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THE MORNING JOURNAL

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THURSDAY, JULY 28, 2022

Third Annual Connect to a Cause on September 15th 2022

In keeping with Community Foundation of Lorain County's mission of connecting people who care with causes that matter, we are happy to announce our Third Annual Connect to a Cause on September 15th 2022! During the previous two years, Community Foundation of Lorain County has supported our Lorain County nonprofits and community through this special 12-hour, coordinated crowd-funding campaign. Last year alone, individuals and companies donated over \$277K to 65 participating non-profit organizations.

This year, we are excited to build on that momentum with 74 organizations participating in the annual event, who will be raising funds for immediate needs as well as a portion of the overall dollars raised supporting each organization's endowment. By creating forever funding, these endowment contributions will benefit the non-profits and our Lorain County community in perpetuity.

We are thrilled to share that among this year's participants are 16 first time participating nonprofits including Lorain County Imagination Library, P.A.C.E. Foundation, Good Knights and Hearts of Patriots as well as the Amherst Schools Education Foundation and Keystone Educational Endowment Program (KEEP). Also, organizations like El Centro de Servicios Sociales, Friendship Animal Protective League and Lorain County Free Clinic are among the many others returning for their 3rd consecutive year.

A core component of our success has been the generous support from our Business Champions who contributed to a prorated match pool last year that generated an additional 18% for those participating nonprofits. This year 100% of the Business Champion contributions will go to participating non-profits as Connect to a Cause prize and the prorated donation match. We are grateful for the support of Cleveland Clinic Avon Hospital, Akron Children's Hospital, Aztec Steel, Lorain-

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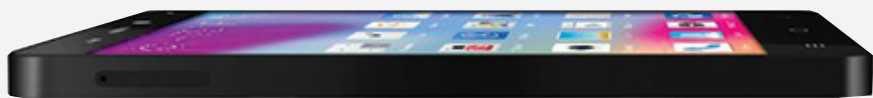
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A Long, Healthy History – Lorain County Free Clinic

By Rev. Jimmy Madsen

LCFC Board Member

Lorain, Ohio was a booming, industrial city until the devastating economic downturn of the early 1980's. The shipyard moved out of town and domestic production of steel began to falter, not only in Lorain, but throughout the country as once thriving communities became known as the rustbelt. Thousands of jobs were lost in Lorain, and the job losses trickled down to the supply industries that were connected to the large manufacturers. Many people with good incomes suddenly found themselves struggling to secure their basic needs.

In 1983, The bishop of The Lutheran Church in America congregations in Ohio, at the urging of local Lutheran pastors, organized a meeting of congregations to discuss ways of assisting the newly poor of the community. Those congregations quickly formed the Lorain County Lutheran Cooperative Ministry, which began

distributing cheese and butter that were available from the federal government in March of 1984. Local Presbyterians soon joined the group and over the years Methodists, Episcopalians and United Church of Christ congregations joined the organization, which still runs pantries and hot meal programs in Lorain County.

After its first year of operation, the Cooperative Ministry surveyed its recipients as to their needs beyond food assistance. Not surprisingly, they identified medical care as crucial. Those lost factory jobs had good healthcare benefits that were suddenly gone. It was providential that the congregations of the Cooperative Ministry had several physicians and other medical personnel who were willing to take up the cause. They recruited others in medical and social service professions, and those who could help with fundraising. A clinic task force of the Cooperative Ministry began meeting in 1985, and



by March of 1986 the Lorain County Free Clinic was open to people who had no medical insurance and who were living at 150% of the federal poverty level.

'The Free Clinic always accepts new patients.'

Give us a call at 440-277-6641'

For many years, the home of the Free Clinic was in the basement of Christ Lutheran Church at the corner of 33rd Street and Pearl Avenue, which was converted into a clinic by volunteers that included physicians, clergy and an array of others who had the needed skills. The

only paid employee was a part-time coordinator, and all the medical care was and still is provided by volunteer physicians, nurse practitioners, nurses, pharmacists, social workers, dentists, and optometrists. Patients were seen by appointment at the clinic and referred to volunteer specialists as needed. In 1996 and 1997, satellite clinics were opened in Elyria and in Oberlin. A full-time director and additional paid office staff were added to the organization as the client base and range of services grew.

