woods
Saturday, September 7, 1-3 PM
Veterans Legacy Woods
Join a naturalist exploring off trail in this new park, formerly Wicked Woods Golf Course, discovering Nature in forest, meadow and stream. Expect some steep, hilly terrain, muddy footing, uneven ground and downed trees. Outdoor program, so dress for the weather. Registration required at www.geaugaparkdistrict.org or 440-286-9516.

West Woods Wednesdays Farm Market
Wednesday, September 11, 4-7 PM
at The West Woods' picnic shelters
Purchase locally made/grown items at The West Woods the second Wednesday of each month this summer – and this is the last one of the year! A complete list of vendors can be found at <http://bit.ly/gpdspecial>. Live music by Rebecca Wohlever. A food truck on site will also serve dinner/snacks for purchase. Wheelchair/stroller accessible.

Monarchs & Meadow Insects
Sunday, September 15, 12:30-4 PM, at Frohring Meadows, Katydid Shelter
Sunday, September 22, 12:30-4 PM, at Orchard Hills Park, Lodge

Continued on page H2 >



HOMESCHOOL DAYS: FAMILY LEARNING FAIR!

ADVENTURES OF BOOMERANG



It all started on New Year's Day 2019 when Deputy Patty Evans received a page from the sheriff's department regarding a stray dog in bad shape. The very nice lady who spotted what she believed to be a Pit-bull type dog roaming around in her yard, took him into her home to keep him warm and safe until help could arrive.

Upon arrival Deputy Evans noticed that the dog was in pretty bad shape-severely underweight, covered in sores and with almost total hair loss. She quickly got him to the Geauga Dog Shelter and set him up in our "Zen" recovery room with loads of soft blankets and a nice healthy meal with plans to get him in to see a veterinarian as soon as possible.

Two days later "Boomerang" was taken

into Burton VCA Clinic and saw Dr. Storm. He was a model patient, and it was clear to the doctor he was suffering from Demodectic mange, horrible ear infections, severe malnutrition and a slight heart murmur –most likely brought on by his poor condition. Dr. Storm also believed Boom to be a Great Dane/Hound mix approximately 5-6years old.

For the next couple of month our Boom quickly became the staff and volunteer favorite. We could not help but love this goofy, oddly put together hunk of puppy love! Boom was put on medications to treat all of his ailments and was given several small healthy meals a day to slowly start to get some weight back on him.

Continued on page H2 >

September Events

Aug 29 - Sep 2; Thur – Mon (8am - 11 pm)

Great Geauga County Fair

Bring the family out and visit Ohio's oldest county fair. Ride the rides, see the shows, enjoy the food, and browse the exhibits and so much more. This is truly a wonderful time for the entire family. Geauga County Fair Grounds 440-834-1846 geaugafair.com

NOW-October 31, 2019 (11:00 am-4pm)

Corn Maze

Explore a three-acre corn maze. Follow winding paths that steer you to intersections where you must decide which way to go. Open Tuesday through Sunday weather permitting. A play area is located near the entrance of the maze and includes themed photo cutouts. To check the conditions of the maze call 440-256-2122 or 800-366-FARM. Follow @LakeMetroparks on Twitter for maze conditions. Regular Farmpark admission or membership applies. Please leave your pets at home! Pets are not permitted into Lake Metroparks Farmpark.

Lake Metroparks Farmpark | 440-256-2122 | www.lakemetroparks.com

Sep 6, 2019 (4:00 pm - 9:00 pm)

Chardon Farmers Market & Concert

Join us Friday nights June through mid-September for a wonderful night of community fun!

Our Farmers' Market opens at 4:00 with local produce, bakery, meat, and other tasty treats. Bring your picnic basket & blanket or chairs and stay for the open air concert (7:00 PM) on the Square in the bandstand! A different group every week with a wide range of music. Family friendly! NOTE: Evenings are weather permitting Chardon Square | www.chardonsquareassociation.org

Sep 7, 2019 (9:00 am - 12:00 pm), Sep 14, 2019 (9:00 am - 12:00 pm), Sep 21, 2019 (9:00 am - 12:00 pm), Sep 21, 2019 (9:00 am - 12:00 pm)

Geauga Fresh Farmers' Market

Outdoor farmers' market, offering goods grown and produced by local farmers and artisans.

