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THURSDAY, JULY 27, 2023



THE MORNING JOURNAL

www.MorningJournal.com

YMCA Sports Camp Plays with Purpose

By Hannah Bartlome

French Creek Family YMCA in Avon serves the Lorain County and Cuyahoga County communities by providing year-round youth sports, education, and child care programs. At French Creek, local families have opportunities to participate in a wide variety of programs; French Creek provides affordable summer child care by hosting four summer camps at an average cost of \$175 per child per week. These four camps serve an average of 180 kids per week, making French Creek home to the largest child care operation in the Association of Greater Cleveland. The camps include a traditional Day Care Camp and three Specialty Camps; Sports Camp, Cheer Camp, and Art Camp

The three Specialty Camps provide a unique, more specialized camp focus each day, but are about something more than just playing sports, doing cartwheels, or creating art. YMCA Youth Sport

Philosophy envisions an experience where there is safety first, fair play, positive competition, family involvement, sport for all and sport for fun. To create this positive atmosphere, French Creek strives to influence character development through the YMCA Core Values: Caring, Fairness, Honesty, Respect, and Responsibility. All three Specialty Camps are based upon teaching these values through a program called "Play with Purpose."

Play with Purpose is designed to encourage campers to understand, learn and promote practice of the YMCA Core Values. Camp staff encourage all campers to develop a growth mindset, find their pause, think of others before themselves, and do what with benefit others most. They strive to teach campers the real value of giving their full effort to serve the group; the true meaning of teamwork and service.

They positively reinforce ideal character by awarding campers Core Value ribbons to acknowledge mo-



ments when they displayed one of the core values. Counselors and campers add up the amount of value ribbons for each camp every day on a goal tracking board. If the weekly camp ribbon goal is met, the three camps earn a group water party and ice cream treat on Friday to reward their teamwork.

Oliver Coleman, from North Ridgeville, is motivated to achieve the ribbon goal each week, "My favorite part of camp is when we have a water day and go in the pool." Oliver and his twin sister, Amara, have been Specialty Camp participants at French Creek for

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JOURNAL JOG IS ON!

Supporting Mary Lee Tucker Clothe-A-Child



Clothe-A-Child

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

The clothes are paid for thanks to donations of money from readers, organizations and

events like the Journal Jog. Volunteer shoppers donate their time to take the children shopping at designated area stores for coats, boots, gloves, hats, shirts, pants and other apparel.

Visit <https://runsignup.com/Race/Register/?raceId=150059&eventId=742504> to sign up to run or walk the Journal Jog while supporting a great cause.



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Restore Helping Change People's Lives

The opening of the Amherst ReStore was an exciting step for Greater Cleveland Habitat for Humanity on Nov. 4, 2022. The Amherst store, located at 300 Rice Industrial Pkwy. (off of Route 58) gives our Greater Cleveland affiliate a physical presence in Lorain County where there is plenty of work to be done to let the community know who we are, what we do and how we do it.

We do what we say we will do, and that is build quality homes for deserving local families who could not qualify for a traditional mortgage from a traditional financial institution.

It is not an overstatement to say our ReStore customers and donors effectively help change people's lives for the better. With our many individual donors, generous sponsors, fundraisers and grants from both private and public entities, we are able to create affordable homes for the families who complete our Homeownership Program – our "Partner Families."

To qualify for the program, families

must meet three criteria. They must show that they have a need for improved housing; be willing to partner with Greater Cleveland Habitat by agreeing to contribute at least 200 hours toward volunteering and homeownership education; and prove that they have the ability to pay for an affordable zero-interest mortgage. Despite some common misconceptions, Habitat for Humanity homes are not given away for free.

At the time of this writing, Greater Cleveland Habitat has one house in the city of Elyria that is ready for a Partner Family to purchase and is working to acquire another in the city of Lorain. Our affiliate is actively working in lock-step with Lorain city officials and the Lorain Metropolitan Housing Authority to align goals in a way that will generate the maximum amount of benefit for the community.

