

PRESERVE, PROTECT, PROVIDE

ADVICE • HELP • SUPPORT • ASSISTANCE • GUIDANCE • COMMUNITY



AN ADVERTISING SUPPLEMENT TO
THE MORNING JOURNAL

www.MorningJournal.com

SAVE THE DATE
GI  ING TUESDAY
NOVEMBER 29, 2022



The LCADA Way is dedicated to transforming the lives of individuals, families and communities suffering from alcohol and substance abuse, gambling problems and behavioral health issues. A private, non-profit organization, we are a Center of Clinical Excellence for education, prevention and treatment and a proven leader in recovery since 1981.

The LCADA Way delivers innovative, outcome-driven programs with an individualized approach to addic-

tion and mental health treatment, education, prevention and recovery support services for residents in Erie, Lorain, Medina, Cuyahoga counties and surrounding communities. We currently provide a full array of services including over 40 different types of alcohol, drug and gambling addiction treatment and prevention services as well as mental health services.

Our unique approach is tailored to be gender and culturally appropriate based on each individual's needs.

How to participate in GivingTuesday

The period between Thanksgiving and New Year's Day is widely referred to as the holiday season. Holidays such as Chanukah, Christmas and Kwanzaa all take place in this typically six-week window. During this period, there's another, possibly lesser known, event that can elicit many of the same warm feelings generated by more recognizable holidays.

GivingTuesday is held on the Tuesday after Thanksgiving every year. Though that typically means the day is celebrated after the calendar turns to December, this year GivingTuesday takes place on Tuesday, November 30.

What is GivingTuesday?

GivingTuesday organizers describe the event as a "movement that unleashes the power of radical generosity around the world." GivingTuesday is often characterized as hashtag activism, which involves social media users employing Twitter hashtags

GIVING TUESDAY

to show support for a cause. Twitter hashtags do not utilize spaces between words, so GivingTuesday references adhere to this practice. *How can people participate in GivingTuesday?*

The organizers behind GivingTuesday note that the day is about all types of giving. Individuals who want to participate can donate money, food and/or clothing; start an advocacy campaign; help a neighbor; or commit an act of generosity. Participants need not make their GivingTuesday efforts part of any official event associated with the day, but those who want to can visit VolunteerMatch.org to look for volunteering opportunities in and around their communities. Employers and even local governments also may spon-

SEE PAGE 3

VOLUNTEERS ARE THE HEART AND SOUL OF THE LCFC



SERVICES AVAILABLE

- Primary Care
- Lab and Imaging
- Vision Care & Glasses
- Medicines and Medication Assistance Program Enrollment
- Sub Specialty Care & Referral
- Dietary Counseling
- Case Management

Donate online at www.lcfreeclinic.org
440-277-6641



FOR EVERY DOLLAR DONATED, \$12 IN MEDICAL CARE IS PROVIDED
FOR PRIMARY AND SPECIALTY CARE, MEDICATIONS, DIAGNOSTIC TESTING AND IMAGING.

It's Not Just About Socks. It's About Dignity.

Socks are the most requested item by our unhoused neighbors. With Socks, your support means not only warm feet, but dignity. Join the Community West Foundation in illuminating hope by delivering dignity and well-being to the people of Western Cleveland.

Our current needs list includes:

Socks
Underwear
Hygiene products such as soap, shampoo, and deodorant
Winter hats and gloves
Backpacks
Sleeping bags
Note: We cannot accept any used items.

Find a drop off location go to:

www.SocksPlus.org

How You Can Help

Dignity comes in pairs. Socks and underwear. Shampoo and soap. Gloves and hats. Driven by the ever-changing needs of unhoused Clevelanders, 100% of your dona-

tion delivers essential supplies to our struggling neighbors and inspires resilience.

Donate Items

Your Sock donation helps ensure Clevelanders experiencing personal hardship have access to not only socks, but basic care items and more.

Give a Gift

We all share the same heart. With your generous donation, we can provide basic needs support to local men, women, and families. A gift of \$10 provides 10 pairs of socks. A larger donation allows us to purchase socks plus gloves, hats, backpacks, and other necessities.

