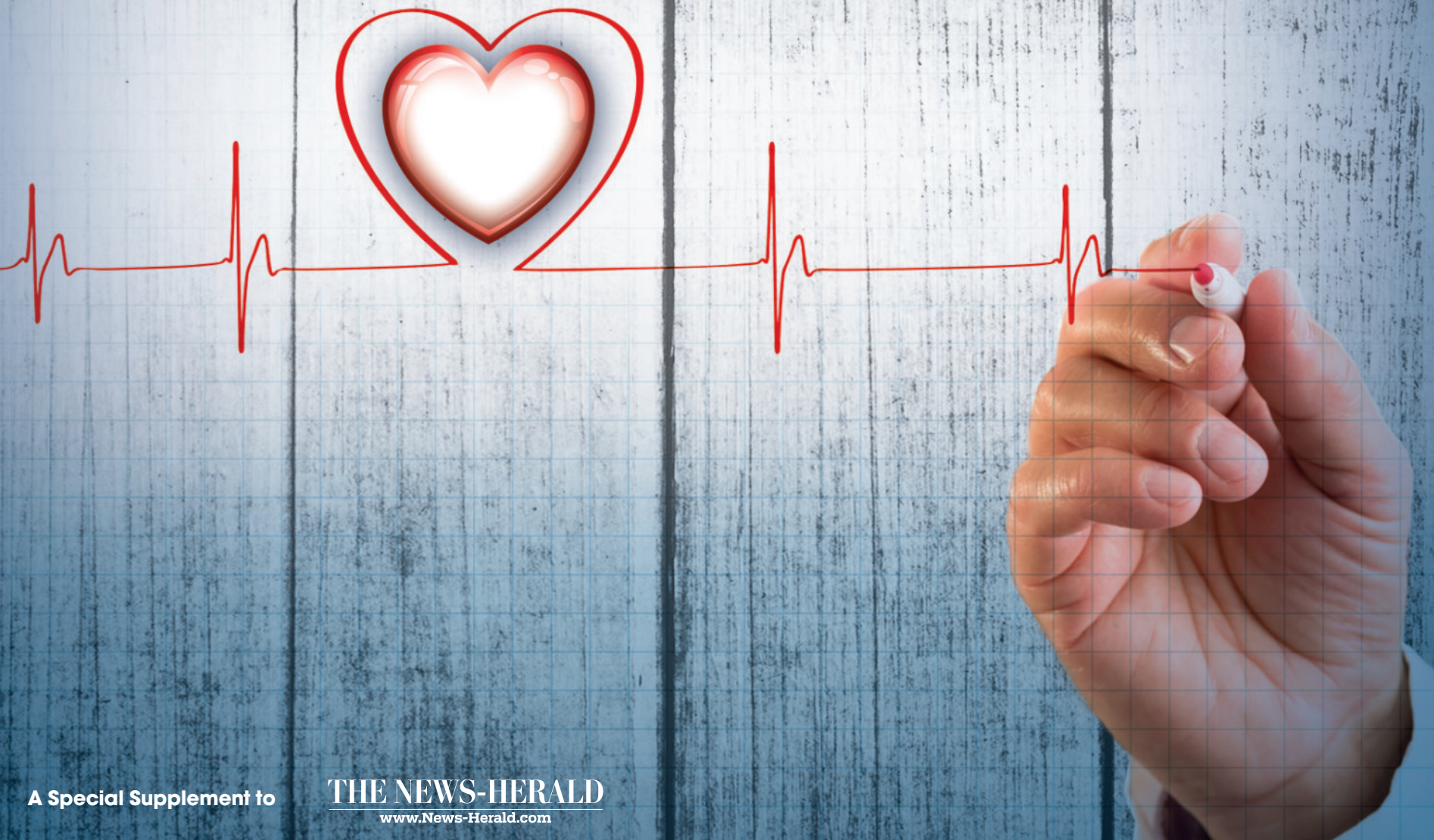


Thursday, August 27, 2020

Medical Directory



A Special Supplement to

THE NEWS-HERALD
www.News-Herald.com

Good health starts with good choices.

Trust the care and appreciate the convenience of the Lake Health Physician Group.

From primary care and pediatrics to surgery and orthopaedics, there's a Lake Health Physician Group near you. Our physician network offers plenty of choices for expert treatment and personalized care to make sure you and your family are prepared for life. Most of our physicians also offer online appointment scheduling for non-urgent visits at lakehealth.org/schedule.

