

DESTINATION GEAUGA



Wellness Grant Helps Students Ease Stress, Improve Mental Health

\$1,000 KSU Grant Establishes KSU-Geauga Mental Health & Wellness Center

By Estelle R. Brown

The Kent State-Geauga Wellness Club, in conjunction with Counseling Services, recently received a \$1,000 'seeds of wellness' grant from Kent State University. The grant is designed to benefit the entire KSU-Geauga student body with the establishment of a new Mental Health & Wellness Center.

Counseling Specialist Valerie Rutherford MSW, LISW-S, who is co-advisor to the fledgling Student Wellness Organization with Wellness Ambassador Rae Ann Byers, explains that the focus of the grant is on students who need help in managing stress and improving their overall emotional/mental health.

"While the transition to college is a time for

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Holly Days Artisan Boutique & Mistletoe Market

Geauga Park District's November programs

Check www.geaugaparkdistrict.org for more details and updated information on all events.

Backcountry Hike: Preserved Property – Saturday, November 2nd from 1:00 p.m. – 4:00 p.m. at The West Woods, Nature Center – Join Pete McDonald of the Western Reserve Land-Conservancy to explore a local privately preserved property, discovering wildlife and learning the importance of preserved lands. Meet at The West Woods for transportation in a park van. Rain or shine, so dress for the weather. Registration required.

Geauga Skywatchers Club: Telescopes, From Galileo to Cassegrain – Monday, November 4th from 6:30 p.m. – 7:30 p.m. at Geauga County Public Library, Geauga West Branch – Attend the third meeting of our

new club! Learn all about telescopes and make your own working optical instrument with the guidance of Martin Mullet of the Chagrin Valley Astronomical Society. Also learn about the library's new telescope lending program and some basics on how to use a telescope to view the moons of Jupiter and rings of Saturn! Followed by a parking lot star party, weather permitting. Registration required on Geauga County Public Library's website. Prospective members may login to Meetup.com to find the dates and times of future lectures and activities. Wheelchair/stroller accessible.

Veterans Legacy Woods Reception – Saturday, November 9th from 9:00 a.m. – 11:00 a.m. at Veterans

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Geauga Park District's



Holly Days

ARTISAN BOUTIQUE

Find special holiday decor & gifts for everyone on your list at this Nature-themed juried craft show!

Saturday, Nov. 9 • 10 AM - 4 PM

The West Woods Nature Center
9465 Kinsman Road (Rt. 87) • Russell Township

Geauga County Probate/Juvenile Court Judge



Timothy J. Grendell

Thank you for your continued support. Enjoy your parks!

Board of Park Commissioners Executive Director



Andrej N. Lah



Jackie Dottore



Howard Bates



John Oros

Also shop handmade gifts & artwork made by youth artisans at

Mistletoe Market



www.geaugaparkdistrict.org



Small Business Saturday November 30, 2019

10:00 AM to 5:00 PM - Chardon Square

Kick off your holiday shopping while supporting the amazing small businesses around Chardon! Chardon Tomorrow and the Chardon Area Chamber of Commerce celebrate Small Business Saturday with free doughnuts and coffee at 111 Main Street from 9:00 am - 11:00 am. We'll also have shopping passports listing the special deals for the day, giveaways, and a grand prize raffle.

Also enjoy: "Arts & Culture Aren't a Gamble" at 111 Main Street: A basket raffle support renovation and funding efforts for the Geauga Lyric Theater Guild. Over 20 locally themed baskets to win!
Holiday Pop-Up Shop in the Heritage House
As you're shopping that weekend, be sure to post photos of yourself in your favorite Chardon small businesses with the hashtag #ShopSmall-Chardon to Facebook, Twitter, or Instagram. At the end of the weekend a winner will be randomly selected to win a prize!