Host a Drive

Community West Foundation partners with local schools, churches, and businesses — empowering compassionate individuals like you to empower others. Want to organize a collection drive? Let us know, and we'll provide you with tips and supplies to make it successful.

THANK YOU
FOR SUPPORTING
SocksPLUSSM



GIVING TUESDAY FROM PAGE 2

or host events on GivingTuesday. Twitter users also can use the hashtag #GivingTuesday to promote causes and/or encourage donations throughout the day. Some organizations may match users' donations up to a predetermined dollar amount, and users can enter #GivingTuesday into the Twitter search engine to discover such efforts. Parents can even help children find ways to participate by visiting GivingTuesdaySpark.org.

GivingTuesday is a global effort that emphasizes the power of generosity. Individuals can learn more at GivingTuesday.org.



Small Business Saturday

Saturday - November 26, 2022
Downtown Lorain

Free Trolley Rides | 11am-2pm

5th Annual Cookie Crawl | 11am-2pm

Shopping, Coffee, Snacks, & Dining - All Day



Family Values, Traditions, and Causes that Matter

Family traditions are a great way of conveying a family's values, history, and culture from one generation to the next. Starting a family tradition is an excellent way to provide stability, safety, joy, and consistency. These traditions are meant to be joyful, continue for generations, and, during the holidays, often include the spirit of giving.

For over 42 years, the Community Foundation of Lorain County has had the privilege of assisting families who care to create traditions that support their favorite causes that matter. Often these gifts have been to create or support existing Donor Advised, Designated, Field of Interest, Community Responsive, Scholarship, or Organizational Funds at the Foundation. Through the power of endowment, these donations are pooled for maximum benefit and invested to achieve long-term growth. They enable donors to make an enduring impact in the community as a legacy

that spans generations.

While some families have specific important causes, other families prefer a less structured idea of how to support their community. This is one of the main benefits of donors contributing to our Touch the Future Fund. This fund's general nature allows the Community Foundation of Lorain County to respond to changing needs in our community. By adding to the Touch the Future Fund, donors create a lasting impact that will grow and change as the community does. As with our other endowed funds, your contributions as part of your giving tradition will turn into forever funding that will always benefit our community.

While giving traditions can be one of the most enjoyable parts of the holiday season, an added benefit can sometimes be the tax benefits of charitable donations. For instance, if you are over 72 years old, making a Required Minimum Distribution



(RMD) from your IRA directly to the Community Foundation of Lorain County can create a tax advantage, even if you may not itemize tax deductions. Gifts of IRA assets may take up to two weeks to ensure they arrive before **December 31st** to count as a 2022 gift. To learn more about how your donations can make a lasting impact, contact Laura

Malone, Development Officer, at 440.984.7390

We hope your family traditions bring joy to your holiday season, whether newly created or passed down from previous generations. We are grateful for the support of our Lorain County community, and we hope you have a healthy and safe holiday season.

it's not
just about
socks.

Dignity comes in pairs. Socks and underwear. Shampoo and soap. Gloves and hats. Driven by the ever-changing needs of our struggling neighbors, 100% of your gift delivers essential supplies and inspires resilience. Donate now to join us in doing good and providing basic necessities to those in need.



socks+

Supported by
Community West Foundation

440.360.7370

SocksPlus.org

The American Cancer Society's Life Savers Ball is accepting nominations for

The Dr. Alex and Maria Zolli Living Angel Award



The recipient of this award is an individual in the community who has direct involvement in the field of cancer - either through personal experience or by working with cancer patients. The nominee may be a cancer patient, nurse, volunteer, researcher, social worker, and/or physician, etc.

Digital Nominations must be received by **Friday, January 13, 2022**. bit.ly/LSBLivingAngel

For questions, or to nominate via email, please contact Suzi Piskur at

Suzan.Piskur@cancer.org | 216.859.9896

Submissions should include responses to the following: What about this person motivated you to nominate them for the Living Angel Award? How has this nominee made a difference in someone's life? What are the nominee's most notable accomplishments?

The Living Angel Award will be presented at the 37th Annual Life Savers Ball on Saturday, March 4, 2023 at the Spitzer Conference Center at Lorain County Community College.