FAMILY PRACTICE

Chardon Family Practice*

510 Fifth Ave.
Chardon
440-279-1500

Hackett Medical Group

8300 Tyler Blvd.
Mentor
440-205-1529

Lake County Family Practice

9500 Mentor Ave.
Mentor
440-352-4880

Madison Family Practice*

6270 North Ridge Rd.
Madison
440-428-8246

Mentor Family Practice*

8655 Market St.
Mentor
440-255-7938

Middlefield Family Practice

16030 East High St.
Middlefield
440-632-0594

Northcoast Family Practice*

7580 Auburn Rd.
Concord Twp.
440-352-0400

INTEGRATIVE MEDICINE

Integrative Medicine*

8655 Market St.
Mentor
440-255-5508

INTERNAL MEDICINE

Internal Medicine at Perrico Health Campus*

4176 State Route 306
Willoughby
440-918-4690

Mentor Internal Medicine*

9485 Mentor Ave.
Mentor
440-205-5833

Willoughby Internal Medicine*

36100 Euclid Ave.
Willoughby
440-953-6294

OB/GYN

OB/GYN*

5105 SOM Center Rd.
Willoughby
440-602-6710

9485 Mentor Ave.
Mentor

440-205-5862

Women's Health Specialists*

4176 State Route 306
Willoughby
440-918-4630

PEDIATRICS

Chardon Pediatrics*

510 Fifth Ave.
Chardon
440-279-1590

Madison Pediatrics*

6270 North Ridge Rd.
Madison
440-428-6225

Mentor Pediatrics*

9485 Mentor Ave.
Mentor
440-205-5800

Willoughby Pediatrics*

36100 Euclid Ave.
Willoughby
440-942-4844

PRIMARY CARE

SOM Center Primary Care*

5105 SOM Center Rd.
Willoughby
440-953-5740

Willowick Primary Care*

29804 Lakeshore Blvd.
Willowick
440-833-2095

CARDIOLOGY

Northeast Ohio Heart Associates*

36100 Euclid Ave.
Willoughby
440-951-8360

7580 Auburn Rd.
Concord Twp.
440-352-9554

CARDIAC ELECTROPHYSIOLOGY

Cardiac Electrophysiology*

36100 Euclid Ave.
Willoughby
440-602-6735

ENDOCRINOLOGY

Mentor Endocrinology

8300 Tyler Blvd.
Mentor
440-266-5000

OPHTHALMOLOGY

Ophthalmology*

36100 Euclid Ave.
Willoughby
440-946-9555

ORTHOPEDICS

Ohio Hand to Shoulder Center

13170 Ravenna Rd.*
Chardon
844-542-6363

7580 Auburn Rd.
Concord Twp.
844-542-6363

25501 Chagrin Blvd.
Beachwood
844-542-6363

Orthopaedics*

36060 Euclid Ave.
Willoughby
440-602-6670

PAIN MANAGEMENT

Pain Management*

5105 SOM Center Rd.
Willoughby
440-953-5760

9485 Mentor Ave.
Mentor
440-205-5799

PULMONOLOGY

Pulmonology

9500 Mentor Ave.
Mentor
440-255-5620

RHEUMATOLOGY

Arthritis Associates*

5105 SOM Center Rd.
Willoughby
440-953-8700

SPORTS MEDICINE

Sports Medicine*

8655 Market St.
Mentor
440-833-2010

SURGERY

Bariatric Surgery

36100 Euclid Ave.
Willoughby
440-602-6737

Mentor General Surgery*

9500 Mentor Ave.
Mentor
440-354-0377

Plastic Surgery*

36060 Euclid Ave.
Willoughby
440-602-6553

SOM Center General Surgery*

5105 SOM Center Rd.
Willoughby
440-953-5712

*provider-based facility



lakehealth.org

Symphony at Mentor



is a small, private assisted living community that specializes in providing care and focused programs for residents in all stages of dementia. Statistics prove that seniors with a diagnosis of

dementia do better in an environment that works their mind in a purposeful way every day by providing meaningful moments. Symphony at Mentor has the medical care and therapeutic approach to work through behaviors, dementia progression and family involvement. Living in a specialty community provides a more intimate environment to help residents through any stage of dementia.

The staff at Symphony at Mentor offer free home assessments to help you navigate the many options of senior care. Their Certified Dementia Practitioner can put together a daily program routine to help slow down the progression of dementia. We don't just provide care; we offer a solution.

For more information on free screenings call (440) 256-8320.

Dementia Experts You Can TRUST!

Only
5 Rooms
Left

Symphony at Mentor
A Memory Care Community



We are a standalone assisted living specializing in care for residents with dementia.

- Safe & Secure homelike neighborhoods
- Aging in Place 24/7 nursing care
- Specialized programs to engage all stages of dementia
- Medical & Psychiatric services on staff

CALL for FREE Home Assessment with one of our dementia specialists.

8155 Mentor Hills Drive | Mentor
440-256-8320 | SymphonyAtMentor.com

What is toenail fungus or Onychomycosis?



William Donahue, Jr.
DPM, FACFAS

Onychomycosis is a fungal infection of the nail. It is the most common disease of the nails and creates about half of all nail abnormalities. This condition may affect toenails or fingernails, but toenail infections are particularly common. It occurs in about 10 percent of the adult population. Onychomycosis accounts for one third of fungal skin infections. The common symptoms of the fungal nail infection include the nail becoming thickened and discolored. Fungus cases are reported to be either white, black, yellow, green or all of the

above. If left untreated, the infection will make nail brittle, painful and embarrassing. Extremely contagious, it can pass from person to person very easily and because of this, it is difficult to clear up. Nail fungus can cause social problems since when having it, an individual will want to hide or cover it up.

There's good news. You can have beautiful, healthy feet again with our FDA cleared Lunula Laser treatment. It's the first and only non-thermal, touchless painless treatment of toe nail fungus to target the fungus and stimulate new, clear nail growth.

Contact us today at 216-459-8616
Donahue Foot and Ankle Center
8300 Tyler Blvd. • Mentor
1013 Rockside Rd. • Parma



NOMS

PODIATRIC MEDICINE & SURGERY

William E. Donahue, Jr.,
DPM, FACFAS

Offering comprehensive foot & ankle care

NomsHealthCare.com
8300 Tyler Blvd., Mentor
1013 Rockside Road, Parma
216.459.8616

The only practice in Ohio offering

Lunula Laser:

pain-free, 100 percent safe, proven toenail fungus treatment. Lunula is free from the serious health risks associated with oral fungus medications and is completely painless unlike other laser options. A Lunula treatment is easy and convenient with no downtime afterward. Improve your quality of life with Lunula and enjoy clearer, healthier toenails today.



How Do Stem Cells Treat Pain?

Innovations in regenerative medicine are changing the game in orthopedics

Regenerative medicine is breaking new ground every day. In orthopedics, it is now possible to use your own adult stem cells to stop pain, heal injuries and even regenerate lost cartilage. The treatment is non-surgical and results in little down time.

How does it work?

Regenerative treatments can work by activating the body's natural healing process to stimulate tissue regeneration and activate healing. These simple procedures take healthy, regenerative cells from either your fat tissues or bone marrow from the pelvic bone, where they are more concentrated, and inject them into the injured area of the body. This activates your body's own adult stem cells and blood platelets to reduce inflammation, stimulate healing and speed repair for bone, muscle, joint, soft

tissue and nerve injuries.

As the stem cells begin to do the work in your body, most patients report an improvement in pain and function within a few weeks and continue to improve for several months as the healing process continues. Ultimately, pain relief can last for several years.

Is this the same as an injection of amniotic stem cells?

No. Recent studies from both Cornell University and the nonprofit Interventional Orthopedics Foundation found that these "off the shelf" stem cell products made from birth tissues do not contain any live stem cells. They are so highly processed, that the stem cells are dead by the time they are injected into the patient. In order for a stem cell treatment to work, the stem cells must be alive.

The gold standard among orthopedic leaders in regenerative medicine is to use a patient's own adult stem cells from bone marrow. While this is a relatively painless and quick procedure, patients should ensure it is performed by a highly skilled orthopedic doctor using ultrasound guidance to ensure proper placement.

Can anyone have this procedure?

Regenerative medicine is an alternative for those who have been recently injured or who have chronic pain, as well as those who are looking to avoid surgery, prolong the need for surgery, or who just may not be a candidate for surgery.

The first step is to find out if you are a candidate through a consultation with an orthopedic specialist who will evaluate the injury and determine an in-

dividualized treatment plan. The initial consultation is covered by insurance. The success rates of the regenerative procedures depend on many factors and will be discussed once the doctor has reviewed your individual condition.

Locally, we are fortunate to have one of the most respected orthopedic surgeons in the country now offering this innovative procedure for a wide range of painful conditions. Reuben Gobezie, MD, is one of the country's top specialists in both surgical and non-surgical techniques to restore damaged joints, ligaments and bones. He founded Regen Orthopedics in 2014 and has helped hundreds relieve pain and regain function through regenerative medicine.

Visit Regenorthopedics.com for more information or set up a consultation at 844-786-2355.

Pain relief from
a trusted source.
You.

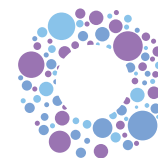
Activate your own healing
process with regenerative
medicine.

Using the power of your own adult stem cells, a regenerative treatment can stimulate healing and relieve arthritis pain. At Regen Orthopedics, you'll be cared for by nationally renowned, Harvard-trained Orthopedic Surgeon, Reuben Gobezie, MD, a leader in regenerative medicine.

Schedule a consultation with Dr. Gobezie today!

844-786-2355 • regenorthopedics.com

All Regen Orthopedics patients receive an orthopedic evaluation to determine if regenerative medicine treatments are right for them. Individual results may vary.



regen
ORTHOPEDICS

Beachwood, OH



Next To Me is Always There to Meet Your Needs

Whether you're looking for that special bustier (for that equally special day), mastectomy bras or breast forms after surgery, or for fuller size bras from 32 to 52 and cups from DD to L., we're always here to meet your needs.