 **Geauga County
PUBLIC LIBRARY**
geaugalibrary.net

Mob money and the Geauga Gamble

Prohibition made Cleveland, Ohio, a pretty tough town. Bootleg whiskey went hand-in-hand with gambling, and the gamblers struck it rich! But law enforcement kept interfering with mob business. The crime rate was so high that famed lawman Eliot Ness was hired to help. Solution? Move mob operations across the county line. Open the Bainbridge Racetrack. Shuttle customers to the upscale Pettibone and Mounds clubs. Maybe sherriffs out in the country would be more cooperative. Here's the story. Thursday, November 7, 2019, 6:30pm - 8:00pm
Administrative Center Branch, 12701 Ravenwood Drive, Chardon

Still life art: fall harvest

Come practice your artistic skills by drawing a still life of fun and interesting items! Learn about shapes, composition, and shading. Charcoal and paper will be provided, but feel free to bring your own supplies. All skill levels welcome. This month's theme will be fall vegetables and leaves. Registration is required.
Monday, November 11, 2019, 7:00pm - 8:30pm
Bostwick Room Chardon Branch

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 M-F 10-5:30 • Sat 10-5 • Sun 12-4

GEAUGA PARKS FROM PAGE H1



Veterans Legacy Woods Reception

Legacy Woods, Banquet Facility - Armed Forces veterans and your families, enjoy the splendor of autumn at Veterans Legacy Woods, one of our newest parks, with engaging activities, a naturalist-led hike, EZ Go Cart tours and refreshments. Wheelchair/stroller accessible.

Holly Days Artisan Boutique & Mistletoe Market - Saturday, November 9th from 10:00 a.m. - 4:00 p.m. at The West Woods, Nature Center - Browse a premier selection of Nature-themed holiday decor and gifts for sale by regional artisans. The perfect opportunity to find unique, handmade items for everyone on your list! Our Mistletoe Market also features handmade gifts created by young artisans. Wheelchair/stroller accessible.

Campfire Cooking: Dutch Ovens - Saturday, November 9th from 11:00 a.m. - 1:00 p.m. at Sunnybrook Preserve, Lodge - Learn a new skill and get inspired for your next camping adventure! Together we'll create some camping cuisine over a campfire in Dutch ovens, followed by dessert. Registration required.

Nassau Night Sky Viewing - Saturday, November 9th from 7:00 p.m. - 11:00 p.m. at Observatory Park, Nassau Astronomical Station - Observe the wonders of the night sky using this facility's giant research-grade telescope! If weather prevents sky viewing, join us for a planetarium presentation in the McCullough Science Center instead. Wheelchair/stroller accessible.

Backcountry Hike: Exploring the Preserve - Sunday, November 10th from 12:30 p.m. - 3:30 p.m. at The Rookery - Join a naturalist for an on-and-off-trail adventure exploring the seldom-visited preserve area of The Rookery. Rugged, potentially wet terrain; must be physically capable of up to four miles of on and off-trail hiking. Dress for the weather and wear sturdy boots or shoes. Registration required.

Native American Games - Sunday, November 10th from 1:30 p.m. - 3:30 p.m. at Big Creek Park, Meyer Center - Join a naturalist to play some fun, traditional games that Native American children played to develop skills which made them better hunters. Registration required.

Net-Zero Solar Home Van Trip - Saturday, November 16th from 9:00 a.m. - 11:30 a.m. at The West Woods, Nature Center - Tour the features and construction of the first net-zero, environmentally friendly, solar-powered home in Geauga County designed and built by local architect Hank Penttila and Burton resident Jacqueline Samuel. Meet at The West Woods and travel by park van to the site. Registration required.

Winging It: Waterfowl on the Move - Sunday,

November 17th from 8:00 a.m. - 10:00 a.m. at LaDue Reservoir, Boathouse Parking Lot - Meet up at the LaDue parking area on Valley Road to bird LaDue Reservoir for loons, waterfowl and Bald Eagles during prime migration time. Spotting scopes provided. Van seats available first come, first served. Caravan behind if van fills. Nature's Not to Be Missed.

Maple Town Tune Traders - Thursday, November 21st from 7:00 p.m. - 10:00 p.m. at The West Woods, Nature Center - Come to play, sing or simply enjoy as audience. Musicians of all levels, genres and instruments are welcome. Short performances followed by sharing of songs and tunes in the round. Snacks to share welcome. Wheelchair/stroller accessible.

Ohio's Owls Night Hike - Friday, November 22nd from 6:00 p.m. - 7:30 p.m. at Big Creek Park, Aspen Grove Shelter - Owls are amazing creatures that live in our woods. Discover some of their nocturnal adaptations as we search the night for them and listen for their calls.

Wildlife Detective BINGO - Sunday, November 24th from 1:30 p.m. - 3:30 p.m. at The West Woods, Nature Center - Join a naturalist for a wildlife twist on traditional bingo. Learn how to be a wildlife detective, explore animal artifacts, and use your new skills to play this popular game! Wheelchair/stroller accessible.