HONOR YOUR LOVED ONES WHO HAVE GONE ON TO A BETTER PLACE ...

Christmas Memories

Write a beautiful message honoring your loved ones this holiday season. A short 1 column x 1 inch deep verse will include your family member, who has passed on, in your Christmas tradition. Fill out the reservation below by Tuesday, Dec. 13, 2022 and send \$15.00 to The Morning Journal Classified Department. This page will publish Sunday, Dec. 25, 2022.



Mom,
We miss you and love you, more everyday.
Your adoring daughters
Tara, Ruby, Madiline

THE MORNING JOURNAL

www.MorningJournal.com

Please send photo to: The Morning Journal 7085 Mentor Ave., Willoughby, OH 44094
or email to classifieds@news-herald.com

Name: _____

Address: _____

City/State/Zip: _____ Phone #: _____

My Message _____

CASH DISCOVER MASTERCARD DISCOVER AMERICAN EXPRESS
 CHECK VISA MASTERCARD DISCOVER AMERICAN EXPRESS

Credit Card No. _____ Exp Date _____ CID Code _____

Signature _____

So You Think You Know Lorain County Health & Dentistry?

You probably know that Lorain County Health & Dentistry (LCH&D) provides affordable and high-quality primary healthcare. You might even be aware that we continually expand access to care in Lorain County, and in 2021, treated a record 17,585 unduplicated medical and dental patients in more than 60,000 visits.

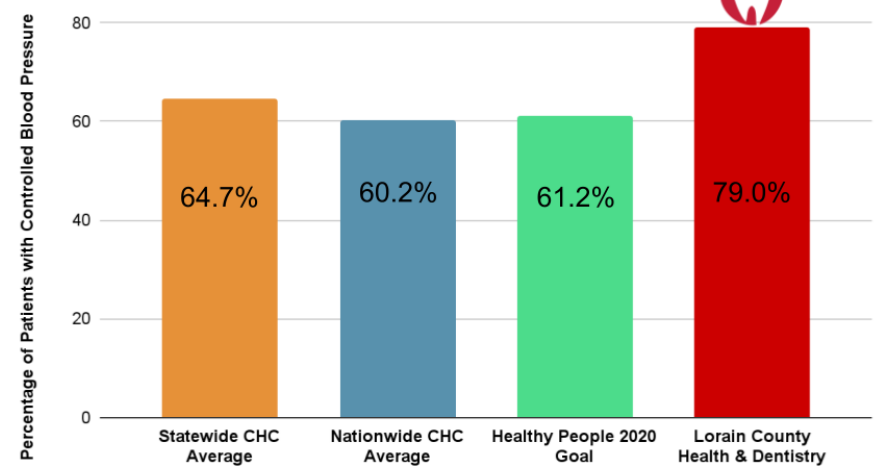
But what you might not know is that Community Health Centers (CHCs), like LCH&D, benefit the *entire* community. CHCs make sense financially. In the U.S. healthcare system, CHCs save \$24 billion annually because they reduce preventable hos-

pitalizations and ER visits at greater rates than other providers. CHCs not only promote savings, they stimulate the local economy, particularly in underserved communities. CHCs create \$63 billion in economic activity every year and employ 257,000 people nationwide. LCH&D is the only CHC in Lorain County. We employ about 120 staff.

Did you know? LCH&D responds rapidly and with purpose to meet community need. Never was this more evident than during the pandemic when LCH&D initiated

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2021 Hypertension Control



AdoptUSKids

ad council

His first football season, Isaiah told us, 'Wear a jersey with my name on it. I want everyone to know you're here for me.'

Darnell and Denna, adopted 16-year-old Isaiah



LEARN ABOUT ADOPTING A TEEN YOU CAN'T IMAGINE THE REWARD

ADOPTUSKIDS.ORG

GIVING THE GIFT OF GOOD HEALTH... ONE PATIENT AT A TIME

Paul Baumgartner,
Executive Director

Thankfully, the Lorain County Free Clinic continues to move forward with the commitment to delivering quality health care for those often overwhelmed with burdens; treating each individual with dignity, respect and compassion.