South Russell Village Hall

Sep 7, 2019 (10:30 am) , Sep 14, 2019 (10:30 am), Sep 21, 2019 (10:30 am)

Stand-Up Paddle Board Yoga at Punderson Lake

Join Shaka Fitness for a relaxing SUP Yoga practice on beautiful Punderson Lake. No experience is needed. The SUP certified yoga instructor will provide guidance and support throughout your journey. SUP yoga is suitable for all levels and beginners are welcome. Practicing on the paddle board will encourage a connection to nature, engage the mind and body and add a little splash to your summer.

\$30 includes

SUP and Safety equipment

Paddling Instruction

And a 75 minute SUP yoga adventure.

Online registration required in advance at shakafit.com or by downloading the Shaka Fitness app Contact kelly@shakafit.com with questions.

Punderson State Park Beach | 4407246473 | shakafit.com

Sep 7, 2019 (12:00 pm)

2019 CASK -A PROGRESSIVE WINE TASTING EVENT

Join us for our 8th annual event as we pop the cork on our vintage Cask 2019.

Noon- 5:00 PM, \$6.00 per person at each winery. The cask project began as an idea in 2010 to have a continual red blend from the Grand River Valley. Each year a percentage of the wine will be bottled and sold to make room for the next year's harvest. The date on the bottle represents the year it began "10" and the year it was bottled "19". Each winery used a different 500 gallon oak barrel with vinifera grapes from their farm.

Join Debonne Vineyards, Ferrante Winery, Grand River Cellars, Laurello Vineyards, and St. Joseph Vineyards for an afternoon of wine sam-

Continued on page H3 >

First Annual Geauga Veterans Sport Fest

50 Gun and Sport Raffle

Saturday, September 14 • 1pm-9pm

To Purchase Tickets Go To:
www.GeaugaVets.com

Need Not Be Present To Win

Geauga Veterans are proud to bring you the First Annual Sport Fest!

Join us Saturday, September 14 th 1pm-9pm in downtown Middlefield at Great Lakes Outdoor Supply parking lot. This event will feature a 50 item Raffle featuring guns, bows, kayaks, fishing equipment and cash prizes! Tickets are \$20 and are available for purchase at Great Lakes Outdoor Supply, Middlefield Chamber and all Geauga American Legion and VFW posts. Raffles will be conducted from 1pm - 6pm, with food vendors and

GEAGA VETERANS



beer trailers on site. The Fort Huntshurg Band will perform from 6pm - 9pm. Fireworks will follow at dark at Yoder Park.

Visit geagavets.com for more information and to see the prize list. All profit proceeds will be split among the Geauga Veteran's posts.

Annual Burton Antiques Market Returns September 28

Don't miss what promises to be one of the most exciting events of the year! Now celebrating its 58th year, the Burton Antiques Market returns to the Geauga County Fairgrounds for the second of this year's semi-annual shows on September 28. With 400 of America's leading dealers displaying their finest antiques and vintage collectibles, there promises to be something for everyone in all price ranges.

The show starts off fast at 8 a.m. Saturday morning, September 28, for Early Buyers wanting to start the treasure hunt and get the first look at the vast array of merchandise being offered. Early Buyers admission is \$25. Over 600 Early Buyers at took advantage of the 2 hour head start before the General Admission buyers are allowed in at 10 am Saturday for \$10.00. The show is open until 4:30 pm. Nearby parking is free. Great food will be available from the dozens of concession stands. Lots of help will be on hand to assist customers purchasing items on the field. They will take



the merchandise to a loading area where some of the local Amish men will help with loading.

Nationally known show promoter Kay Puchstein states "we have had a tremendous response from the both the buyers and the dealers. Dozens of dealers who have not attended the show for years are signing up and coming back. It is going to be a very big show. Many of the returning vendors have done the show for over 30 years and some for over 40 years and a few for all 50 years. Every show gets bigger and better. This show promises to be the best show yet!"

If you are looking for investment quality antiques or desirable vintage collectibles, be sure not this miss this twice-a-year event. Silver, fine china, jewelry,

porcelain, glassware, textiles, paintings, Americana, garden furniture, decorative accessories, rugs, primitives, old tools, and much, much more will be found. Dealers from all over the United States and Canada will be displaying their finest merchandise.