Strut Off the Stuffing Hike - Friday, November 29th from 9:00 a.m. - Noon - The West Woods, Turkey Ridge Shelter - With Thanksgiving leaving us feeling a bit over-stuffed, it's time to strut off that stuffing with a steady-paced, calorie-burning eight-mile hike.

Turkey Trottin' Scavenger Hunt - Friday, November 29th from 1:00 p.m. - 3:00 p.m. & Saturday, November 30th from 1:00 p.m. - 3:00 p.m. at The West Woods, Nature Center - Looking for something to do? Pay attention to this clue: on a rhyming scavenger hunt you will go to uncover turkey facts you did not know! Lots to explore for your eyes; you can even win a prize! Fun for the whole family. Drop in anytime during these hours to pick up a scavenger hunt. Two skill levels available: for 5 and under, and for 6+. Staff available to assist. Wheelchair/stroller accessible.

American Kestrel Nest Box Project - Saturday, November 30th from 1:00 p.m. - 2:00 p.m. at The West Woods, Nature Center - Geauga Park District launched an American Kestrel nest box project early in 2019. Get a first-hand look into this effort and learn the trials and tribulations of a species in peril. Wheelchair/stroller accessible.

WELLNESS GRANT FROM PAGE H1

growth and excitement about the future, college students are faced with a number of new responsibilities and expectations that can be overwhelming and intimidating," Rutherford says.

Students struggle with the stress of balancing their school responsibilities with all of their other responsibilities like work, children, and family, Rutherford adds. "Because we are a commuter campus, our students face unique hardships such as transportation issues, housing issues and financial stressors that differ from students who live on campus. Our students have to manage their time effectively in order to be successful."

Fittingly, the Wellness Center is designed to give students creative options for reducing stress, managing emotions and increasing their understanding of mental health issues. Students can then apply their new skills into their lives outside of campus, integrating their new knowledge to cope in any situation, academic or otherwise.

The new Wellness Center should increase students' awareness of the services offered on campus, improve general knowledge about stress management and mental health, and offer students the opportunity to release their tension in several different ways. The center will also promote the use of the campus mental health counselor and involvement in the student Wellness Club.

In order to qualify for the grant, the proposed project needed to focus on at least one of eight Kent State of Wellness priority areas: Alcohol & Other Drugs, Mental Health, Nutrition, Physical Activity, Preventive Care, Safety, Sexual Health, and Smoking & Tobacco Use.

Rutherford explains, "Our project focuses mainly on mental health but also encompasses other areas like nutrition, physical health and preventative care."

Until now, KSU-Geauga has promoted mental and emotional health on campus but lacked a program offering centralized resources to

manage stress and tension and improve mental well-being. The new, centralized Mental Health & Wellness Center now fills that void.

"We believe we will be able to improve the well-being of those on our campus by offering a consolidated area focused on stress reduction and mental/emotional health," Rutherford comments.

The Mental Health & Wellness Center at Burton is located in the library outside of Counseling Services (Room 120C). The Wellness Center will officially open at the start of spring semester, January 13, 2020. Meanwhile, some items are already available at the Wellness Center, including coloring pages and colored pencils, puzzles, 3-D pin art, stress balls and other stress toys.

By spring 2020, a variety of educational brochures and posters focusing on stress management, mental health, nutrition and physical health will also be available to educate students about mindfulness, deep breathing, grounding, self-care and stress reduction in general. The center will also add lava beads, essential oils and puzzles to the existing items. Ongoing fundraising efforts will help to sustain the center into the future.

While this grant has been approved for the Burton regional campus, a similar grant proposal for the Regional Academic Center in Twinsburg has also been submitted and is pending approval. Rutherford explains, if the RAC grant is not approved, Burton will split the items between the two locations so that students at both sites can benefit.

Established just a year ago, the KSU-Geauga Wellness Student Organization promotes healthy living, healthy habits and general wellness... not only among students but also among faculty and staff. The wellness benefits are designed to spill out from campus and into the community at large. The grant-supported Mental Health & Wellness Center helps to strengthen the mission of this Wellness Club even further.