Support from the existing medical

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NEW MENTORING AND SUPPORT OPPORTUNITIES



Big Brothers
Big Sisters®

OF LORAIN COUNTY

- **Career & College Readiness Program**
for high school students and college freshmen

- **Pathways to Success**

Mentoring, tutoring and family engagement for ages 6 - 18

Community Mentoring • School Lunch Buddies • Sports Buddies

WWW.BIGLORAINCOUNTY.ORG

440-277-6541

French Creek Family YMCA: Much More Than a “Swim and Gym”

Many people in the Lorain County area know the French Creek Family YMCA branch as a state-of-the-art, 66,527-square-foot facility featuring an eight-lane indoor pool with spectator seating, aerobics-multipurpose studio, child-care center, family gym, sauna, whirlpool and wellness center. Others know it for its day, sports and fine arts camps. Indeed, it is all those things.

Yet, the branch is much more under the umbrella of the YMCA of Greater Cleveland. The Y is the leading non-profit committed to strengthening community by connecting all people to their potential, purpose and each other. Working locally, our Y focuses on empowering young people, improving health and well-being, and building community.

The Y is for everyone; it welcomes people of all ages, ethnic origins, religious affiliations, sexual orientation, and socioeconomic levels. Those who

cannot afford the Y can get financial assistance, so no one is turned away – thanks to the generosity of our funders and donors.

The Y makes this commitment to you and to our communities:

It will nurture the potential of youth through building confidence at camp, academic enrichment in safe afterschool programs, discipline and togetherness in team sports, and foundational skills and values in its child care programs.

It will improve people’s health and well-being through combating obesity and chronic disease by providing the support and resources people need to make positive changes.

It will empower individuals with the resources to improve their lives and contribute to the community, such as with job training, housing, newcomer services and opportunities to advocate for social change.

And it will help the downtrodden,



including the homeless and addicted, get a fresh start.

The Y does this because it is a non-profit, cause-driven organization. It believes that a strong community can only be achieved when we invest in our kids, our health, and our neighbors.

We invite you to join our Y as we work together to build a better us.



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Lorain County Children Services 440-329-5340 /
www.childrenservices.org



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Big Brothers Big Sisters of Lorain County Expands Program Options

Big Brothers Big Sisters of Lorain County (BBBSLC) is excited to announce a host of new and exciting programs to benefit children and youth this fall! In addition to the traditional one-on-one mentoring delivered in the community and as part of a School Lunch Buddies program, BBBSLC is offering the BIG Futures Career and College Readiness Mentoring Program to high schoolers and college freshmen, as well as the Pathways to Success Youth Mentoring, Tutoring and Family Engagement Program to children and youth ages 6 – 18. To learn more or enroll in any of these programs call (440) 277-6541 or visit BBBSLC at BigLorainCounty.org.

BIG Futures Career and College Readiness Mentoring and Community Support Program

Funded by the Ohio Department of Education, BIG Futures matches teens beginning in the ninth grade

with working or retired adults with a focus on helping teens envision, plan for, and realize success after high school. Whether the teen intends to go to college, trade school, enter the workforce, or enlist in the military, the mentor helps to empower the teen through guidance, friendship and encouragement. BBBSLC is partnering with the Lorain County Joint Vocational School, four Lorain County high schools, the military, safety services, businesses, manufacturers, health care institutions, and Lorain County Community College. A career-focused readiness curriculum is delivered, along with fun and exciting group outings, activities and opportunities for scholarships, internships, apprenticeships and possible job placement.

Pathways to Success Youth Mentoring, Tutoring and Family Engagement Program

The Pathways to Success Youth



Mentoring, Tutoring and Family Engagement Program funded by Lorain County Job and Family Services, the Lorain County Commissioners, and other funders, is an in-person youth and parent development program to increase academic achievement outcomes among eligible children and

youth ages 6 – 18, and assist parents in implementing strategies to help their children with homework and prioritize learning at home. The program includes biweekly one-on-one mentoring, group activities, twice-weekly tutoring, bi-weekly family

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

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

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Lorain, Ohio 44055

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

MIDDLEBURG HEIGHTS CENTER
16530 Commerce Court,
Middleburg Heights, Ohio
44130

PREVENTION CENTER
1930 Reid Avenue,
Lorain, Ohio 44052

WADSWORTH WELLNESS CENTER
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Wadsworth, Ohio 44281

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

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TASTE OF *friendship*



2022

FRIDAY, SEPTEMBER 9, 2022

6 P.M.

Emerald Event Center

33040 Just Imagine Dr.

Avon, OH 44011

Your restaurant will receive:

- Great exposure to over 500 guests
- A positive association with the Mercy Health Lorain health care system
- Free Advertising at the event with dedicated space for your business cards, menus, coupons and promotional materials.