Our exceptional, all volunteer medical team opens new pathways to access & wellness, fills gaps for the most economically vulnerable, and helps our patients navigate an often times difficult and expensive healthcare terrain.

Many of our patients struggle with tough choices: rising food prices, energy and high health insurance premiums. This investment in the health of our community will help the growing needs of patients.

Hopefully we take the opportunity this Holiday Season to reflect

and to give thanks for the many blessings we receive throughout the year, despite living through a long period of disruptions.

At the Free Clinic, we are grateful for the support we receive from our donor friends and volunteer medical providers who help make a safe and healthy difference, one patient at a time.

For 36 years, the cornerstone of our mission has been to provide timely access to medical care and medications, many for chronic conditions.

As you think about how you might give to others, will you please consider a gift to the Lorain County Free Clinic?

In this season when we give thanks for all that we have, and celebrate the universal spirit of peace and hope, we ask you to help meet one of the most basic needs of all, **Good Health.**



Veterans,
when you're struggling,
soon becomes
later becomes
someday becomes
...when?



Don't wait. Reach out.

Whatever you're going through,
you don't have to do it alone.

Find resources at VA.GOV/REACH

Your Donation Means So Much.

The annual Mary Lee Tucker Clothe-a-Child program provides several hundred needy school-aged children in Lorain County with warm, new winter clothing.



Thank You!



Clothe-A-Child

Mail your donations to:
Clothe-a-Child Program,
c/o The Morning Journal
401 Broadway Suite B
Lorain, OH 44052

Donate online at

www.morningjournal.com/clothe-a-child

When is the right time for kids to start volunteering?

Aristotle once said the essence of life is “to serve others and do good.”

It’s well documented that volunteerism offers many benefits to those who are recipients of the charitable work as well as the volunteers.

According to The Corporation for National & Community Service, one in four Americans volunteers. Volunteers come from all walks of life and various age groups. Nearly one-quarter of all volunteers are people under the age of 24.

Parents and guardians who want to introduce their children to volunteerism may not know when is the right age to do so. Many experts agree that there isn’t a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer. Joseph F. Hagan Jr., M.D., a clinical professor of pediatrics at Larner College of Medicine at the University of Vermont, says helping

out during the toddler and preschool years helps shape a child’s sense of morality.

Rather than wondering if a child is too young to volunteer, adults should focus on finding the right activity to match the child’s age. For example, a three- or four-year-old child can fill bags or boxes with donated food or help gather blankets and towels to donate to an animal rescue. However, a toddler or preschooler may not have the stamina to complete a 5K walk.

Volunteerism doesn’t even have to be in the traditional sense of working with an established charity. A youngster can pick flowers from a field and deliver them to an elderly neighbor. Or a preschooler can invite a child playing alone to come play together. A toddler who loves sorting items can help sort recycling items at home and watch a parent deliver them to the recycling center.



Another way to engage kids in volunteer work is to match their interests with the tasks. Many kids can’t get enough of animals, so they may want to help out an animal organization or be involved with a conservation group. A child can collect change to “adopt” an endangered species.

Kids also can visit a children’s hos-

pital and deliver gifts to youngsters battling illnesses. In such situations, kids may be more engaged if they can help kids their own ages.

Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giving back that benefits youngsters throughout their lives.



IF YOU HAVE THOUGHT ABOUT FOSTER PARENTING

INFORMATION IS JUST A PHONE CALL AWAY

Take the next step and learn how to become a licensed foster caregiver in Lorain County.

Lorain County Children Services
440-329-5340 Childrenservices.org



**REAL PEOPLE.
REAL HEALTH.**

**(440) 240-1655
lorainhealth-dentistry.org**



- Health Center Sites in Lorain, Elyria and Oberlin



- Evening appointments available Monday-Thursday



- Sliding fee scale for uninsured and underinsured patients



- Spanish & English speaking staff

Lorain County Health & Dentistry is a Community Health Center that cares for patients of all ages. We provide the best medical, dental, vision and behavioral health possible. We are not just *in* the community, we are *of* the community.

Lorain County Health & Dentistry performs above the national and state average for Hypertension and Diabetes Control.