The show will be held rain or shine on the racetrack in Burton at Ohio's oldest county fairgrounds. Most dealers will be under tents and another 75 vendors will be located inside under the grandstand. Burton is located just east of Cleveland. The area around Burton is home to one of the largest Amish communities in the world.

For more information and to see a short video on the upcoming shows, please go to www.burtonantiques-market.com.

2019 Sisters of Notre Dame BBQ and Boutique

The Sisters of Notre Dame are most known for their ministries in education, social justice, international missions, and their annual **BBQ & Boutique!** Many don't realize that this event is the sisters' most extensive friends outreach ministry, attracting approximately 7,500 hungry guests each year! Who knew barbecue was a ministry!

This is our most important fundraising—and **friendraising**—event of the year. We hope you will come and enjoy the festivities! We're expanding our venue to allow for even more seating, enlarging our take-out lines for all those who carry out, adding the option to purchase tickets online as well as at the



door, and our biggest change – hosting this event on **one day only, Sunday, September 29th!**

Notre Dame-Cathedral Latin Gymnasium on the Notre Dame Education Center campus, 13000 Auburn Road, Chardon sncdchardon.org/support-us/bbq-and-boutique

Geauga Parks FROM PAGE H1

MONARCHS & MEADOW INSECTS

PHOTO: STACEY RAUCH



Drop in any at time to net and tag Monarch butterflies, play the life-sized Monarch Migration game, and learn about the dangers and difficulties of this amazing journey. Fun for all ages! Also catch a variety of butterflies, grasshoppers, praying mantids, katydids, beetles and other native pollinators that call the meadow home. Nets provided or bring your own. Sun protection, socks, hat and long pants recommended for moving through the meadow. Monarch life cycle and meadow insect overview at 12:30 PM; netting in field surrounding shelter 1-4 PM. No insect collecting for removal from park. Nature's Not to Be Missed.

Homeschool Days: Family Learning Fair!

Friday, September 20, 1:30-3:30 PM

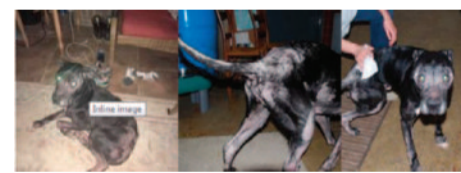
The West Woods, Nature Center Homeschoolers and their families begin the start of the school year with fun activities and information from Geauga Park District and other local organizations such as Geauga County Public Library, Geauga Soil and Water Conservation District, and more who offer educational opportunities for homeschool students. Drop in anytime during program hours. Mostly indoors with a couple experiences potentially outdoors, so dress for the weather. Registration required at www.geaugaparkdistrict.org or 440-286-9516.

BOOMERANG FROM PAGE H1

We will never know how this poor baby ended up all alone in such terrible condition-but what we DID know was that he would never suffer again. Boom was so full of love and affection, he got along with everyone including other dogs, appeared to be house broken and was previously neutered, how could no one be looking for him? We knew we had to move on from this and so did Boomerang, so we concentrated all our efforts on finding him a new home.

By March his playful side had emerged, his fur was growing back and had gained a little weight. We had a handful of potential adopters come by to meet him, but no one would commit to giving him a home.

One day one of the staff members noticed Boom was not eating (one of his favorite things to do) and seemed a little bloated. We immediately got him into the Vets where he was examined and x-rayed. Unfortunately Boom needed emergency surgery to remove a foreign object in his belly. The Vets removed close to 4lbs of material from his stomach-later we discovered he had been eating his stuffed toys! Boom had stuffed babies in his room to keep him company as he was kept separate from the other dogs. Why he decided to eat them that night-only Boom knows!



Booms recovery from the surgery was very difficult. His skin was so thin and damaged from poor nutrition and the mange that his suture area would not hold together long enough to heal, and to make matters worse poor Boom had to wear the cone of shame for many weeks! Finally After many trips back to the Burton Vet and numerous antibiotics, pain meds and tons of extra TLC from all, he finally turned the corner.

More and more time passed and then one day our shelter was invited to do the ADOPT A PET segment on channel 3. Deputy Evans and Volunteer Cherie drove him to the station to become a TV star and to hopefully capture someone's heart.