We make it EASY for our restaurant partners by providing:

- Pull-up entrance
- Assistance with set up and tear down
- Tables, linen, electric, plates, utensils and napkins
- Assistance with service if required

The Mercy Health Foundation Lorain is seeking local restaurants to participate in the 16th annual Taste of Friendship event, a fabulous festival of food and friends.

988

SUICIDE & CRISIS LIFELINE

U.S. Transition to 988 Suicide & Crisis Lifeline

The National Suicide Hotline Designation Act, signed into law after the passage of bipartisan legislation in 2020, authorized 988 as a new three-digit number for suicide and mental health crisis. All telephone service and text providers in the U.S. and the five major U.S. territories are required by the FCC to activate 988 no later than July 16.

“988 is more than a number, it is a message: we’re there for you. Through this and other actions, we are treating mental health as a priority and putting crisis care in reach for more Americans,” said Secretary Xavier Becerra, who has been meeting with states across the country about the transition to 988 as part of HHS’ National Tour to Strengthen Mental Health. “There is still much work to do. But what matters is that we’re launching, 988 will be live. We are looking to every governor and every state in the

nation to do their part to make this a long-term success.”

Mental health or substance use crisis, or Any other kind of emotion distress People can call or text 988 or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.

988 serves as a universal entry point so that no matter where you live in the United States, you can reach a trained crisis counselor who can help.

The 10-digit Lifeline number 1-800-273-TALK (8255) will continue to be operational and will route calls to 988 indefinitely.

More information on 988 is available at www.samhsa.gov/988 and <https://www.samhsa.gov/find-help/988/faqs>.

TRY THE Y FREE ON TUESDAYS

\$ **0**
JOIN FEE

» EVERY TUESDAY IN AUGUST



CLEVELANDYMCA.ORG

BIG BROTHER FROM PAGE 6

engagement activities, and monthly parenting classes.

A NEW Learning Center

This wonderful room at our headquarters at 1917 North Ridge Road in Lorain, and our complementary Virtual Learning Center accessible on our website at BigLorainCounty.org, enhance the traditional one-on-one mentoring approach of BBBSLC to also include opportunities for mentees, mentors and parents to join together in developing skills that address children and youth social and emotional competence; knowledge of parent and child development; parental resilience; social connections, support in times of need, and academic support.

At the request of parents and educators we have added foundational reading and writing skills and cross disciplinary and project-based learning through STEAM (Science, Technology, Engineering, Art Math). The Learning Center also serves as a location for family engagement activities, parent development skill-building, career and college readiness programming, and the delivery of wraparound services by other agencies to ensure mentees are healthy, engaged, supported and challenged. **The Learning Center is open by appointment by calling ahead at (440) 277-6541 or Monday – Friday from (9:00am – 6:00pm or Saturdays from 9:00am – 2:00pm.**

Helping Our Children Discover Their Vast Gifts and Strengths

At the BBBSLC Learning Center, parents and mentors are provided the resources they need to connect children and youth to different ways to explore the world, identify interests, develop passions, and unleash their potential.

- Bookcases chocked full of books for every grade level and interest are available for the taking!
- Computers and Smartboards make knowledge accessible to ALL at their fingertips.
- Educational games, robots, educational website links and subscriptions, and other materials stimu-

late critical thinking and make learning fun.

- Family Engagement Nights bring children and parents together to emphasize the importance of learning at home.
- Caring educators provide encouragement and support in the learning process through free one-on-one tutoring services and other programs that emphasize foundational academic skills and STEAM learning experiences.