November Events

Nov. 2, 2019 (12:00 pm) Winegrowers of the Grand River Valley Turkey Trot

A PROGRESSIVE WINE TASTING EVENT Join DeBonne Vineyards, Ferrante Winery, Grand River Cellars, Laurelino Vineyards, and St. Joseph Vineyards for an afternoon of wine sampling and tasty appetizers. All wines will be paired with dishes from a traditional Thanksgiving Feast to help you pick out wines for the holidays. No reservations necessary. \$5 per person at each winery Go to www.wggrv.com or call 440-298-9838 for more information Grand River Cellars Winery and Restaurant | 440-298-9838 | www.grandrivercellars.com

Nov. 5, 12, 19, 2019 (5:30 pm) Spaghetti Dinner Tuesday's

Chardon Eagles Ladies Auxiliary Spaghetti Dinner. Public Invited Dinner includes: Spaghetti, 2 meatballs, Salad and Garlic Toast, Coffee or Tea Half orders available. Red or White sauce available To go orders available. Call 440-286-9921 to order

Nov. 8, 2019 (6:00 pm) 2019 Century Village Banquet

Join us for dinner and a Chinese Auction with our friends and neighbors. Tickets for this event are \$40 per person and include 5 Chinese Auction tickets. Space is limited so call for your reservation 440-834-1492 Century Village Museum | 440-834-1492 | www.CenturyVillageMuseum.org

Nov. 15, 2019 (1:00 pm) Yoga in the Salt Cave

Salty | (440)-286-SALT(7258) | www.visitsalty.com

Nov. 21, 23, 2019 (6:00 pm) Holiday Windows

This magical evening includes a delicious dinner and dessert buffet surrounded by the splendor of holiday lights and decorations. Treat yourself to a truly enchanted evening that will inspire and delight.

Auburn Pointe Greenhouse | 440-543-7455 | www.auburnpointegreenhouse.com

Nov. 22, 2019 - Dec 22, 2019 (10:00 am - 4:30 pm)

Ma & Pa's Christmas Trees & Carriage Rides

Shop for your favorite tree at Ma & Pa's. Ohio grown, we also have balled and potted trees available, fresh wreaths made by Ma! Free Carriage Ride w/tree purchase. Saturdays only. See our website for details. Shop 'til you drop in our 1820's Log Cabin, roast a marshmallow, pick out your favorite Christmas Tree or Fresh Wreath, take a Free Surrey Ride with Tree purchase! Check out our website for all of the details.
440-548-5521 www.maandpas.com

Nov. 23, 2019 (10:00 am) Christmas Open House

Come get a jump start on Christmas Shopping with Gifts Galore! Home Decor, Unique Finds, Natural Body Care, Essential Oils, Natural Cleaners. Many original Artisans and their treasures will be Offered! Drawing for Gift Basket for those who make a purchase!!
His Daughter | 440-632-8053 | Hisdaughtershop.com

Nov. 23, 2019 - Nov 24, 2019 (11:00 am - 4:00 pm) Christmas at Century Village

Did you ever wonder how the Cook Family, the Boughton Family or the Hitchcock Family prepare for Christmas? Visit the families on our Christmas tour! They can't wait to visit with you! Timed tickets are available so call for yours today 440-834-1492
Geauga County Historical Society

Nov. 24, 2019 (9:00 am) Holiday Boutique

Holiday Boutique. Come in and Browse the homemade crafts, cookies etc. Wonderful Christmas ideas and gifts. A Crafty person? Rent a spot with table and bring in your crafts to sell. Call Kelly Beech to reserve your table or answer your questions. 440-413-7843
Chardon Eagles Ladies Auxiliary

Nov. 29, 2019 - Dec 5, 2019 (12:00 pm - 6:00 pm) Tannenbaum Wine Trail

A self-driving tour along the Vines & Wines Trail in Northeast Ohio. At each participating winery, you will receive complimentary appetizers and samples of wines. You will pick up your Christmas tree at your first stop. At each winery you visit, you will receive a ceramic ornament with the winery's name printed on it to decorate your tree. Call 800-227-6972 to make reservations or visit <http://ohiowines.org/> for more information.

Nov. 1 & 2, 2019

A Christmas Gathering at the Tanner House

Our annual Christmas Gathering and Tea at the Tanner House. Holiday crafts will be available for purchase. Complimentary light refreshments as well as tea will be available. Hours: 9am-5pm Friday, and 9am-3pm Saturday. At the corner of Caves and Mayfield Roads in Cherland. 440-729-1830

Now - Nov. 8 (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 website at www.maandpas.com.

