

# Medical Directory

A Guide to Area Healthcare and Providers



Special Supplement to

**THE MORNING JOURNAL**

Thursday, September 28, 2023



## Greetings From The Lorain County Medical Society!



As the historical Lorain County Medical Society enters its 129th year of service to Lorain County, we are honored once again to be a resource for our community in all aspects of healthcare. Our physician members are comprised of this area's top doctors in all specialties and healthcare systems. In this provider directory, you will find physicians that are dedicated to providing their patients with top notch care and participating in, and giving back to, their community.

The Lorain County Medical Society also functions as a charitable organization. Every year, the Lorain County Medical Society Scholarship Foundation distributes more than \$30,000 in academic scholarships to Lorain County residents who are pursuing careers in the medical field.

This year we were pleased to award the following students:

**Riki Tanaka – Medicine**

– *University of Toledo College of Medicine*

**Hannah Parson – Medicine**

– *Ohio University Heritage College of Osteopathic Medicine*

**Hannah Starbuck – Medicine**

– *University of Toledo College of Medicine*

**Alexandria LaSalla – Medicine**

– *Ohio University Heritage College of Osteopathic Medicine*

**Katherine Kiskin – Medicine**

– *Ohio University Heritage College of Osteopathic Medicine*

**Kaitlin Brun – Athletic Training**

– *Otterbein University*

**Olivia Haas – Physician Assistant**

– *Baldwin Wallace*

**Jacob Worthington – Pharmacy**

– *Northeast Ohio Medical University*

**Miranda Castelli – Pharmacy**

– *Northeast Ohio Medical University*

**Hannah Aschemeier – Nursing**

– *University of Toledo College of Medicine*

**Lauren Fessler – Nursing**

– *Lorain County Community College*

Congratulations! We wish you all the best in your studies.

When looking for care, please look for a provider from the Lorain County Medical Society.

Warmest regards,

Erin Lesueur

Executive Administrator

## 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 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.

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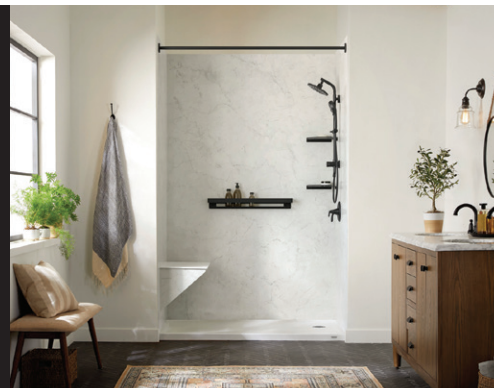
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## What is Falls Prevention?

In the United States, falls are the leading cause of emergency department visits for fatal and non-fatal injuries among adults aged 65 and over. Falls prevention means supporting older Americans to learn steps to stay safe in their homes and maintain regular checkups with a healthcare provider to increase safety. Falling is not a normal part of aging, and can be reduced by making small lifestyle changes. The 2021 Lorain County Older Adult Needs Assessment reported that:

1 in 4 survey respondents are concerned about accidents and falls within their home

30% of survey respondents experienced at least one fall in their home in the past twelve months

Fall incidents can increase risk of other health issues like broken bones, head injuries, and internal bleeding. Here are some recommendations to prevent fall incidents from the National Council of Aging:

SEE PAGE 4

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- Primary Stroke Center
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- Rehabilitation & Orthopedic Center
- Senior Services
- Sleep Center
- Surgical Services
- Center for Wound Healing (HBOT)
- Urology



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## Buyer Beware: Some TV ads Will Cost You

Following is an opinion editorial by Roland Januzzi, President of Albert V. Januzzi Footwear Inc.

When searching for help with foot, ankle, knee, hip and back pain or when looking for personalized arch supports that will help with a variety of alignment issues, it is best to not automatically assume that convincing ads on television or on the internet will lead you to the proper or most cost-effective remedy. In fact, unless you know about the company you are dealing with, you may easily fall victim to price gouging or ineffective remedies – or both.

*So here are two ways to make sure you are not being taken advantage of:*

1. Find out who the owners of the company are, how long they have been in business, what their qualifications are, who their employees are and

what their reputation in the community is. Find out if you can actually meet and talk with the owner of the company.

2. Check with reliable sources such as the Better Business Bureau (www.bbb.org), friends and family, and professionals that you trust. Do not automatically trust what the company's website has to say about itself and do not trust online reviews that are easily manipulated and falsified.

The Januzzi footwear family has been in business since 1926 and has worked relentlessly to earn the trust and confidence of 4 generations of shoe buyers. For dependable, trustworthy, knowledgeable and caring service call Januzzi's Footwear Solutions at 440-984-7463 and ask for Roland or Connie Januzzi. We are here to help.

## FALLS PREVENTION FROM PAGE 3

Stay physically active - try balance and strength training exercises. Find free fitness opportunities at UnitedWeSweat.org, or dial 211 and ask about United We Sweat.

Fall-proof your home. Installing items like walk-in tubs and railings can help reduce your chance of falling. Steps as simple as decluttering your floors and getting rid of area rugs can help prevent falls.

Have your eyes and ears tested. Vision and hearing issues can make it more difficult for you to keep your balance. Ask your healthcare provider for a referral.

Lorain County Public Health supports community partners in building healthy community environments to promote health and wellness throughout Lorain County. Some Lorain County amenities that can help you exercise balance include:

An older adult "playground" in North Ridgeville. This special exercise equipment is specifically designed to help older adults strengthen balance and prevent falls. Visit the equipment at the North Ridgeville Office for Older Adults, 7327 Avon Belden Road in North Ridgeville.