Next To Me has gained a well deserved reputation as a fine intimate apparel store...but Next To Me is much more than that. It's a place where a woman can find the proper garment for her special needs, especially if she is full cupped or has had breast surgery.

Visit us at 8920 Mentor Avenue in Mentor or call us at 440-974-0900.

Are you missing teeth? Do you suffer from major dental problems?



Albrecht Family Dentistry can place your dental implant and restore it too. Dr. Albrecht, Richards and Albrecht are committed to improving your smile. This family-oriented dental practice provides care for all your dental needs, including crowns, dentures,

extractions, root canals, implants, clear braces, and all aspects of cosmetic dentistry. With a dental laboratory on-site, they can serve you promptly. *Improve your smile by calling Dr. Albrecht, Dr. Richards and Dr. Albrecht at 440.358.0495.*



Celebrating
33
Years!

"Where Fitting Is An Art"

SPECIALIZING IN BRA AND MASTECTOMY FITTINGS



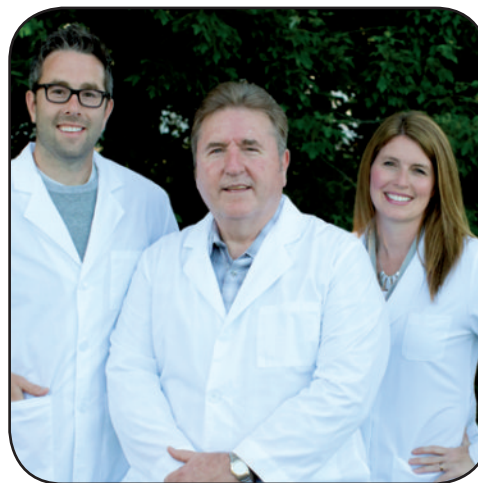
20% OFF In stock merchandise*

(*Does not include sale items, Happy Feet or mastectomy products.) Offer expires 10/3/20

You'll love the newest collection of breast forms and bras.

Mentor Corners Shopping Plaza 8920 Mentor Ave.
440-974-0900 • www.nexttome.cc

ALBRECHT FAMILY DENTISTRY



Rusty M. Albrecht, D.D.S.
Lundon R. Albrecht, D.D.S.
Chandice A. Richards, D.D.S.
Welcoming New Patients

We perform all types of dentistry for all ages.
Emergencies Welcome!

Weekday, Evenings & Saturday Appointments

Now Placing Dental Implants

Need a Dentist?
Our Dental Family would be honored to serve your Family.

Call today for an appointment
(440) 358-0495

9659 Old Johnnycake Ridge Rd. Mentor
(behind Lowes)
Visit us at: www.albrecht dental.com

WE ARE PREMIER BEHAVIORAL HEALTH SERVICES

For over ten years, we have been providing quality therapeutic services to adolescent, adult, and geriatric populations. We utilize a comprehensive approach to mental health treatment and offer a range of therapy, assessment, and medication management services.

All of your providers work together as a team to ensure your success. Our staff is here to help you and offer evening and weekend hours. If you struggle with any of the following, please give us a call:

**Substance use • Depression • Anxiety
Panic attacks • Thoughts of harming yourself or others
Memory loss • Chronic pain**



8701 Mentor Avenue, Mentor 44060

440-266-0770

www.pbhsohio.com • info@pbhsohio.com

At Premier Behavioral Health Services, we believe therapy has a beginning, middle, and end.

Our goal is to give each individual who walks through our doors the skills needed to cope with everyday stressors without dragging treatment on for years.

Our staff works as a team to provide a comprehensive approach to mental health treatment. What does this mean for you? In our office, we provide a range of therapy, assessment, and medication management services to provide treatment tailored to your specific needs. Our team communicates on a daily basis and will work hand-in-hand to ensure your success.

PBHS utilizes Dialectical Behavior Therapy (DBT) interventions to provide you with skills to manage painful emotions and stress. These skills can be used in everyday situations. Our office is open Monday through Saturday and we offer evening appointments. We are here for you. Please call if you or a loved one would like to create a life worth living.

Get the **FACTS** on Insurance



Laura Mutsko
Owner & Licensed Agent

"As your independent agent, I will put your needs first and find the plan that works best for you."

- **INDIVIDUAL HEALTH PLANS**
- **GROUP HEALTH PLANS**
- **MEDICARE ADVANTAGE PLANS**
- **MEDICARE SUPPLEMENTS**
- **DENTAL • VISION • LIFE**

*Lake County's #1 source
for all your health and life
insurance needs.*

Mutsko Insurance Services, LLC

440-255-5700

visit www.mutskoinsurance.com

In the Know about Cataracts

Cataracts, a natural age-related condition, causes the natural lens inside your eye to become cloudy thus preventing light and images from reaching the retina. Symptoms include blurry or foggy vision, colors appear dull or washed out, poor night vision, halos around lights, and needing more light to read. Cataracts develop at different rates in different people, can affect one or both eyes, and most cataracts progress gradually.

Simply having a cataract does not always require surgery. Sometimes a change in eyeglasses or contact lens prescription is enough to restore adequate vision. Unfortunately, there is



no way to prevent cataracts and the only way to correct vision impaired by cataracts is with cataract surgery.

Good news: if you are a candidate for cataract surgery, continuous innovations in technology have made the procedure safer than ever and with the advancements in replacement lens technology, cataract surgery can offer an opportunity to correct other vision problems such

as astigmatism or presbyopia. Visit your eye doctor for information about cataract surgery, lens options, and advanced technology.

Ophthalmic Physicians, Inc.
(440) 255-1115
www.opivision.com

Coming in 2021

Insulin for \$35/month



Laura Mutsko
Mutsko Insurance

Beginning in 2021, beneficiaries of many Medicare Part D or Medicare Advantage plans who use insulin can expect to pay a maximum co-pay of \$35 for a one-month supply of this life-saving drug. This is

The 2021 Medicare maximum \$35 per month cap will be applicable in all four stages of Medicare, so insulin costs will not be subject to the annual deductible or higher costs of many plans during the "donut hole" coverage gap stage.

good news for the more than 3.3 million Medicare beneficiaries who use one or more of the common forms of insulin.

Currently, the cost of insulin fluctuates based on which of the four stages of Medicare the beneficiary is in. Right now, beneficiaries usually pay a higher amount during the initial annual deductible stage and 25% of the overall cost of insulin once they reach the coverage gap. The Center for Medicare Services estimates the average out-of-pocket cost for insulin each year at \$675.

It is important to remember that while 1750 Medicare part D plans and Medicare Advantage plans will be offering these lower prices, not all plans will participate in this program. We can help you determine whether your plan will offer this benefit. If not, we can help you switch to a different plan during the Medicare Annual Enrollment Period, beginning October 15, 2020. To find a plan that works for you, contact me at 440-255-5700 or email me at Lmutsko@mutskoinsurance.com.