Nov. 2019 (5:00 pm)

Seafood Boils at Warren's Spirited Kitchen

Enjoy this unique dining experience Wed. & Fri., under our heated tent. Call for details. Reservations suggested. Warren's Spirited Kitchen, Burton 440-273-8100

Nov 1, 8, 2019 (5:30 pm)

Friday Night Fish Fry at Chardon Eagles Ladies Auxiliary

Friday Fish fry Public Invited Your choice of: Perch, Orange Roughy, Shrimp, Chicken Tenders. All meals include Potato, Coleslaw or Salad, Bread, Coffee or Tea To Go orders Available. Call 440-286-9921

Nov. 2, 9, 16, 23, 30, 2019

Nassau Night Sky Viewing

Observe the wonders of the night sky using this facility's giant research-grade telescope! If weather prevents sky viewing, join us for a planetarium presentation in the McCullough Science Center. Wheelchair/stroller accessible. Geauga Park District - Observatory Park



Fun had at Fall Fest

This year's Fall Fest may have been a little warm for a fall event, but lots of fun was had by the nearly 1,000 people who attended. There were a number of fun activities to participate in including smore making, scarecrow making, balloon art, music, and free food such as hot dogs, apple cider, and other warm drinks.

This wonderful event would not be possible without the support of City of Chardon, Boy Scout Troop 226, Chardon Area Kiwanis, Chardon Square Association, and Rotary Club of Chardon. The event was the brainchild of Randy Sharpe, Chardon City Manager and organized by Adam Rogers, City of Chardon Recreation Director.

"It is so nice to see the young families come up to the Square to work together to create a unique scarecrow to take home, said Norma Moses, coordinator of the scarecrows for the Chardon Area Kiwanis. "Fall Fest is one of my favorite events held in the city each October."

To learn about events civic groups in the City please visit www.chardon.cc, www.chardon-squareassociation.org www.kiwanisclubofchardon.org, and/or www.chardonrotary.org.



University Hospitals Gauga Medical Center

Haas, Haas + Associates

Congratulate UH Geauga Medical Center's

Heroes of the Month



Jordan Baldwin

Jordan Baldwin, Oncology Patient Experience Rep Jordan has proven to be the missing piece to team Friedman to make a great team even stronger. Not only is she steadfastly dedicated to anything and everything his clinic needs to remain as efficient and on-time as possible she is also extremely proactive in mitigating all delays. For example, Jordan reviews the schedule and what is needed for each patient to be ready for the MD to have a meaningful appointment – if she notices any delays in getting the patient drawn, sending labs down, or full rooms she jumps in to get it done so the MD never misses a beat and care is never delayed due to incomplete labs or the patient not in the room. It is no surprise that the MedOncs run overly booked every day and are often experiencing long wait times. Jordan makes sure to check on every patient – offering drinks and snacks and providing constant updates on where they are in the rotation to be seen. She also loops in the infusion team so that if there is anything the RN's can do to get things started for treatment that is getting done during that time. Dr. Friedman runs the latest clinic in SCC and Jordan asked that she be the late member of her team 4 days/week so that she is always the one available to work and finish up the clinic. Jordan also makes sure to champion the Distress screening for our patients, by setting a good example. She has trained those newer and some more senior staff that the screening can and always should be completed. Often it is Jordan and her team alerting the RN's and SW that a patient is in a high amount of emotional distress. During the last QOPI survey it was noted that Geauga was the only site consistently and correctly completing the Distress Thermometer and I have Jordan's leadership to thank for this finding.



Heather Regal-Sullivan

Heather Regal-Sullivan, Business Specialist Perioperative Heather performs 4 unique job roles in the Peri-Op Department. She fills in for the Surgery Scheduler, OR Secretary, Pre-Op Secretary and PAT Secretary/Scheduler and excels at each of these jobs. Her attention to detail is outstanding and she is very organized and efficient in all of these roles. Heather is also very flexible with her schedule and can move in and out of these roles several times per day if needed. For example, we had a call off in Pre-Op and Heather started her day there making sure the patients in Pre-Op were brought back on time and the nurses completed their patient care before going to PAT (her original role) to meet the needs of that department, the patients and the nurses. Heather also has a strong work ethic and arrives early to work and will stay late if needed to cover our patients and department needs. Aside from her work ethic, she also exhibits a great personal character and professionalism. She is positive, engaged and a team player. It was difficult to choose one organizational value as Heather exhibits them all!!!!