Not long after they returned, the shelter received a phone call from a couple who had seen the show and were interested in meeting our boy. Tom and Elise Barabas drove up from Kent and it was pretty much love and first sight –from both sides! None of us will ever forget April 7, 2019 the day Boomerang got the most amazing new family and his forever home!

Come see Middlefield's Marketplace Mall

Recycling things is all the rage today. Mo and Frank Foldesi took the old Middlefield Auction Barn and recycled it into one of the best shopping experiences in

North-East Ohio. The Market Place Mall is the place for a unique shopping experience.

"Middlefield is a destination location, with people visiting this area from around the world," said Mo Foldesi. "I wanted to expand my former business and this location was perfect." The Market Place Mall officially opened in January and has become the destination for people looking for something different. With two floors of vendors, the inventory is always changing and you never know what you just might find.

"The building has a special character and place in the history of the community. We have created a place with currently almost 40 vendors who have their unique business under our roof," continued Foldesi. "This gives us the opportunity to have new items, handcrafted pieces, vintage, antiques, candles, handcrafted jewelry and everything in between. This is not a flea market." The Mall also has items for the men, such as tools and fishing gear along with sports memorabilia.

Recently a church group joined the Mall. They are selling donated items to raise money to help people



pay their utility bills. All profits are used in the community to help locally.

The Market Place Mall is expanding. "We just got more space in the complex and are looking to add more vendors," added Foldesi. "This will give us the opportunity to bring in even more distinctive items." Vendors rent space by the square footage and pay a 10% sales fee. "We also do some consignment. Call ahead to make an appointment and we will look at what you have."

When you are looking for something useful, practical, a gift, holiday item or just for fun, visit the Market Place Mall and explore the two floors of items. The Market Place Mall is located at 15864 Nauvoo Road, Middlefield. Hours are Monday through Saturday 10 to 5. For more information call 440-632-9310



Sep 15, 2019 (1:00 pm - 4:00 pm)

The ART of Women's Wellness

Breathe. Relax. Connect. This afternoon is just for YOU. Designed for adults and teens, the art of women's wellness connects yoga, art, essential oils and hearty (but delicious!) food for a mini-vacation!

Enjoy a Sunday afternoon that includes:

- *1 hour yoga class
- *Introduction and exploration of essential oils
- *Delicious and nutritious refreshments

- *Creating with the art of Zentangle (everyone can "tangle" and you'll love what you can create with this new artform!)

All art supplies and refreshments included. Bring your yoga mat and dress for comfort.

Fairmount Center for the Arts 8400 Fairmount Rd, Novelty 44072.
Fee: \$45.00. Register: 440-338-3171

SEPTEMBER EVENTS FROM PAGE H1

pling and tasty appetizers.

Grand River Cellars Winery and Restaurant | 4402989838 | www.grandrivercellars.com

Sep 7, 2019 (1:30 pm)

SUP XL MULTI-RIDER PADDLE BOARD SESSIONS/LESSONS - (5 adults min)

Everyone can #getonboard with Shaka Fitness on our exciting new GIANT SUP XL multi-rider stand up paddle board. You will need teamwork and coordination to tour the lake with your SUP-mates. More riders means more fun whether paddling leisurely, challenging your speed or even taking a break in the sun. Perfect for families, groups, special events, and team building. Flat water paddle boarding is fun and easy to learn even on a GIANT SUP. No experience needed. Sessions include a 15 minute lesson on-land and 1 hour of paddling time. All equipment and a lesson included. *Some Restrictions Apply

ADVANCED RESERVATIONS REQUIRED and a minimum of 5 adult riders are needed to reserve. Riders 18-17 years must be accompanied by participating adult. Maximum of two youth per adult and no more than 8 total riders unless approved by Shaka Fitness in advance. SUP XL experiences are offered as a recreational paddle. No jumping off, pushing, horseplay, yoga or swimming from the board will be permitted.

Punderson State Park Beach | 440-724-6473 | shakafit.com

Sep 11, 2019 (4:00 pm)

West Woods Wednesdays Farm Market

Purchase locally grown or locally made items at The West Woods the second Wednesday of each month July through September! Visit bit.ly/gpdspecial for more details.