Customized Cataract Surgery



**Advanced Technology
 for Increased Accuracy
 & Unmatched Precision**

- LenSx Femtosecond Laser Technology
- ORA Intra-operative Lens Power Analysis
- Premium Lenses

~ Tailored Solutions for Your Eyes Only ~

The OPI
 Surgical
 Team



Gregory Riffle, M.D.



Gregory Eippert, M.D.



Carrie Happ, M.D.

~ Call today for your consultation ~

9485 Mentor Ave, Suite 110
 Mentor, OH

(440) 255-1115



WE'RE MOVING

New Location Oct 1, 2020

8140 Norton Parkway
 Suite 110
 Mentor



(440) 255-1115

OPI Doctors:
 Gregory C. Riffle, M.D.
 Gregory A. Eippert, M.D.
 Carrie S. Happ-Smith, M.D.
 Lisa M. Ward, M.D.
 Robert Purgert, M.D.
 Lida Zeinalpour, O.D.

www.opivision.com / Facebook: OPI Ophthalmic Physicians Inc./ Instagram: #opivisionmentor

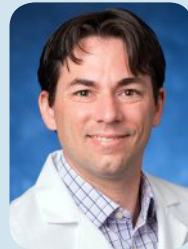
Ask the Doctor

Dear Doctor,
Recently I have noticed the appearance of small bumps over the end joints of my fingers. Occasionally these joints become painful with activity. In the morning I note that my hands often feel stiff.

Dear Patient,
 From your description it appears that you have developed arthritis in your hands. Arthritis in the hands occurs as many different types. The “bumps” which you describe are most likely Heberden’s nodes. These nodes are the result of arthritic spurring which occurs over the terminal of end joint in fingers. These joints are called distal interphalangeal joints. Heberden’s nodes have long been recognized as the hallmark of familial osteoarthritic disease. Heberden’s nodes have been shown to be a strong predictor of osteoarthritis in other joints. On the other hand the absence of Heberden’s

nodes is also a strong predictor of the absence of significant osteoarthritis in the hand. The occurrence of Heberden’s nodes typically follows an initial inflammatory phase, which is often painless. The patient may then develop a deformity of the joint with enlargement at the joint line. Typically most patients do not require treatment. However painful instability may occur secondary to endstage arthritic disease, or a cyst termed a mucous cyst may arise from the joint. The cyst becomes vulnerable to repeated local trauma because of its location on the top of the finger. Progressive enlargement of the cyst may cause the cyst to begin draining. The cyst may occasionally cause a nail bed deformity. Persistence of the cyst, nail bed deformity, pain and the possibility of a complicating infection are indications for surgical treatment of the mucous cyst. In the absence of a cyst, painful instability or

instability which results in diminished hand function may be the reason to consider surgical treatment of the distal interphalangeal joint. In order to better assess your particular case an evaluation by a Physician who can suggest the appropriate treatment is recommended.



Michael C. Weisburger, MD
Lake Orthopaedic Associates, Inc.
 9500 Mentor Ave.
 Suite 210, Mentor
 (440) 352-1711

36060 Euclid Ave. Suite 104
 Willoughby (440) 942-1050

.....
Dear Doctor,
I have been experiencing pain from a bunion deformity on my foot. What causes this? And what are my treatment options?

Dear Patient,
 Bunion deformities are a hereditary condition that can affect a wide range of people from young adults to the elderly. Bunion deformities can be painful and debilitating. Depending on the size of the deformity, it can be difficult for patients to find shoes to accommodate for the deformity. A patient’s normal daily activities can be limited due to pain, stiffness, and swelling in the toe joint. Many patients elect to treat bunion deformities conservatively prior to proceeding with surgery. Conservative treatment options for bunion deformities including extra-depth shoes, padding, toe spacers, and orthotics. Some bunion deformities can get progressively worse with age and may require surgery. The indications for surgery are if the bunion deformity of fracture or normal daily activities, causes pain on a daily basis, and no

We have a specialist for all your orthopedic needs!



Mitchell Nahra, M.D.
 Hand & Upper Extremity Disorders,
 Carpal Tunnel Syndrome, Trigger
 Finger, Arthritis, Joint Reconstruction,
 Sports Injuries, Trauma & Fracture
 Care, Shoulder Joint Replacement



Michael Weisburger, M.D.
 Hand & Upper Extremity
 Disorders, Carpal Tunnel
 Syndrome, Arthritis,
 Dupuytren’s Disease, Trauma,
 Fracture Care



Bradley Webb, M.D.
 Total Joint Replacement &
 Revisions-Hip & Knee,
 Arthritis of the Hip & Knee,
 Disorders of the Hip & Knee



Eric Parsons, M.D.
 Rotator Cuff Repair,
 Shoulder Arthroscopy



Ohio Shoulder
 Center for Arthroscopy

John Bucchieri, M.D.
 Hand & Upper Extremity Disorders,
 Carpal Tunnel Syndrome, Trigger
 Finger, Arthritis, Trauma & Fracture
 Care, Shoulder Joint Replacement,
 Reverse Total Shoulder



Jeff Lupica, D.P.M.
 Foot & Ankle Specialist,
 Reconstruction, Trauma,
 Heel Pain, Foot Disorders



www.yourbonedocs.com

9500 Mentor Ave., Mentor 440-352-1711 • 36060 Euclid Ave., Willoughby 440-942-1050



improvement after trying conservative treatment options. Surgical treatment options for bunion deformities can vary depending on the patient's age, activity level, and size of the deformity. If you have failed one or more conservative treatment options please follow-up with a board-certified foot and ankle specialist for further evaluation.



Jeff Lupica, DPM

Board certified in foot surgery

Board certified in reconstructive rear foot and ankle surgery

Lake Orthopaedic Associates, Inc.

9500 Mentor Ave. Suite 210, Mentor (440) 352-1711

36060 Euclid Ave. Suite 104, Willoughby (440) 942-1050

What is Achilles tendinitis and can exercises help?

Achilles tendinitis is an inflammation of the Achilles tendon that connects your calf muscle to your heel bone. This inflammation often causes pain at the back of the lower leg or heel. Inflammation of the Achilles tendon commonly occurs secondary to overuse in individuals who participate in athletic activities. X-Rays may be necessary to determine whether a bone-spur may be contributing to heel pain around the insertion of the Achilles tendon.

Symptoms caused by Achilles tendinitis are commonly treated in physical therapy clinics and a structured exercise routine can help decrease pain and limitations associated with Achilles tendinitis. A comprehensive stretching program is important to improve muscle flexibility of the lower leg, to decrease stress at the Achilles tendon. A specific form of exercises known as "eccentric exercises" can also be helpful in the management of Achilles tendinitis and have been shown to decrease pain and possibly increase tendon strength.

Other forms of treatment that can be administered by a physical therapist to alleviate symptoms of Achilles tendinitis include therapeutic ultrasound and iontophoresis.

Exercise selection is based on the acuity of the symptoms and may differ for everyone. Exercises should be taught and monitored by a health professional.

Don't let heel pain keep you out of the game! Visit a Podiatrist or Physical Therapist for the safest and most effective way to start an exercise regimen to decrease pain and limitations associated with Achilles Tendinitis.