5 Ways to Support Teachers this Year

(Family Features) Throughout the pandemic, teachers have gone above and beyond for their students, becoming not just educators, but also counselors, role models and friends to their students by supporting their overall well-being.

Even so, only 52% of teachers feel valued by their communities, according to PDK International, a professional association for educators. What's more, teachers are more burnt out than ever, with 81% reporting their workloads have increased and 55% sharing they have less time for planning than before, according to a State of Teaching survey conducted by Adopt a Classroom.

A successful school year means ensuring your student has the appropriate supplies, wardrobe and routines. This year, make an effort to also support your children's teachers with ideas like these:

Volunteer in the Classroom

With the extra roles and responsi-

bilities many teachers have taken on in recent years, there aren't enough hours in the day to complete special projects or keep up with certain tasks. Ask teachers how you can lend a hand. That might mean spending some time physically in the classroom, or there may be ways you can support your children's classes from home, such as assembling instructional packets or researching field trip ideas.

Donate School Supplies

Often, teachers dip into their own income to create fun, engaging learning experiences and supplement student supplies when they run low. In fact, the average teacher spends \$745 on supplies for their classrooms that are not covered by school budgets. According to Adopt a Classroom's State of Teaching survey, 71% of teachers spent more of their own money on classroom materials in 2022 than during the previous year.

You can ask teachers what supplies



they need, or you can give back to teachers through Staples' Classroom Rewards program. Join for free and earn at least 5% back on every qualifying purchase for both you and to donate to local teachers. The program helps reduce teachers' out of pocket costs for their classrooms by allowing them to earn up to \$2,000 a year.

Recognize Teachers Who Go Above and Beyond

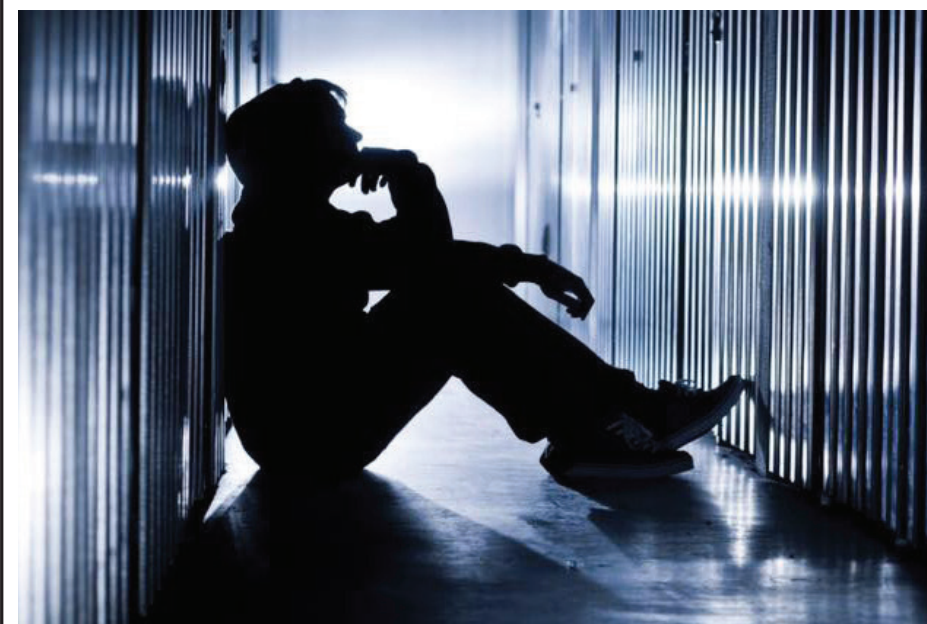
Chances are good you know at least a few educators who have gone beyond the call of duty and made an exceptional impact on their students. Honoring their contributions shows appreciation for all they do. To

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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

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



WHERE RECOVERY BEGINS

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

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

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

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

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

PREVENTION CENTER
1930 Reid Avenue,
Lorain, Ohio 44052

WADSWORTH WELLNESS CENTER
215 Wadsworth Road,
Wadsworth, Ohio 44281

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

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

www.thelcadaway.org • Visit us on Facebook www.facebook.com/LCADAOHIO

TEACHERS FROM PAGE 10

demonstrate your gratitude, consider sending an email to your child's teacher - and copy the principal - expressing your appreciation for his or her efforts, coordinating a fundraiser to raise money for classroom necessities, sending in a gift card for coffee or a favorite restaurant or working with other families to create a poster or book highlighting students' favorite things about the teacher or classroom.