One way we plan to do this is by conducting outreach with community leaders and partner organizations, such

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IF YOU HAVE THOUGHT ABOUT FOSTER PARENTING

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

**Call Judith Padua,
Lorain County
Children Services
440-329-5608 or visit
ChildrenServices.org**



Advocating for Mental Health as a Universal Child Right

(Family Features)

Mental health and psychological well-being are essential for children, adolescents and communities to thrive. With crises in locations such as Ukraine, Syria, Turkey and Afghanistan, the mental health and well-being of children and young people around the world are causes for concern.

Globally, more than 1 in 7 adolescents ages 10-19 live with mental health conditions, according to UNICEF. Children and youth globally, including those in the United States, face challenges bridging the gap in terms of mental health needs and proper access to quality services.

The COVID-19 pandemic coupled with school closures and disruptions in learning impacted nearly 1.6 billion children globally. Anxiety, depression and other mental health conditions actively threaten children's ability to be healthy and happy. Addressing key mental health and psychosocial issues to support their development can al-

low them to meaningfully participate in society.

Together, UNICEF and UNICEF USA are advocating on a local, national and global scale to provide children with the tools they need to support mental health. On a global level, the organizations are calling on Congress to pass the Mental Health in International Development and Humanitarian Settings (MINDS) Act, the first federal legislation that addresses mental health and psychosocial support through U.S. foreign assistance. It focuses primarily on populations with increased risk factors for developing mental health disorders including children and caretakers in crisis-affected communities, gender-based violence survivors, displaced populations and more.

Raising awareness, engaging youth and sharing resources to support parents, adolescents and children are core ways to address the current state of global mental health. To learn more



about how you can support these efforts and call on elected officials to prioritize mental health services for children and caregivers in U.S. foreign assistance, visit act.unicefusa.org/MINDSAct or text "MINDS" to 52886.



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YMCA Early Learning and Enrichment programs help children grow in all developmental areas to gain the skills they will need as they go through life!



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A photograph of a smiling male doctor in a hospital setting, wearing a dark blue scrub top and a stethoscope. He is in the foreground, looking towards the camera. In the background, other healthcare professionals are visible, slightly out of focus.

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YMCA SPORTS CAMP FROM PAGE 2

three summers. Amara understands the meaning.

“Playing with purpose [to me] is playing fair and after a game saying good game even if you lose.” She believes that having respect is the most important. “You have to respect others, yourself, and your counselors so you can have fun and not get hurt.”

Play with Purpose provides Specialty Camp participants a unique opportunity to focus exclusively on sports, cheer, or art, while focusing on character development as the main objective.

Their mother, Angela Coleman, has been a French Creek family member for four years. She credits French Creek’s Specialty Camps for being a driving factor in this decision. “French Creek provides a safe and fun environment for our kids to grow and learn throughout the summer. [The camp] grows our children in character.” So far this summer, French Creek Specialty Camp has

visited the Cleveland Museum of Art, Cleveland Metroparks Zoo, Great Lakes Science Center, Lake Erie Nature Center, and Huntington Beach for the purpose of creating memorable learning experiences for our campers. “They do a great job organizing activities around each weekly theme to keep our kids engaged and growing as people.”

Upcoming programming available at French Creek Family YMCA this fall and winter include T-ball, Youth Track, Book Club, 4th -5th grade Club Basketball, Jr Cavs Youth Basketball, and Youth Volleyball League. For more information regarding upcoming youth programming this fall and for 2024, please contact French Creek Family YMCA at (440)-934-9622 or French Creek Youth Programming Director- Hannah Bartlome (hbartlome@clevelandymca.org).

Each morning when camp starts, Camp Staff explains how to Play with Purpose: attitudes to have and actions that support our positive attitudes. We

read an inspirational quote and hold a group discussion to engage the campers. After that each camp participates in their own specific activities. During this time, counselors and campers are expected to uphold themselves and others to the values and recognize these moments of positivity in others.