Zack Dawson, PT, DPT, CSCS

Zack is a Doctor of Physical Therapy with special interests in rehabilitating athletes to safely return them to sport and works with patients of all ages to decrease pain and restore function.

Lake Orthopaedic Associates, Inc.

9500 Mentor Ave., Suite 210

Mentor (440)352-1711



LUNG CANCER WON'T QUIT,
EVEN IF YOU DID.

Thanks to a new scan, lung cancer can be detected early when it's more curable. If you smoked, get scanned.

Talk to your doctor or visit SavedByTheScan.org



GATES MILLS CLUB

Independent & Assisted Living

**Gates Mills Club now offers Licensed Assisted Living Services...
extending your Independent Living at GMC**



- Easy Lifestyle
- Very Accessible
- Trips and events
- Great Location
- Extra care should the need arise
- Apartment style living
- Excellent Amenities
- Lifelong learning
- Fine Dining

We Accept the Medicaid Waiver Program



GATES MILLS CLUB
Active Senior Living

INDEPENDENT & ASSISTED

6759 Mayfield Road
440.461.2010
www.GatesMillsClub.com



It's a Family Thing!



It is with great satisfaction that we can now announce the addition of Licensed Medicaid Assisted Living Waiver to our repertoire of amenities of Independent Living and Licensed Assisted Living Services at Gates Mills Club! Residents who need a bit more care don't have to move away, nor do they have to move to a "wing." They can stay right in their independent apartment home and we'll bring the extra care to them. And since we already offer "affordable" independent living, we will now offer "affordable" assisted living, and Medicaid Assisted Living as well. It won't break the bank.



Living at GMC is a "family thing" since we live with and work with folks that could be considered our extended family. The old adage "you don't get to choose your family" applies, but we make it work at GMC. Our newest "family" is a set of caregivers who are providing extra help in our new Medicaid Waiver and Licensed Assisted Living. Our experienced caregivers work alongside our registered

nurses and LPNs to get the help you need in your own apartment without having to move anywhere. While most residents here are still very capable of independent living, those who age in place and need just a little more help can get it for a very

affordable rate. Our goal is to keep our family around as long as possible.

Like most families we have a photo album in the form of Facebook. Anyone can go to our website www.gatesmillsclub.com to see the latest pictures of our GMC family doing fun things!

For more information or to schedule a tour, call Paula at 440-461-2010. We look forward to having you become part of our family and start enjoying your new family with Gates Mills Club!

Dr. Blanchard's Plastic Surgery Center

- Dr. Blanchard, a Board-Certified Plastic & Reconstructive Surgeon, practiced in Lake County for 28+ years and then practiced for a few years downtown in Cleveland. She now returns to Lake County with much enthusiasm. In that time, she gained a great deal more experience in facial cosmetic surgery and liposculpting performing over 2,000 more procedures in a couple of years! She also continued to perform "in-office" procedures: Botox, Fillers, etc.
- Dr. Blanchard offers a quiet, friendly atmosphere for consults and "in-office" procedures. Consults for cosmetic surgery usually last 30-60 minutes.
- Office Hours: Tuesday and Thursday 10:00 a.m. to 4 p.m. Please call 216-772-2496 to schedule your private consultation!



Dr. Janet Blanchard is happy to announce the opening of her new Mentor location!

With years of experience and expertise, Dr. Blanchard will proudly be serving Lake County and surrounding area residents for all of their Plastic Surgery needs.

- Botox
- Fillers
- Cosmetic consultations
- Facelift
- Necklift
- Breast Lift
- Tummy Tuck
- Liposuction

6 months no interest with CareCredit!

Watch for Grand-Opening events!

Janet M. Blanchard, M.D.
8316 Yellowbrick Road, Mentor, Ohio 44060
Dr.Blanchard@dr.com
216-772-2496



- Medicare.gov, Nursing Home Compare

UPDATED 03/20

Our Experienced Staff Make The 5-Star Rating.

Our Amenities Make You Comfortable.

Our *Culture of Care* Makes The **Difference**.

NOW OPEN

LUXURY
ASSISTED
LIVING



Mentor Ridge

HEALTH AND REHABILITATION

www.mentor-ridge.net

440.299.5500

Follow us on Facebook @mentorridgeOH



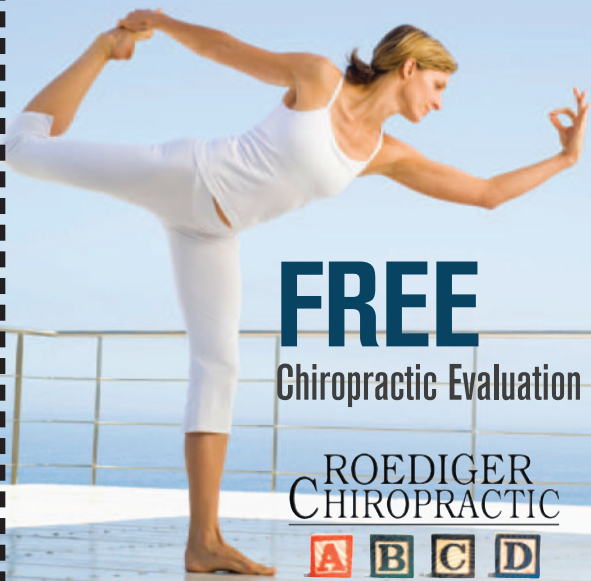
The Preserve

SENIOR LIVING
AT MENTOR RIDGE

www.the-preserve.net

440.276.5898

Picture Life Without the Pain



FREE
Chiropractic Evaluation

ROEDIGER CHIROPRACTIC
A B C D

Convenient. Efficient. Affordable.

Chiropractic Care will help you LIVE IT!

Call today and mention **this ad** to schedule a complimentary evaluation for you and your family.

Roediger Chiropractic

401 South St., Bldg. 2A
Chardon, OH 44024

440-285-0756

roedigerchiropractic.com

Dr. Tad M. Roediger, D.C.



Retina Specialists of Ohio

Retina Specialists of Ohio is proud to have multiple locations throughout Northeast Ohio, allowing us to provide the full spectrum of eye care in a most efficient way. This spectrum ranges from the basic routine eye exam to the most common affliction of the eyes which is the development of cataracts. Our care does not stop there. We care for eye injuries, contact lens fitting, disease management such as macular degeneration, diabetic eye care, glaucoma, dry eye management, ocular allergy and any other disease of the visual system. Our combined experience of over half a century of care shall give you the confidence to feel that, you are "in good hands". Dr. Stephens, Dr. Beharry take care of retinal problems, Dr. Bello provides the complete eye care including medical and routine and Drs. Vance and Zaidinks cares for all routine optometry needs. Our patients have most unique opportunity to receive the highest standard of care with one stop, our office.



For a complete listing of all locations go to www.retinaohio.com or call to make an appointment at (440) 975-8200.