Assisting Mentors in Interacting With Mentees

All mentoring matches enrolled at BBBSLC have access to the Learning Center and its programs, activities and materials. Mentors are encouraged to come in and explore the available resources and check out our calendar of FREE programming available through BBBSLC and our many Lorain County partners. Examples of BBBSLC FREE programs for mentors and mentees (parents are also welcome) include:

- Annual July BIG Sail Day with the Lorain Harbor Boat Club
- Annual August Back to School Picnic and Scavenger Hunt
- Annual December Holiday Party and Gift Give-Away
- Annual February Bowl For Kids Sake bowling event (dates may vary)
- Annual May Kite Day - Build it and fly it at Hilltop Park (May 7, 2022 - 11am – 2pm)
- Various Cookouts and Game Days at various parks throughout the summer

Supporting Parents in Raising Their Children

Parents of mentees want the best for their children and BBBSLC is committed to providing them the resources they need to succeed. In addition to the examples of programs that have been conducted or will be offered, a current schedule of parent engagement and development opportunities are posted on our website. Examples of programs recently conducted include:

- Family Game Night – using games

to build connections, inspire cooperation and reinforce literacy and math skills.

- Parent University Night – an evening of adult learning subjects important to parents helping their children reach their potential including (1) understand IEPs; the importance of having a Growth Mindset; and (3) home activities to support math and literacy skills. Dinner served.
- Family Literacy Night – fund for the whole family. Used an escape room concept to explore a book, incorporating fun activities, games, and ending in FREE book selections for children and adults. Dinner served.
- Family Math Night - discover the wonders of math using math manipulatives, games, fun activities,

and even music. Dinner served.

- Family Library Night – discover all the FREE programming available through presentation by Lorain County public library system representatives
- Accessing Wraparound Services – representatives from mental health agencies make short presentations to parents about available services along all points of the prevention continuum.
- Financial Literacy – tips for parents and their children.
- About Your Child's Social and Emotional Learning – an overview of basic SEL concepts and what parents and mentors can do to reinforce them in children and youth.
- How to be prevention-focused and aim to improve parents' and childrens' protective factors

Valor Home Lorain County appreciates the support of the community.

Donations are always needed



HOW YOU CAN HELP

Gift cards are the #1 needed items: Gas, Fast Food, Grocery, Department store (they take no storage space and can be used for what ever a Veteran needs)

Mail to:

Valor Home Lorain County
Attention Sandra Wright
221 W 21st Street
Lorain, OH 44052

5 Ideas for Investing in the World Around You

(Family Features) In a world fraught with social, political and environmental strife, a mindset that involves a more community-driven approach can make a meaningful difference. Each person's contributions to improve the earth can send a ripple effect that ultimately transforms communities and the people who live within them.

Consider these examples of actions you can take, some bigger than others, that benefit the larger community.

Create Shared Common Spaces

Nearly every community can benefit from the addition of resources that benefit multiple families. Examples include community gardens, playgrounds, parks and sites for regular farmers' markets, to name a few. Acquiring the space is often the greatest challenge, but if you're inspired to lead such an effort, forming a committee of like-minded peers can be an effective step toward raising the funds to create a project that benefits the community at large.

Donate to Charitable Causes

Supporting the efforts of existing organizations that help fill gaps in your community is another way you can make a difference. Offering your time as a volunteer is one option. You might provide extra hands for relatively simple jobs like sorting food or clothing donations, or if you have a particular skill, talent or training, donating your time and expertise could help offset administrative expenses and help the organization operate more efficiently.

Financial contributions are also a meaningful way to support a worthwhile cause in your com-



munity. Writing a check may not feel as personal as getting hands-on to help, but without the support of financial donors, philanthropic organizations simply couldn't provide the community resources they do.

Snack Smarter

When you're thinking in terms of how to improve your community, your eating choices may not be on your radar. However, what you eat has a major impact on the community in multiple ways. That's why you hear a great deal of talk about sustainability directed at food production, which affects the environment in numerous ways along the food supply chain, from air pollution to waste to energy consumption. By choosing ingredients and foods that minimize the impact on the environment, you can show food manufacturers that consumers want products sourced and produced responsibly.

One example is Airly Oat Cloud crackers; each box explains how many grams of carbon dioxide you are helping remove from the air by supporting an innovative farming technique, which

makes agriculture a solution, not a contributor, to climate change. Sustainable can be tasty, too. Made with real, wholesome and 100% delicious ingredients, all four flavor varieties (Cheddar, Sea Salt, Chocolate and Salted Caramel) make for satisfying, convenient anytime snacks.

Support Local Businesses

Particularly over the past couple of years, local businesses have fought hard to stay open, modifying their services, adapting to the times and generally trying to keep themselves and their local employees afloat. Rewarding those efforts by shopping in their stores and hiring their services keeps your money within the local community while keeping your friends and neighbors employed. Those benefits aside, there are practical advantages to doing your shopping locally, such as lower emissions and energy consumption for transportation to and from the store or business.