Be a Partner in Your Child's Learning at Home

Supporting teachers isn't just about the classroom and supplies; you can also provide a helping hand by creating good habits and modeling the importance of education at home. Actions like creating routines that keep students on a comfortable, familiar schedule help teachers manage classrooms more effectively. You can also make communication with your children's teachers a priority so you're aware of concerns and can help address them early.

Attend School Board Meetings and Voice Support

Keeping tabs on the issues affecting your school district and teachers is an important part of monitoring and advocating for your children's education, but it's also a way for you to lend your support on topics affecting teachers. Stay informed about issues that matter to your children's teachers and support school board policies and actions that serve teachers' best interests.

Find more ways to give back to educators at staplesconnect.com/classroomrewards.



LORAIN COUNTY HEALTH & DENTISTRY FROM PAGE 6

community-wide COVID testing and vaccine clinics. LCH&D also offers *Medication Assisted Treatment*, life-saving medication to lessen cravings and withdrawal symptoms for those with Opioid Use Disorder, because, in Lorain County, the number of opioid overdose deaths grew 10-fold from 2011-2020.

LCH&D manages chronic diseases, such as Hypertension and Diabetes, better than other providers despite serving more at-risk patients. In fact, did you know that, in 2021, LCH&D surpassed State and National performance averages for Hypertension (see below) and Diabetes control compared to all Ohio CHCs? We credit our team-based approach for this success.

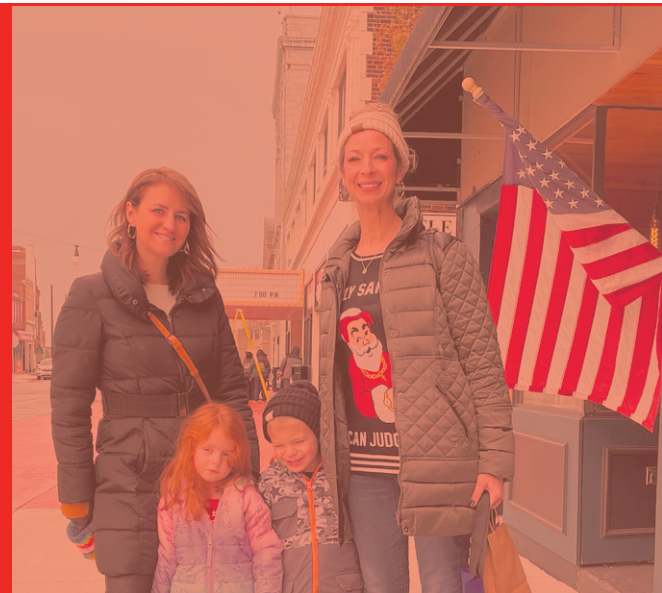
Lorain County Health & Dentistry offers hope to vulnerable populations, strengthens the local economy, and delivers excellent clinical outcomes. Every day, with every patient, we provide the best care possible for our patients. So now you know.

MAIN STREET LORAIN

5TH ANNUAL COOKIE CRAWL



**SATURDAY,
NOVEMBER 26,
2022 | 11AM TO 2PM
DOWNTOWN LORAIN**



**FREE COOKIES AT
PARTICIPATING
BUSINESSES**

LEAVE A LEGACY WITH Lasting Community Impact



Founded in 1980, the Community Foundation of Lorain County is made up of more than 700+ endowment funds valued at approximately \$133M. We wisely invest the funds' assets and the interest earned provides \$6.9M annually in scholarships and grants to support individual and nonprofit organizations in Lorain County. A gift to the Community Foundation is unlike any other gift as it will continue to grow and have lasting impact on our community . . . forever.

Education & Youth
Development



Strengthening
Lorain County



Arts & Culture
Programs



Health & Human
Services



Interested in learning more about establishing your own fund or recognizing a loved one?
Find out how: peoplewhocare.org or call **440.984.7390**