Geauga Park District - The West Woods Nature Center | 440-286-9516 | www.geaugaparkdistrict.org

Sep 12, 2019 (1:00 pm)

Costume Exhibit

North and South clothing and textiles during the Civil War 1861-1865. Enjoy a brunch, a speaker and a private tour of the collection.

Call to make reservations 440-834-1492

Century Village Museum | 4408341492 | www.CenturyVillageMuseum.org

Sep 13, 2019 (4:00 pm - 9:00 pm)

Chardon Farmers Market & Concert

Join us Friday nights June through mid-September for a wonderful night of community fun! Our Farmers' Market opens at 4:00 with local produce, bakery, meat, and other tasty treats. Bring your picnic basket & blanket or chairs and stay for the open air concert (7:00 PM) on the Square in the bandstand! A different group every week with a wide range of music. Family friendly! NOTE: Evenings are weather permitting Chardon Square | www.char-donsquareassociation.org

Sep 14, 2019

Community Wide Garage Sale & Sidewalk Sale

Reduce, Reuse, Recycle, RESELL! Our first annual community-wide garage sale will be Saturday, September 14 – anyone in the 44024 can participate. We'll do the advertising, map, and signage – you just need to set-up your stuff. Participation is free for Chardon Tomorrow Friends, non-member can just pay the \$15 for their listing and sign. For more information visit www.chardontomorrow.org

Sep 14, 2019 – Oct 27th 2019 (10:00 am - 5:00 pm)

Patterson Farm Family Fun Fest

A young-family oriented creative farm outdoor play area reached by a wagon ride, includes a huge pavilion of straw, hiking trails, corn maze, climbing tractors, tree house, homemade go-carts, painting pumpkins, slides. Pick your own apples at the same location. Pumpkins. Food concession or bring your own. Of most interest to families with children up to 6th grade. Patterson Farms, 8765 Mulberry Road, Chesterland. www.pattersonfarm.com

Sep 14, 2019 - Sep 15, 2019 (10:00 am - 5:00 pm)

Village Peddler Festival

Doors open at 9 am; shopping begins at 10 am Enjoy a fall afternoon in the country at this outdoor marketplace filled with more than 175 artisans, music, gourmet market and the aroma of food cooking outside. Visit villagepeddlerfestival.com for event information and to order tickets online. Attention Farmpark members For advanced discount tickets, call 440-256-2122 x3030 before 4:30 pm Friday, September 13. Please leave your pets at home! Pets are not permitted into Lake Metroparks Farmpark. Lake Metroparks Farmpark | (440) 503-8414 | www.villagepeddlerfestival.com

Sep 15, 2019 (10:00 am)

Harvest Handmade Market

The Harvest Handmade Market is a village-fair style shopping event located on the Historical Chardon Square. At the Harvest Handmade Market, you will find unique handmade goods, vintage finds and delicious food. For this event you will be able to browse through approximately 75 creative booths filled with amazing handmade and vintage finds. Each 10' x 12' space will be set up as a boutique style shopping area.

Chardon Square | chardonsquareassociation.org/events/harvest-handmade-market

Sep 21, 2019 - Sep 22, 2019 (9:00 am - 5:00 pm)

Apple Butter & Cider Weekend

Lake Metroparks Farmpark continues a tradition of celebrating the harvest season with a weekend all about apples! Get a taste of apple cider, sample a variety of apples and help grind apples and press cider. Apple slushies are available at the Apple Cider Bar. Visitors may also enjoy our Showman's Circle

area, including a farm-themed playground and covered shelter for live animal demonstrations. Little farmers can pedal their way on mini tractors through the farm maze on the Pedal Tractor Overlook. They can navigate the hay maze and play in the kids' areas. The whole family can explore the three-acre corn maze, enjoy harvest-themed crafts and more. Regular Farmpark admission or membership applies. Please leave your pets at home! Pets are not permitted into Lake Metroparks Farmpark.

Lake Metroparks Farmpark | 440-256-2122 | www.lakemetroparks.com/events-activities/events/apple-cider-weekend

Sep 21, 2019 (12:00 pm)

Crafts & Corks Crawl at Grand River Cellars & Debonne Vineyards

Join Grand River Cellars and Debonne for a craft crawl. Both wineries will feature a large selection of juried crafters from noon-7:00pm outside on the lawns. It will be a great afternoon of shopping, sipping and relaxing. Music plays from 3:30-7:30pm. Visit both wineries and receive a stamped ticket to be entered into a drawing for a \$50 gift basket.