Clean Up Public Spaces

Beautification projects not only make your community a more inviting place to be, they can actually be good for the earth. Removing litter allows natural vegetation and wildlife to thrive, reduces health risks and promotes safety by sending a clear message that the community cares about its space.

Learn more about ways to take personal action to promote a better world at [AirlyFoods.com](https://www.airlyfoods.com).



FREE CLINIC FROM PAGE 3

institutions in Lorain was essential to the success of the Free Clinic. St. Joseph's Hospital, Community Hospital, Amherst Hospital, Elyria Memorial Hospital and Allen Hospital in Oberlin took turns providing the needed diagnostic and in-patient services. That support continues today with Mercy Health, University Hospitals Elyria Medical Center, and the Cleveland Clinic. Since the Free Clinic's inception, Drs. Russel Berkebile & Associates has read diagnostic imaging for clinic patients. An early realization that patient compliance with medications was affected by their ability to afford them necessitated the recruitment of volunteer pharmacists and the procurement of donated drugs. Southside Pharmacy served as the clinic's pharmacy for many years. Financial Support from foundations, donations from generous citizens and corporations, and fundraising volunteers made all this possible.

Christ Lutheran Church donated

the use of its building to the Free Clinic for 31 years, allowing the clinic to operate with little overhead except for utilities; but the one-hundred-year-old building needed repairs, and there had been a long-time discussion in the clinic board of directors concerning the need to provide an attractive and welcoming environment for patients.

In December of 2016, the clinic purchased the Boy-doe medical building on Oberlin Avenue, and the current chapter of its history began. New services continue to be added as the needs of the community evolve.

Today, the clinic continues to operate with the help of volunteer professional medical providers along with the help of our three hospital systems—Mercy Health, University Hospitals—Elyria and Cleveland Clinic.

The Free Clinic always accepts new patients.

Give us a call at 440-277-6641.

CONNECT TO A CAUSE FROM PAGE 2

County.com and The Hageman/Masters Group at Morgan Stanley, and the 20+ other local businesses, for their Business Champion support.

It is not too late to help make this event an overwhelming success. Please visit peoplewhocare.org/c2c2022 to learn more about Connect to a Cause. To participate as a Business Champion, create an individual matching gift for your favorite participating non-profit, or help us spread the word, please contact Laura Malone or Brittany Lovett at 440.984.7390.

A SIMPLE WAY FOR LOCAL CHARITIES TO CONNECT WITH VOLUNTEERS

Volunteering in your community is a great way to make cities and towns more livable for all residents. Many people take the initiative to volunteer without prompting on the part of a friend, colleague, school official, or religious organization, while others may find it difficult to discover volunteering opportunities in their communities. Thankfully, one program was started to help address that very issue.

VolunteerMatch was designed to facilitate connections between people who want to volunteer and charities that are in need of volunteers. Since its inception in 1998, VolunteerMatch has connected millions of volunteers

with charitable organizations, many of which rely on the contributions of volunteers to meet their missions. Prospective volunteers who visit www.volunteermatch.org can type their ZIP codes into the site's search engine. Once they do, the results page will indicate local volunteering opportunities. Visitors can even fine tune their searches by choosing certain categories, including Advocacy & Human Rights, Animals, Children & Youth, and Community, among others. Volunteering is a selfless endeavor that can strengthen communities and make them better, safer places to live for all residents. People interested in volunteering can visit www.volunteer-match.org to find opportunities in and around their communities.



We thought our family was complete — we're so happy to have been wrong.

Darnell and Denna, adopted 16-year-old Isaiah



LEARN ABOUT ADOPTING A TEEN

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Lasting Community Impact



Sept. 15, 2022
8:00am-8:00pm



Founded in 1980, the Community Foundation of Lorain County is made up of more than 700+ endowment funds valued at approximately \$165M. We wisely invest the funds' assets and the interest earned provides \$6.8M annually in scholarships and grants to support individual and non-profit organizations in Lorain County. Join us for our 3rd Annual Connect to a Cause on September 15th, 2022 as we help 74 non-profits raise funds for current needs while growing their endowments.

Education & Youth
Development



Strengthening
Lorain County



Arts & Culture
Programs



Health & Human
Services



Interested in learning about our other work in the Lorain County community?
Find out how: peoplewhocare.org or call **440.984.7390**