At the end of the camp day, the three camps join back together and each camp counselor addresses the camps to announce the campers they recognized displaying a core value. We add all earned ribbons up between the three camps on a board to track our progress throughout the week. On Friday, if we achieve our goal, all three camps earn an ice cream treat and slip n slide day.

Common to all YMCAs is the emphasis on Spirit, Mind, and Body.

Part of our curriculum is group meditation.

The goal of YMCA youth programming is Healthy Living, Social Responsibility, and Youth Development.



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Lorain County’s children are Lorain County’s future. They each possess vast gifts and strengths, but sometimes they can feel limited by their circumstances. They just need another caring adult to help them navigate obstacles and realize their potential. It only takes 3-5 hours per month to change the trajectory of a child’s life for the better – and make an investment in your community.

To learn more about how you can become part of the **Big Brothers Big Sisters of Lorain County** (BBBSLC) caring community as a one-on-one mentor, a group mentor, or a guest speaker or business sponsor through our BIG Futures career and college readiness program –

Please call us at **(440) 277-6541** or visit our website at **BigLorainCounty.org**.



BBBSLC is a BBBS of America Quality Award Winner for outstanding team leadership in providing 1-to-1 mentoring programming for local youth – and, was recently recognized by the Ohio Department of Education as a top program during its Shining Moments in Summer and Afterschool Learning Celebration for its BIG Futures career and college readiness program.



RESTORE FROM PAGE 3

as El Centro. This outreach will include discussions with members of the community to determine their primary needs and concerns. This information will give us the insight necessary to properly focus our efforts to help improve people's lives in Lorain County as we have been doing in Cuyahoga County since Greater Cleveland Habitat was founded in 1987.

Plans are taking shape for our staff and volunteers to take on five critical home repair projects in the city of Lorain in the near future. This is just a starting point for our work in the area.

Our affiliate has grown significantly in the past decade and with our new 400 Home Strategic Plan, we plan to build, rehab or perform critical repairs on 400 homes throughout both



Lorain County and Cuyahoga County.

We want people to know that when they donate furniture, money, stock or even an old car to Greater Cleveland Habitat, their contribution is being put to good use.

Please take a moment to learn more about Greater Cleveland Habitat for Humanity and how to schedule a free donation pickup at any of our three ReStore locations by going to www.clevelandhabitat.org.

For military veteran caregivers, caregiving often starts earlier in life and lasts longer. **To better care for your loved one, you must also care for yourself.**



(216) 429-1299

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A world where everyone has a decent place to live...



...that's our vision.

Now Serving Lorain County

Hearts of Patriots supporting military families

Hearts of Patriots is a non-profit organization dedicated to supporting combat veterans and their families who are struggling with post-traumatic stress disorder (PTSD). Our mission is to provide assistance and resources to help them overcome the challenges they face in their daily lives. We understand that combat veterans and their families can often feel isolated and unsupported, so we offer various services to help them navigate the difficulties of dealing with PTSD. Last May, we established our first local chapter of the organization, allowing us better to serve veterans and their families in the area. Our goal is to improve the quality of life for all those affected by PTSD and provide critical needs services to help them overcome their challenges.

During the past year, Hearts of Patriots has developed a cooperative relationship with the Lorain County Veterans Service Center, allowing us to help local veteran families. We can provide services outside their parameters, allowing the organization to help with needs that would otherwise go unmet. The most recent example is Veteran Ken and his support dog Harley. Ken has spent the past year recovering from a stroke. He had been unable to pay for a visit to Vet for Harley to receive shots required by his landlord. Hearts of Patriots was able to provide for that

visit, ensuring that he could keep Harley by his side.