Grand River Cellars Winery and Restaurant | 4402989838 | www.grandrivercellars.com

Sept 21-22, 28-29,- Oct. 5-6, 12-13, 19-20, 26-27 2019 (12:00 pm - 4:00 pm)

Ma & Pa's Horse Drawn Hay Rides/Fall Harvest

Come join us for our annual fall harvest celebration. The bears aren't hibernating yet. Take one of our horse drawn hay rides, something new added every year! Pick out your favorite pumpkin from our wide variety including white, orange, pink and blue ones! Sample our fabulous apple cider and our award winning maple syrup. Runs the weekends in September thru the end of October. Check the dates on our website. Horse drawn hay rides are weather permitting and are from 12 Noon until 4:00 pm Saturday, 12 Noon until 4:00 pm on Sunday. Pumpkin Painting and something new this season, check out our website! Cost is only \$4.00 Adults, Kids 12 & Under \$3.00, Children 2 and Under Free. Includes apple cider and maple cookie! Please call 440-548-5521 with any questions or visit our web-

site at www.maandpas.com. Ma & Pa's Gift Shack | 440-548-5521 | www.maandpas.com

Sep 22, 2019 - Sep 24, 2019 (9:00 am - 5:00 pm)

Apple Butter & Cider Weekend

Lake Metroparks Farmpark continues a tradition of celebrating the harvest season with a weekend all about apples! Get a taste of apple cider, sample a variety of apples and help grind apples and press cider. Apple slushies are available at the Apple Cider Bar. Visitors may also enjoy our Showman's Circle area, including a farm-themed playground and covered shelter for live animal demonstrations. Little farmers can pedal their way on mini tractors through the farm maze on the Pedal Tractor Overlook. They can navigate the hay maze and play in the kids' areas. The whole family can explore the three-acre corn maze, enjoy harvest-themed crafts and more. Regular Farmpark admission or membership applies. Please leave your pets at home! Pets are not permitted into Lake Metroparks Farmpark.

Lake Metroparks Farmpark | www.lakemetroparks.com/events-activities/events/apple-cider-weekend

Sep 28, 2019 - Sep 29, 2019 (9:00 am - 5:00 pm)

Horsepower Weekend

Lake Metroparks Farmpark continues a tradition of celebrating the harvest season with the Horsepower weekend! Horses and tractors have been used throughout the years for use in the harvest. Help plow the field with draft horses and watch other harvest activities provided by horsepower. See and hear antique tractors as the tractors parade through the park and talk with their owners about the restoration process. Visitors may also enjoy our Showman's Circle area, including a farm-themed playground and live animal demonstrations. Little farmers can pedal their way on mini tractors through the farm maze on the Pedal Tractor Overlook. They can navigate the hay maze and play in the kid's areas. The whole family can explore the three-acre corn maze. Regular Farmpark admission or membership applies. Please leave your pets at home! Pets are not permitted into Lake Metroparks Farmpark. Lake Metroparks Farmpark www.lakemetroparks.com/events-activities/events



University Hospitals Gauga Medical Center

Haas, Haas + Associates

Congratulate UH Geauga Medical Center's

Heroes of the Month



DeAnn Rowbotham



Katie Simone



Aimee McGowan



Connie Pontious

This nomination for Hero of the Month is a team recognition.

The Department of Maternal Fetal Medicine reached out to Geauga asking to expand their services to our campus. This would be a completely new offering to patients in our area as they previously had to travel to Ahuja or CMC.

Due to the high number of deliveries at Geauga and our patient population, particularly the Amish, it made sense to move forward. Under the leadership of **DeAnn Rowbotham**, we worked with MFM leadership to scope the work that was needed. Through numerous onsite visits and conference calls we worked through the operational details. Within a matter of months schedules were rearranged, IT systems put in place, revenue cycle charges were built along with many other items required to start a new service. Once ready to begin, **Katie Simone** worked with the MFM technician to teach her how to use our ultrasound machine. During the first day Katie worked with the tech to train her and on subsequent treatment days Katie has been an onsite resource to troubleshoot and provide oversight. In order to best serve our patients we wanted to ensure we could handle their scheduling requests onsite to provide the best patient experience. MFM schedules in a completely different manner but **Aimee McGowan** and **Connie Pontious** were eager and quick to learn the new scheduling software.