Complete Eye Care



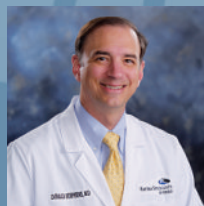
Nicole C. Beharry, MD

Board Certified
Ophthalmologist and
Vitreous-Retinal Surgeon



Victor M. Bello, MD

Board Certified
Ophthalmologist



Donald C. Stephens III, MD

Board Certified
Ophthalmologist and
Vitreous-Retinal Surgeon



Trisha Vance, OD

Therapeutically
Licensed
Optometrist



Ryan Zaidinski, OD

Therapeutically Licensed
Optometrist

**Yearly Eye Exams • Eye Allergy Testing • Cataracts • Glaucoma
Macular Degeneration • Diabetic Eye Care**

ACCEPTING NEW PATIENTS

**Schedule a new patient exam and
receive a \$10 gas card**

*Must be a new patient, not valid on previous exam,
expires 9/30/20*

Retina Specialists of Ohio

MAYFIELD VILLAGE
6690 Beta Dr Ste 312
Mayfield Village, OH 44143
216-297-3230

PARMA
5500 Ridge Rd. Ste 208
Parma, OH 44129

STREETSBORO
1105 State Route 303
Streetsboro, OH 44241

FAIRLAWN
270 S. Cleveland-Massillon Road,
Ste A Fairlawn, Ohio 44333

WILLOUGHBY HILLS
Chagrin North Office Park
34950 Chardon Road, Ste 102
Willoughby Hills, OH 44094

AVON
37500 Harvest Dr.
Avon, OH 44011

ELYRIA
1131 E. Broad St. Unit C
Elyria, OH 44035

PARMA HEIGHTS
6390 Pearl Road
Parma Heights, OH 44130
216-297-3230

MIDDLEBURG HEIGHTS
6879 B Southland Dr.
Middleburg Heights, OH
44130

WILLOUGHBY
34302 Euclid Ave., Unit 3
Willoughby, OH 44094

Tel: 440-975-8200 • www.retinaohio.com

Welcome to Mapleview Country Villa



Just a short drive from historic Chardon Square, Mapleview Country Villa is committed to providing a quality therapeutic regimen that is tailored to each person's unique needs. Whether rehabilitation or skilled nursing care is required, our goal is to prepare each person to return home as quickly and safely as possible. Our therapy space features specialized equipment for both strength training and enhancement of physical function. The therapy apartment setup, which includes a kitchen and bedroom, aides our staff in the successful restoration of daily living activities. A dedicated speech therapy treatment room is available for individuals recovering from speech, swallowing, or cognitive disorders.



Lake-Geauga Recovery Centers Offers a Wide Range of Services

Lake-Geauga Recovery Centers, Inc. is a non-profit agency providing continuous service to the community since 1971. The Center provides a wide range of services for adults whose lives have been affected by their own or another's use of drugs, alcohol, problem gambling or mental illness. Our goal for treatment services is to help our clients achieve long-term recovery and an improved quality of life. Outpatient services include Assessments, Drug Testing, Individual Counseling, Group Counseling, Dual Diagnosis, Family Group, Medication Assisted Treatment and Ambulatory Detox. A Grief Support group for those who have lost loved ones due to drug or alcohol abuse is available. The Center operates four Residential Treatment facilities, including a specialized facility for pregnant women, and Recovery Housing for men and women. Comprehensive Prevention services are provided to schools, businesses and the general community. Services are provided through the support of Lake County ADAMHS Board, Geauga Board of Mental Health and Recovery Services and United Way of Lake and Geauga Counties.

For more information please visit our website at
www.lgrc.us or call **440.255.0678**

Thanks to our funders



Upgrade your Care

Mapleview Country Villa is proud to offer

Clinical Specialty Programs

Cardiology · Nephrology · Wound Care · Infectious Disease

Cardiac Excellence

We take an active role in helping our patients successfully manage cardiovascular disease, including heart failure. Through ongoing education, monitoring and collaboration, our cardiac patients are able to enjoy better quality of life and improved outcomes.

For more information, please call **440-286-8176**



Mapleview Country Villa

Part of the Legacy Health Services Family

775 South Street · Chardon, OH 44024 www.lhshealth.com



MPV 369

LAYTON PHYSICAL THERAPY: Therapy, Therapeutic Massage, Yoga, and So Much More...

Layton Physical Therapy believes that healing is not static; it often evolves in stages. Layton has helped people overcome pain and disabilities for 30 years. The initial stage for healing responds well through the use of traditional modalities to facilitate healing in back, joint and musculoskeletal injuries as well as neurological, chronic pain syndrome, and pelvic/spinal dysfunction. Therapists have long used a variety of manual techniques, whether it is for a new diagnosis or a chronic condition. Myofascial release and craniosacral therapy address limitations and imbalances of the connective tissue in the body and are used to restore movement and promote wellness. Layton also offers yoga; including restorative, reiki, therapeutic massage, and structural alignment.

Visit laytonpt.com and click on the Facebook link for more information.



Mention this ad for a FREE half hour Massage or Yoga Session!

LAYTON PHYSICAL THERAPY

Recovery in Motion

Hands on Manual Therapy

Aquatics • Chronic Pain • Orthopedic • Neuro Spine & Pain Management • Myofascial Release • Massage Therapy
Craniosacral • Vestibular/Balance/Dizziness

Holistic Health Programs

Yoga • Reiki • Tai Chi • Nutrition • Reflexology



Madison
2899 Hubbard Rd.
440.428.0422
www.laytonpt.com

Dispos-A-Vue

Disposable Face Shield

Wearing a face shield while treating patients, waiting on customers, or even grocery shopping can help protect against airborne respiratory droplets. The **Dispos-A-Vue** shield is comfortable, economical protection.

- Lightweight full coverage face shield 10.5" x 14"
- Optically clear polycarbonate for maximum visibility
- Adjustable elastic head band
- Comfortable 1" foam barrier for forehead protection
- Can be worn with or without glasses
- Disposable and cost efficient



Contact **Brian Buehner**
bbuehner@chemsultants.com
(440) 974-3080

www.DisposAVue.com
Mfg in Mentor, OH



Mentor manufacturer making face shields

Chemsultants International creating new product in light of coronavirus



Submitted

Chemsultants International Inc. employees work in a production “clean” room formerly used for making medical devices.

By Betsy Scott
bscott@news-herald.com
@ReporterBetsy on Twitter

Another entrepreneurial adventure is afoot in Mentor.

Chemsultants International Inc. recently began manufacturing face shields at its facility at 9079 Tyler Blvd.

“This product is something where we saw a need that we could easily fulfill on our own,” said company Vice President Jennifer Martin. “We partnered with another Mentor business to be able to quickly produce a comfortable, economical face shield available to local

customers. You don’t need to go online to get protection.”

Chemsultants worked with Quality Design Machining — a vendor since 1990 — to design and produce the item for the local market.

The shields are available to the general public as well as companies seeking to protect employees and others as they return to work.

The Dispos-A-Vue-100 is disposable equipment that can be worn over filtered face masks while treating patients to protect against airborne viruses, such as the coronavirus.

It features a lightweight, full-coverage

shield 10.5 inches by 14 inches; a clear polycarbonate for maximum visibility; an adjustable elastic headband; and a 1-inch thick polyether urethane foam barrier for forehead protection.

It is natural rubber latex-free, can be worn with glasses and is cost-efficient, Chemsultants representatives say. The price is \$5 per shield for a 12-pack, and the cost goes down the more items that are purchased.