Through our collaboration with the Lorain County Veteran Service Center, we are developing programs for local families that include support for all family members. One important program we are working on is support for extracurricular activities for children and teens. Hearts of Patriots understand the importance of these activities for kids knowing that participation provides opportunities to develop lifelong friendships and mentors. These opportunities build confidence and enhance personal development and talents, increasing family well-being and strengthening a shared sense of community.

At Hearts of Patriots, we are committed to providing a safe and supportive community for veterans and their families. Through our various programs and services, we strive to address the unique challenges veterans face and offer them the assistance they need to thrive.

To learn more about Hearts of Patriots and our services, please visit our website at www.vetspouse.org where you can find information about our organization and how we support veterans and their families.

In addition, we invite you to visit our Veteran Memorial website, which serves as a tribute to all

SEE PAGE 9



THE LORAIN COUNTY CHAPTER OF



They sacrificed for us, but they did not serve alone.

Called upon to serve they returned as Wounded Warriors. We advocate for and support these Hidden Heroes, their veteran and their families, providing education, resources, and support, helping them, their veterans, and their families navigate the challenges that are the consequences of war.

Our goal is to meet quality-of-life and critical needs of our combat veterans and low-income families, ensuring they receive the care and assistance they need to thrive.

With your help we support veterans by supporting the families that support them.

VISIT vetspouse.org FOR MORE INFORMATION

PATRIOTS FROM PAGE 8

veterans of all wars. Funded by Nordson Corporation, this special memorial is inspired by a deep concern to provide a safe place for families of veterans lost to invisible wounds of war to honor the service of their loved ones. We recognize these veterans as war casualties and honor them for their dedicated service.

At Hearts of Patriots, we are committed to providing a safe and supportive community for veterans and their families. Through our various programs and services, we strive to address the unique challenges veterans face and offer them the assistance they need to thrive.

Join us in our mission to honor veterans and support their families. Together, we can make a difference in the lives of those who have served our country with bravery and dedication.

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 hospital 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 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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PREVENTION CENTER
1930 Reid Avenue,
Lorain, Ohio 44052

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120 East Avenue,
Elyria, Ohio 44035

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

WADSWORTH WELLNESS CENTER
215 Wadsworth Road,
Wadsworth, Ohio 44281

THE KEY WOMEN'S CENTER
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How Eligible Households Can Connect to the Internet

The Federal Communication Commission's Affordable Connectivity Program helps millions of households get and save on internet service

(Family Features) High-speed internet service is no longer a luxury, but a necessity for everyone, everywhere.

From doing homework to using telehealth, working remotely, connecting with family and friends and more, internet is needed for everyday life, but the cost can make it hard for many to afford.

To help ensure all Americans can share in and contribute to today's internet-based society and economy, Congress created the Affordable Connectivity Program (ACP). Launched Dec. 31, 2021, the Federal Communications Commission (FCC) oversees the program to help eligible households gain access to affordable high-speed internet service.

"For many households, the cost of groceries, gas and rent can eat up the monthly budget, putting internet access out of reach," FCC Chairwoman Jessica Rosenworcel said. "The ACP is the nation's largest-ever broadband affordability effort, supporting internet connections in millions of households. That's progress, but we want to do more to get out the word about this powerful program and reach families that may not know about this benefit."

How the Program Works

The ACP provides eligible households a savings of \$30 per month toward internet service or \$75 per month for eligible households living on qualifying Tribal lands. Taking part in the ACP could make internet service free if the savings covers the entire price of the plan. Eligible participants will not receive additional money back if their bill is less than the discount.

Eligible households can also receive a one-time savings of up to \$100 to buy a laptop, desktop computer or tablet from participating providers. The program is limited to one monthly service discount and one device discount per household (a group of people who live together and share money even if they are not related).

As of June 2023, more than 18 million households have enrolled in the program and are connected to high-speed internet services they need.

How to Enroll

Step 1: Visit [GetInternet.gov](https://www.getinternet.gov) and submit your application or print out a mail-in application. Households with questions about eligibility or how to apply, or need to request a paper application, can



call the ACP Support Center at (877) 384-2575.