Now patients can call Geauga directly and be scheduled rather than have to call central scheduling downtown. Many patients require additional scans so prior to leaving we can now offer point of service scheduling with Aimee and Connie. Patients leave knowing they have their next appointment scheduled.

The teamwork displayed throughout the entire process was amazing. MFM clinical and administrative leadership consistently raved about how easy it was to work with the team and how seamless the process has gone. Within two months, all available appointments were scheduled weeks out. We don't have capacity to add treatment days at Geauga but offered to expand services to Concord. MFM was eager to do so and the Geauga team immediately stepped up to being planning how we can further expand.

This team exemplifies the positive attitude and willingness to serve our patients that makes Geauga so special. Because of them we can now offer these services to patients closer to home.

Nominated by Krissie Stich, Denise Toth and Adam Beach

Each Hero will receive a gift certificate courtesy of



and William R. Haas.



University Hospitals Gauga Medical Center

13207 Ravenna Road
Chardon, Ohio 44024

UHgeauga.org

Sponsored by:

HAASHAAS+ASSOC.

Insurance & Financial Services
"Expect More."

100 Seventh Ave. #135
Chardon, Ohio 44024 • 440-286-1263

haas-haas.com

Sunday, August 25, 2019

Health Talk



SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

Q: I have been diagnosed with a rotator cuff tear that requires repair. What are my chances of returning to sports after surgery, specifically golf

A: The recovery from rotator cuff repair requires patience, as the repaired tendon tissue must be allowed to undergo some biologic healing before it can safely be stressed. Patients are placed into a specialized sling which they are expected to wear for 4 to 6 weeks after surgery. The sling can be removed for bathing and changing clothes and for appropriate physical therapy, but no purposeful, active movement of the shoulder is permitted as this can compromise the healing process. The optimal approach to physical therapy following rotator cuff repair remains a topic of ongoing research without widespread consensus. Most research favors a very slow progression of therapy, with a brief period of complete rest followed by several weeks of passive movement of the shoulder where the patient does not assist in the movement of the arm.

Once patients enter the strengthening phase of their rehabilitation, typically 3 months following surgery, it is often safe to begin some very light golf activity such as putting and some chipping. Greater caution may be advised when surgery involves the lead arm in the golf swing (the left arm for a right handed golfer), as the lead arm is stretched to a greater extent in the backswing and more active as a power supplier in the downswing.

A meta-analysis, which is a large study pooling the results of multiple smaller studies on a particular topic, was published in the American Journal of Sports Medicine in July of 2016 by Klouche et al. It examined 25 studies and over 800 patients who had undergone rotator cuff repair to determine how successful the patients were at returning to sports following surgery. The studies collectively showed an 84.7% rate of return to sports following surgery demonstrating that the vast majority of patients have an excellent prognosis to get back to sports such as golf after rotator cuff repair.

While it may be frustrating for the avid golfer to miss even a small portion of the golfing season recovering surgery, given the predictable symptom relief and the high rate of success getting back to sports like golf, rotator cuff repair is typically a good long term

investment in the health of the affected to shoulder.

To view of a video of Dr. Parsons performing rotator cuff repair visit ohioshouldercenter.com

Eric M. Parsons, M.D.
Ohio Shoulder Center for Arthroscopy Lake Orthopaedic Associates, Inc.
36060 Euclid Ave., Suite 104 Willoughby 440-942-1050
9500 Mentor Ave., Suite 210 Mentor 440-352-1711
www.ohioshouldercenter.com



AUDIOLOGY

Dr. Jane Kukula, AuD

Q: Does hearing loss really cause dementia?

A: While the most common cause of dementia is aging, it is not inevitable that everyone will develop it. Those that do develop dementia tend to have other risk factors along with aging. Early onset hearing loss that is left untreated is among those risks. Other risk factors include hypertension, smoking, depression, physical activity, social isolation and diabetes.

A study involving 2040 people age 50 and above, found compelling evidence of the link between slower cognitive decline and the use of amplification with hearing in midlife (45-60 years of age). They suggested that several mechanisms may be involved to explain the relationship between early amplification and reduction in cognitive decline. Theory one was that the use of amplification in the form of hearing devices "reduced depression, and promoted greater physical activity and self-efficacy," all of which guard cognitive function. Second, hearing devices reduce sensory deprivation of the brain, depression and social isolation.