A hospital in Youngstown has already ordered 9,000 face shields, and the company has sold at least 1,000 more

While some people still balk at wearing masks, Martin said she’s heard no

concerns about looking silly in the space-age-like headgear.

“They are more comfortable to wear than the mask,” she said. “Looking silly might save a life!”

Since 1986, Chemsultants has been involved in creating adhesive and polymer-based solutions. Along with adhesives, its services are related to coatings, labels, tapes and packaging material applications.

For more information, visit chemsultants.com.

ATTENTION:

Men & Women over 50 who want to
look, feel & move years younger.

Now You Can Slow the Aging Process to a Crawl, Quickly Sculpt the Body You've Always Wanted, Plus Make it Look Like You're Aging "Backwards"...
And Do it All in Just Two-20 Minute Sessions a Week!



During your initial consultation, you will discover how to:

- Wake up energized
- Rarely be limited by typical "age-related" aches & pains
- Radically alter your shape, tone & body fat by developing healthy eating habits
- Spend less time in the gym with better results without breaking a sweat
- Stop the "insanity" programs that age you faster & start eating & moving to defy the aging process
- Secrets to making your yearly checkup a breeze
- The easy way to make your sugar cravings vanish

M A X
STRENGTH
FITNESS

twenty minutes + twice a week = transformation

FREE Anti-Aging Initial Consultation &
Two 1-1 Personal Training Sessions

4212 St. Rt. 306, Suite 120 Willoughby, Ohio 44094 | 440.226.8080

2211 Crocker Rd, Westlake, OH 44145 | 440.835.9090

www.maxstrengthfitness.com

Has Your Fitness Suffered Recently?

If Yes, MaxStrength Fitness Can Help You In Only 20 Minutes Twice A Week!

Americans aren't particularly active. In a pre-pandemic world, 25% of Americans receive the recommended amount of physical activity. The percentage of Americans engaged in strength training is even lower.

Research from around the globe is starting to paint a clear picture: COVID-19 is making us even less active. Early data from myriad universities reflect a 32%-50% reduction in exercise (and people who didn't exercise pre-COVID-19 have continued to stay sedentary). This is compounded by research that suggests we are less likely to restart exercise after we have discontinued an exercise program. The root cause of this reduction in exercise is multifaceted but not at all complicated: Less walking in urban centers (physical activity has decreased more in New York City than in Alaska); health club closures, and an increase in screen time as so much of our work became Zoom meetings from home.

What's the impact? We lose fitness quickly. Our oxygen uptake, blood volume, and muscle strength decrease rapidly when we stop exercising. This new research indicates that people who report scaling back on exercising since the onset of COVID-19 reported poorer mental health.

At a time when exercise is more important than ever, Americans are doing less of it.

At MaxStrength Fitness we know that you want to be healthy, fit, and strong. In order to do that you need to have an effective exercise that fits your schedule. The problem is you're busy and don't know what to do

which makes you feel frustrated.

We believe it shouldn't be so hard to find fitness professionals you trust and a program that works. We understand that finding an exercise program that fits your busy schedule and meets your goals is overwhelming which is why since 2007 we have been helping hundreds of people just like you achieve their health and fitness goals in only 20 minutes twice a week without breaking a sweat.

Here's how we do it: 1. Experience the MaxStrength Fitness difference. 2. See the change in only 20 minutes twice a week. 3. Live healthy, strong, & confident. So, schedule your free initial consultation and demo workout. So, you can stop wasting your time with programs that don't work and instead take control of your time, your health, and your life!

Worried about going back to the gym?

We get it, that's why we are currently helping a lot of our clients by training virtually. No travel, no equipment needed, and you still get our expert guidance ensuring you get results in only 20 minutes twice a week in the comfort of your home or office.

This is a great alternative for people like who might be a fit far from one of our facilities in Willoughby or Westlake or who just prefer to workout at home.

You can check out more details on our virtual training plus our in-studio option at www.maxstrengthfitness.com and to request your FREE Initial Consultation and demo workout plus 2 FREE 1-1 Personal Training Sessions.

Don't let the current state of the world keep you from achieving your health and fitness goals!

Locations:

**Willoughby: 440-226-8080
& Westlake: 440-835-9090**



ALYSON, stroke survivor.

YOUR **NUMBERS** COULD CHANGE YOUR LIFE.

Lowering your high blood pressure could save you from a heart attack or stroke. If you've stopped your treatment plan, restart it or talk to your doctor about creating one that works better for you.

Start taking the right steps at ManageYourBP.org



Safer Than a Grocery Store- a Covid-19 Update

Some of you have been expressing concerns about visiting the dental office for your preventive and restorative care. I fully understand. This pandemic has caused fear in all of us. Now WHO is recommending you skip your inflammation preventing dental appointments. In my opinion, **this is wrong.** I believe if your dental office is clean, as is ours, then you are **safe.** WHO is referencing dentistry around the world. Not all dental offices in the world have our standards. The ADA, respectfully but strongly, disagreed with this statement by WHO. **"Oral health is integral to overall health. Dentistry is essential health care," states ADA President Chad P. Gehani, D.D.S. "Dentistry is essential health care because of its role in evaluating, diagnosing, preventing or treating oral diseases, which can affect systemic health."** I want you to feel assured that

our office is a safe place. We always have and will continue to maintain a clean space in order to prevent the spread of disease. I was trained early in my career to prevent the spread of dangerous diseases with the introduction of Aids and its prevention in the dental office, as well as preventing Hepatitis B, the tough virus that our infection control standards are based on.

Our commitment is to your health and safety.

So, basically, I have been practicing and planning, my whole career, for this pandemic we have today. I was taught if I practice infection control to the highest standard and protect myself and staff, I automatically protect my patients. If I can't catch the disease, I can't give it to you. If everything is clean and safe for us, **then everything is clean and safe for you!** This is exactly

what we need today to combat this coronavirus.

We have exceeded the recommendations of the CDC, ADA, and OSHA, by adding extra Personal Protective Equipment (PPE), **office air cleaning equipment and extra-oral aerosol suction.** We schedule with social distancing in mind as best we can, to keep everyone safe. We screen everyone, patients and ourselves, for symptoms and exposure, take temperatures, and provide a pre-treatment rinse to fight oral germs. We have hand sanitizer for all. Everyone wears a facial covering (except the patient when in the treatment chair). Common areas are frequently cleaned throughout the day.

By cleaning our treatment areas as per the highest standards, you are no more at risk of catching this virus in our office than at the grocery store or in a restaurant. **Actually, you are**

probably much safer here because we understand medicine and the science behind infection control more so than the workers in other businesses. We complete infection control education on a yearly basis.

When dental offices were shut down, **not because we were a dangerous place** where the spread of the disease would be rampant, it was because we were asked to donate our PPE (masks, gloves, gowns) for our hospitals.

So please plan on returning soon for your regular dental care to prevent a decline in your oral health. Because the mouth is an organ connected to the rest of your body, any inflammation in the mouth reduces the body's ability to fight infection elsewhere in the body, including Covid-19.