Kevin Pestak,

Kevin Pestak, Staff Nurse - 1 West Kevin is a very kind and compassionate person. He is dedicated to making sure that his patients are well cared for and have everything that they need during their stay. Recently we had a patient on the unit who had his diet order changed but it was after the kitchen closed. Kevin acknowledged that the patient was hungry and wanted to make sure the patient had something hot to eat. He was kind enough to order the patient food from a local restaurant to make sure that his patient had exactly what he needed to feel satisfied. Kevin has great bedside manner and always puts his patients first. He has on many occasions taken the time to sit and explain things to his patients to make sure that they are at ease and feel safe while in the hospital. Kevin is often mentioned on patient experience surveys for his genuine concern for his patients and kind demeanor. Kevin often takes the extra step to go above and beyond to set the next shift up for success and to ensure that his patients have everything that they need within the care continuum.



Heidi Butcher

Heidi Butcher, Patient Care Nurse Assistant/Secretary - 1 West Heidi is an exceptional Secretary. She brings joy to the unit and to the patients. She is the type of person that does not like seeing a person upset or in distress and when she does she does everything that she can to make them feel better. Heidi has been seen giving foot and back massages to our patients and spending extra time with them just to make them smile. Heidi is fun loving and has been mentioned on multiple surveys for her fun and caring demeanor. She is known to bring in food and share it with fellow staff members and physicians! We recently had a patient on the unit that Heidi connected with. She spent extra time with the patient and family getting to know them and helped them through a tough time. She enjoyed this patient so much that when she came in for a mandatory education session she stopped by the unit just to see the patient and take her for a walk because she wanted the patient to continue to gain strength and progress back to her norm. She does a great job communicating with patients and other staff members. Heidi goes above and beyond the call of duty by taking her time with patients, talking with them and ensuring they have what they need before she leaves the room. Heidi abides by the UH no past zone and assists other staff members when needed. Patients request her presence because they remember her and enjoyed the short period of time that they spent with her before. She is an amazing person and is truly an asset to the UH team!

Each Hero will receive a gift certificate courtesy of



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University Hospitals Gauga Medical Center

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Sunday, October 27, 2019

Health Talk



AUDIOLOGY

Dr. Jane Kukula, AuD

Q: I read somewhere that one day there could be cure for hearing loss. How can they cure damage to the hearing nerves?

A: We can't yet cure nerve related hearing loss, but there is hope. The Hearing Restoration Project's (HRP) research shows a great potential for the regeneration of damaged hearing nerves called haircells. This research may one day make hearing loss a thing of the past.

While working on another project one of the HRP researcher stumbled across an unexpected finding. When studying hearing loss in chickens, they administered drug a in order to damage the haircells. It was several days later when they saw that almost all of the chicken's haircells returned. They did not believe the results and repeated the experiment several times with the same results concluding that chickens can regenerate inner ear hair cells. They continued this new research and we now know that all vertebrate animals except for one, mammals which includes humans, spontaneously regenerate haircells.

Since then researchers have experimented with drugs to stimulate re-growth of haircells. They were successful with mice, partially restoring their damaged haircells. As a result the HRP now hopes to translate what we know about regenerating hair cells in chickens and mice to humans. While there is much work still to do, there is a strong belief that one day this will lead to a cure for nerve hearing loss in humans.

In the meantime, you should still to take good care of your hearing. Eat right, exercise and have a baseline hearing evaluation. Life Sounds Great! Enjoy every moment.

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



BEHAVIORAL HEALTH

Anthony McMahon, Ph.D.

Q: My brother is really not doing well. I'm worried about him. I'm trying to get him into therapy, and I even tried to schedule an appointment for him. He refuses to go. I don't want to lose my brother. What can I do to help him?

A: One of the most humbling truths about being a therapist is accepting the fact that we don't change people—people choose to change. It makes no difference how talented or skilled a therapist is. No amount of psychological expertise or diplomacy can force someone to receive services that they are adamant about refusing.