Step 2: If approved, contact your local internet provider to select a plan and have the discount applied to your monthly bill. Use the Companies Near Me Tool to find participating internet service providers in your area by city and state or zip code. Consumers can select

the type and level of internet service that best suits their needs.

The ACP protects consumers by allowing households to choose an internet service plan that meets their family's needs. Consumers also cannot be denied service because of their credit score or prior debt with a provider, and households enrolled in the ACP can switch providers and plans without incurring additional fees or penalties for early termination.

ELIGIBILITY REQUIREMENTS

- Their household income is at or below 200% of the Federal Poverty Guidelines, about \$60,000 a year for a family of four or \$29,000 a year for an individual
 - Anyone in the household, including children or dependents, participates in certain government assistance programs like SNAP, Medicaid, WIC, Federal Housing Assistance or other programs
 - Anyone in the household already receives a Life-line benefit

A household may also qualify for the ACP through a participating provider's existing low-income program.

For a full list of eligibility requirements and more information, visit [GetInternet.gov](https://www.getinternet.gov).



How to make a charity a beneficiary

Giving to charity can be a rewarding endeavor that makes a difference in the lives of people in need. Many people donate throughout their lives, and some people may want to impart a more lasting legacy by continuing to support a charity even after they have passed away.

Incorporating a charity into an estate plan is a great way to continue giving after you pass away. Individuals may not know how to make charities beneficiaries in their wills. A financial planner, attorney or accountant can answer the more complex questions individuals have about naming charities as beneficiaries in a will. In the meantime, this general guide can serve as a solid foundation for individuals who want to give back in their wills.

Most people think of beneficiaries as loved ones, but a beneficiary can be any person or entity one chooses to leave money to, including nonprofit organizations. It's relatively the same process to name a charity as a beneficiary as it is an individual. According to the resource Trust & Will, first identify the charity that will be supported, including getting its Employer Identification Number or Taxpayer Identification Number. Next, deter-

Incorporating a charity into an estate plan is a great way to continue giving after you pass away.

mine which type of gift to make, which may be a predetermined financial contribution, a gift of property, or other assets like stocks. For large donations like real estate or cars, it may be best to contact the charity in advance to ensure they are able to accept such gifts. Finally, be sure to include your wishes in an estate plan. A qualified attorney can help clients draft a will that spells out their wishes in detail.

Keep in mind that charities also can be named as beneficiaries on life insurance policies or individual retirement accounts. They also can be listed on bank accounts. Again, people are urged to discuss all options with estate planners to ensure their plans fully reflect their wishes.

When naming a charity as a beneficiary, it can be wise to inform family members and other beneficiaries so no one is caught off guard upon your death. This way the charitable gift is not held up by delays in executing the will.

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Call (855) 635-3694 to donate your car, truck, boat, RV, and more today!



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2. Schedule Pickup

We'll pick up your vehicle for FREE - at a time and place convenient for you.



3. Receive Top Tax Deduction

You may qualify for a tax deduction.

- Support Veteran Nonprofits.
- Free Pickup & Towing.
- Top Tax Deduction.

What kinds of vehicles can I donate?

Veteran Car Donations accepts most cars, trucks, boats, RVs, and motorcycles. We can pick up your vehicle, running or not.

It gets better: your car donation can be picked up within 24 hours, and in some cases even the same day.



How Your Vehicle Donation Helps Veterans

Your vehicle donation directly helps us to provide our nation's heroes with much needed programs and services, such as:

- Essential Medical Care and Mental Health Services
- Mentoring, Job Skills Training, and Employment Assistance
- Food, Emergency Shelter, and Housing for Homeless Veterans
- Post-Traumatic Stress Disorder (PTSD) Therapy and Grief Counseling

Donate Your Vehicle Today

855-635-3694



Veteran Car Donations

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (855) 635-3694.



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.

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