Covid-19 severity and death have been attributed to **an exaggerated**

SPA-LIKE

- Relaxing colors, aromas, music
- Pillows and warming blankets
- We cater to your comfort and fears

Gentle Dental Care with Excellence in Mind!

IMAGINE BEING RELAXED AND COMFORTABLE!

Covid-19 Update: We want to assure you our office is a safe space for your oral health care. As always, we are practicing infection control practices and social distancing by exceeding the CDC, ADA, and OSHA guidelines. Your **safety, comfort, and quality** of care are our priorities. Oral health is extremely important right now, maybe more than ever before, because inflammation makes you more susceptible to other infections like Covid-19.

Lose your Dental Benefits due to the shutdown? No problem!

Join our very own **dental savings plan!** You get **FREE** exams, x-rays, and cleanings, plus save **20%** on services we provide. **Join today, start saving today!** There is no waiting period. To find details and sign up as a member of

Your Healthy Smile and Beyond Dental Savings Plan,

Call our office or go to Kleer.com and use our unique office code NJ9Y

34900 Lakeshore Blvd., Ste. 101, Eastlake, OH 44095
www.beyondyoursmile.com • (440) 954-8300



Doctor of Dental Medicine



immune response. Periodontal (gum) disease and gingivitis are inflammatory diseases that cause an exaggerated immune response. People with inflammatory diseases such as diabetes, high blood pressure, heart disease, are more at risk, and oral disease is related to these diseases. So I believe, as an underlying factor, a sick mouth might increase one's Covid-19 susceptibility and disease severity.

It may be more important than ever to have a healthy mouth because the coronavirus loves conditions of disease and inflammation! A healthier mouth, a healthier body!

Stay well my friends. Hope to see you soon!

Dr. Debra S. Lowe

is a family owned company that has served seniors and developmentally challenged clients for 28 years. We offer solutions for those who need assistance in various ways – from Accessibility into and out of one's home and up and down stairs to Mobility solutions, Aids to Daily Living products, Incontinent items and more. We have a large showroom in Wickliffe that is open six days per week so you can browse and purchase items such as Lift chairs, Scooters, Rollators, Bathroom safety and more. We also rent products such as ramps, scooters, wheelchairs, knee walker and more. We are a friendly bunch here that care about "Enhancing the Quality of Your Life." Stop or call or check out our website.

Call us at 440.373.1200 or visit our website at BsmMedical.com



If you have lost your dental benefits during this pandemic, we have a solution to help you. Call us at **440-954-8300** for information on our savings plan and get **FREE** exams, x-rays, and cleanings! See our ad in this directory. Accepting new patients.

End of the Summer **Lift Chair Sale**



10% OFF ALL PRIDE SCOOTERS AND LIFT CHAIRS!
Free White Glove Delivery!

Stop in and see our large array of Lift Chairs.
 We have over 15 in stock.

STOP IN, CALL, OR VISIT OUR WEBSITE TODAY!

Store hours: Mon.-Thurs. 10-6 pm, Fri. 10-5 pm and Sat. 10-3 pm

(440) 373-1200 | WWW.BSMMEDICAL.COM | 30011 EUCLID AVE, WICKLIFFE, OH 44092

ACROSS THE STREET FROM SWEET BERRY!

CASH & CREDIT CARD ACCEPTED. WE SHIP ALL OVER THE U.S.A



Hospice of the Western Reserve Provides Care in Your Home

When family members are diagnosed with a limited life expectancy, they want to spend their precious remaining time with those they love, in the comfort of home. Comfort, touch and togetherness are among the key elements made possible by the Hospice of the Western Reserve.

Despite the challenges of these unprecedented times, Hospice of the Western Reserve's compassionate teams continue to provide holistic end-of-life care and support in the home setting during the pandemic. In fact, more than 97% of the non-profit agency's care is still provided in the home or community setting.

Safety protocol, process modifications and technology have been put into place to protect patients, families and hospice staff. In-person visits are still conducted by the nurse during the admissions



process and whenever they are needed to manage uncontrolled symptoms. Hospice nursing assistants (HNAs) visit the home to help with personal care and the tasks of daily living. During visits to the home, the nurse and HNA follow Centers for Disease Control (CDC) guidelines, wear-

ing a mask, gown and gloves.

Telehealth capabilities allow the nurse, social worker and spiritual care coordinator to conduct video-based visits and maintain regular weekly contact while maintaining social distancing protocols. Services such as social work, spiritual care,

art and music therapy can be offered remotely through video visits or telephone check-ins.

Hospice support staff - available 24 hours a day through a help line - are skilled at managing calls and providing

appropriate care. If an emergent situation arises such as a new uncontrolled symptom, the hospice team will assess how to manage the circumstances, which may involve a visit to the home.

Virtual tools allow Hospice of the Western Reserve team members to stay connected to coordinate care when nursing homes, extended care facilities and hospitals must limit the number of visitors in their buildings because of the COVID-19 pandemic. Regular telehealth contact enables the hospice home care team to provide family caregiver guidance on medication and symptom control as well as spiritual and emotional support during this incredibly difficult time.

If you need help, please do not hesitate to call us. We are here for you! An in-person visit can be scheduled the same day it is needed. Contact us seven days a week, 24 hours a day at 216.383.3700 or 800.707.8921 or visit hospicewr.org.



Your family. Our purpose. Together.

You don't have to do this alone. Family caregivers consistently tell us, **"Now that we have experienced your hospice care, we wish we would have called sooner."**

We focus on improving quality of life for our patients and their loved ones to ensure that each moment is filled with comfort.

Hospice of the Western Reserve is here 24/7.
Call us today.

INSIST |



HOSPICE OF THE
WESTERN RESERVE

 800.707.8922 |  hospicewr.org

50 Years of Excellent Dentistry

Painesville, Chardon, Jefferson

Our practice's history of excellent dentistry, dedicated customer service, and lifelong happy smiles truly speaks for itself. We look forward to



seeing your whole family soon and introducing everyone to all of the unique benefits we have to offer! **See our ad below!**

It's time to talk about Alzheimer's.



alz.org/ourstories



alzheimer's association

Fresh breath, strong teeth and healthy gums are all part of your oral health. Talk to your dental hygienist today.



FREE Exam & X-Rays
with scheduled cleaning

New patients only. Cannot be used with insurance. Exp. 9/30/20

Our new location is open!



150 Mentor Ave., Painesville



Chardon Smile Center Voted The Best of the Best in 2020

Call us to schedule an appointment!

Painesville Dental Group
(440) 354-2183

Chardon Smile Center
(440) 286-2474

Hilltop Family Dental
(440) 285-8211

Dental Group of Jefferson
(440) 576-7040



READY

Lake Health is ready to care for you and your family.



SAFE

It's safe to return for your routine care.

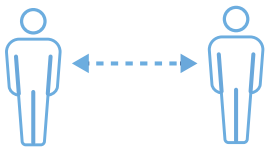


OPEN

Call your doctor's office to schedule an appointment.



THINGS WE CAN **ALL** DO TO STAY HEALTHY AND SAFE:



STAY 6 FEET
APART



WEAR A MASK



WASH YOUR
HANDS



STAY HOME IF
YOU ARE SICK



CONSIDER
VIRTUAL VISITS

lakehealth.org