Approximately 47 million people have dementia and that is expected to soar to more than double, 131 million people over the next 30 years. Unknown to many, is that 35% of those aged 55 or older have significant hearing loss. The hope is that treating hearing loss earlier in the disease process will reduce the number of people who develop dementia later in life. This hope is supported by a recent study from the EU. The first step to good hearing health is having a baseline audiologic assessment. We recommend a baseline audiologic assessment by age 45 years and the use of amplification when indicated. Life Sounds Great! Enjoy every moment.

The Hearing Center Advanced Audiology Concepts
8897 Mentor Avenue Mentor, 44060 440-205-8848



BEHAVIORAL HEALTH

Yiannoula Sarris, M.Ed., LPC

Q: My teen has never been diagnosed with social anxiety but, it is clear that he really struggles in social situations. I don't want him on medication but, he is also reluctant to go to counseling because he feels like he is hopeless at this point. I don't want him to look back and have any regrets about not going to school dances or Friday night Football games. What can I do to help him?

A: If you feel your teen is struggling beyond the scope of what you feel is "normal teenager behavior" scheduling an appointment with a mental health professional for an initial intake assessment appointment will provide him with an appropriate diagnosis (if necessary) and treatment recommendations to consider as options. These options may or may not include medication. However, your teen can learn effective coping strategies and social skills in the therapeutic space without medication. A therapist will work with your teen to identify potential challenges in his treatment and work with him to overcome these obstacles collaboratively while increasing his motivation to participate in treatment.

If your teen is reluctant to meet with an individual therapist, group therapy in a more intensive level of care may be a more appropriate option. IOP group services can help your teen learn effective skills to cope while seeking support from other members who are experiencing similar challenges. These coping skills can help build self-esteem, eliminate ineffective coping skills (some cases, potentially harmful) and increase positive emotions. While in group setting, your teen will learn how to practice building and sustaining healthy relationships. This higher level of care will be more frequent in sessions and shorter in length of treatment. The frequency of sessions will also provide your teen with optimal opportunity to implement new coping strategies learned and reinforce positive coping in a safe non-judgmental space.

These signs should not be ignored and for the well-being of you and your son's mental and emotional health. I work with a skilled team at PBHS to offer a variety of treatment methods to best suit your unique needs. Our practice utilizes Dialectical Behavior Therapy (DBT), which is an evidence-based treatment method. We will determine the

best treatment plan for your son or daughter which may include our adolescent IOP, individual therapy or medication management.

Yiannoula Sarris, M.Ed., LPC

Premier Behavioral Health Services
8701 Mentor Ave
Mentor 44060
440-266-0770



LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D

Q: I seem to be getting more floaters the older I get. What causes them and is there anything I can do?

A: Floaters are the tiny, dark colored specks or cobwebs that float around within your field of vision. They may appear to drift around as you move your eyes, and dart away when you try to "look" at them directly. Floaters are normal and a fairly common issue that increases as we age. This is because when we get older, the vitreous or gel-like substance that fills the eye gradually thickens or shrinks.

This thickening or shrinking causes floaters to occur as the vitreous pulls away from the retina. If you have a sudden increase in floaters, especially if you have light flashes at the same time, this could indicate a retinal detachment. A retinal detachment is a serious issue that requires immediate medical attention. This occurs when any part of the retina, the eye's light-sensitive tissue, is lifted or pulled from its normal position at the back of the eye. If left untreated, a retinal detachment can lead to permanent visual loss or even blindness. Those who experience a sudden increase in floaters, flashes of light in peripheral vision, or a loss of peripheral vision should see their eye doctor as soon as possible.

Floaters can be annoying, but they usually do not require treatment. If floaters become frequent and begin to affect vision, some surgeons will perform a vitrectomy, a surgical procedure that removes floaters from the vitreous fluid. This procedure is only performed if absolutely necessary. Some ophthalmologists now offer floater removal using a yag laser, which has proven to be successful for removing smaller floaters.

Michael E. Rom, M.D.
Insight Eye Center
Chardon (440) 286-1188
Mentor (440) 205-5840
www.insighteyecenter.com