That doesn't mean that there is no hope. In situations like these, where a loved one refuses to accept desperately needed services, I encourage friends and family to consider their own treatment. The reason for this is two-fold. First, it can be extremely overwhelming to watch someone you care about struggle and suffer. There is no reason you need to bear this without support. Second—and perhaps more central to your question—you may be able to impact your loved one's behavior and functioning through your own treatment. In therapy we regularly treat interpersonal effectiveness skills that can be used to improve and alter relationships. Whenever a relationship we are in gets altered, by extension we are altered. Even if the end result is not therapy, there may be ways of increasing support and implementing interventions to help your brother.

PBHS offers a variety of services including individual psychotherapy, neuropsychological evaluations, medication management, and Intensive Outpatient Programming (IOP). If you believe that these services could be beneficial to you, or if you have any questions about your treatment options, please call us to schedule an appointment within 24 hours of your call. Also, if you are interested in learning more about our clinicians and their training, please feel free to visit the staff section of our website (<http://www.pbhsohio.com/staff>)

Anthony McMahon, Ph.D.
Clinical Psychologist
Premier Behavioral
Health Service
8701 Mentor Avenue
Mentor 44060
440-266-0770



LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: What is diabetic retinopathy?

A: Diabetic retinopathy is diabetes complication that affects the eyes. This condition is caused by high blood sugar levels which causes the blood vessels behind the retina to leak fluid behind the extremely sensitive nervous tissue, resulting blurred vision or vision loss. Patients with either Type 1 or Type 2 diabetes can develop diabetic retinopathy, and the more blood sugar is uncontrolled, the more likely the condition will develop. Also, the longer a person has diabetes, the more likely they are to develop the disease. It is estimated that nearly 80% of patients who have had diabetes for at least 10 years have some degree of diabetic retinopathy. Initially, diabetic retinopathy may not show many symptoms. However, as the condition progresses, the common symptoms include floaters and flashes, blurred vision, dark areas, and color vision impairment.

The best way to prevent vision loss from diabetic retinopathy is careful and proactive management of diabetes. If you have diabetes, it is crucial to see your eye doctor every year for a dilated eye exam, even if you are not experience any vision problems.

If you are a diabetic and have noticed any changes in your vision, please contact your eye doctor as soon as possible to prevent a potential serious vision problem.

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



SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

Q: Are there any updates regarding the use of stem cells in the treatment of rotator cuff tears and other orthopaedic injuries?

A: An excerpt from the October 2019 issue of The Journal of Bone and Joint Surgery, the preeminent journal in orthopaedic surgery, sums up the current state of the art when it comes to stem cell treatments:

Many claims for the use of mesenchymal stem cell (MSC) therapy for conditions such as arthritis and tendon disorders lack sound evidence, leading to increasing scrutiny of the efficacy and safety of biologic treatments. There are documented incidents of serious harm to patients after undergoing stem cell

treatments in medical tourism destinations and at U.S. clinics using products that violate FDA regulations, including the formation of neoplasms and blindness. In the U.S., there are also reports of bacteremia leading to hospitalization in patients receiving injections of umbilical cord blood products. Infections and other consequences are likely underreported by clinics administering stem cells outside of clinical trials, and the lack of available longitudinal data means that the potential long-term negative effects of treatment are largely unknown.

Misleading statements made by MSC therapy clinics abound, and the misconception that clinics operating on false pretenses are predominantly a concern outside the U.S. confounds the reality that hundreds of these clinics exist throughout the country. The potential benefits of MSC therapy for many conditions are not well understood, yet many clinics in the U.S. advertise unsubstantiated benefits of MSC therapy at a cost ranging between \$3,000 and \$15,000. In response, the Federal Trade Commission has begun investigating these clinics and imposing multimillion-dollar penalties for violating truth in advertising laws. MSC therapy clinics must also comply with FDA regulations pertaining to the use and processing of human cells and tissues intended for use in a human recipient to ensure safety, efficacy, and security. The FDA is also investigating MSC therapy clinics and has sought permanent injunctions for the use of products that are not FDA approved and do not comply with good manufacturing practices.

As I have stated in this column previously, research into the effects of stem cell treatments should continue, as we yet do not know whether some of these interventions may in fact help our patients. At the present time, however, consumers should remain highly skeptical of the motivations of practitioners who promote stem cell therapy as a panacea. It may not be the patient who stands to benefit.

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