Pickleball courts throughout Lorain County. Learn how to play one of America's most popular new sports. Pickleball courts are located:

At Wellington Community Park, Johns Street in Wellington

Behind Grafton Township's fire station, 17109 Avon Belden Road in Grafton

Health programming at your local library - visit your library and participate in cooking classes, yoga classes, and other opportunities to stay healthy and socialize.







*The Lorain County Medical Society  
Foundation Building  
Honoring Dr. Thomas Martin*

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# LORAIN COUNTY MEDICAL SOCIETY WHO WE ARE

## The Lorain County Medical Society

The Lorain County Medical Society is comprised of Lorain County physicians in all areas of practice and specialties. LCMS is committed to serving our members by providing a supportive network of physicians who may otherwise not have the opportunity to work with each other. Together we can navigate the ever-evolving field of medicine, stay up to date on the latest news and regulations, and give back to our community.

## The Lorain County Medical Society Foundation [501-C-3]

The Lorain County Medical Society also connects and gives back to our community by providing free health information, events, and charitable donations to local non-profit organizations that give support to Lorain County's disadvantaged and underserved population.

## The Lorain County Medical Society Scholarship Foundation

Throughout the year we raise funds for our Scholarship Foundation that provides financial assistance and mentoring opportunities to our next generation of healthcare workers in Lorain County.



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# REASONS TO JOIN

## NETWORKING

Networking with other physicians in the area from different organizations and businesses in our community, access to

## VISIBILITY

Every spring the Lorain County Medical Society lists our member physician directory, and each fall our members can submit op-ed articles they've written for publication in the Morning Journal, both in print and online.

## OPPORTUNITY

Opportunities for leadership, volunteering, supporting charities in our area, or to be a speaker at one of our events or CME's.

## EDUCATION

Included in your membership is access to free AMA PRA Category 1 Credits<sup>TM</sup> throughout the year which have been tailored to our member's needs and are offered locally at the Spitzer Conference Center.

## DISCOUNTS

Discounts to local businesses including full access to the Lorain County Community College Health and Recreation Center!

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# Manage Your Family's Year-Round Health

(Family Features) Now is a good time to check in and make sure your entire family is protected from infectious diseases.

According to the Centers for Disease Control and Prevention (CDC), vaccines help create protective antibodies that fight off infections. Timely routine vaccinations, such as MMR (measles, mumps and rubella) and Tdap (tetanus, diphtheria and pertussis), are known to prevent around 4 million deaths annually, yet only 1 in 5 adults are up to date on their vaccines.

Convenience, accessibility and lack of trust all play fundamental parts in why vaccination numbers are low across some demographic groups and geographic regions. Community pharmacies and clinics, such as the Kroger Family of Companies' Pharmacies and The Little Clinic, have emerged as accessible and convenient options for people seeking needed healthcare services outside of traditional settings. These facilities offer a range of high-quality services, including medication counseling, health screenings and immunizations.

Routine preventive care, including vaccine administration, can take place at various points throughout the year. Certain populations, such as people who are 60 years of age and older, those with chronic diseases and some minority populations, are more at risk for contracting certain infections and are encouraged to maintain updated vaccinations and boosters throughout the year. (For children younger than 5 years of age, check with your local pharmacist or clinician for vaccine guidelines.)

The CDC recommends everyone 6 months old and older get an annual flu vaccine. Influenza, more commonly known as the flu, is a highly contagious respiratory virus that infects the nose, throat and lungs, and could lead to serious illness, hospitalization or death. Dominant flu strains are constantly shifting and protection from a single flu vaccine declines over time.

Retail pharmacies and clinics hold a unique position in the local communities they serve and are deeply committed to vaccine education and outreach. In addition to providing protection against illnesses such as influenza, vaccines also offer protection against hepatitis A, hepatitis B, varicella (chicken pox), measles, RSV, pertussis (whooping cough), COVID-19 and more. By equipping people with consistent, factual information, retail pharmacies and clinics empower them to make informed decisions about their health and the health of their loved ones.

Research shows schools and colleges have the potential to cultivate a higher disease transmission



rate that affects all ages. When students are protected against vaccine-preventable illnesses, they experience fewer absences due to illness.

Ensuring children are current on their vaccines also creates opportunities for parents and caregivers to check their own preventive health statuses. The National Institutes of Health notes vaccine-preventable diseases cost the country approximately \$27 billion annually in lost wages and increased healthcare costs.

Unlike some traditional healthcare settings, retail pharmacies and clinics are easily accessible. They are often located within local communities and have extended hours that cater to busy schedules, allowing flexibility for people getting their families vaccinated. Options like the Kroger Family of Companies' Pharmacies and other retail pharmacies have established vaccine clinics within their pharmacy and clinic locations, making vaccinations a seamless and convenient part of the healthcare experience they provide.

Annual Gallup Polls consistently show pharmacists and nurse practitioners are among the most trusted people in the medical field. Healthcare professionals at retail pharmacies and clinics undergo rigorous training and possess in-depth knowledge about vaccines, proper storage and handling as well as administration techniques.

By prioritizing proactive vaccinations, retail pharmacies create an environment that supports the well-being of students, teachers, staff and families, helping communities live healthier lives.

To learn more, visit [kroger.com/vaccinations](https://kroger.com/vaccinations) or visit a local pharmacy or clinic.

## Stay Up-To-Date on Recommended Vaccines

Check the boxes on this form to keep track of your and your family's vaccinations

### Infant to Age 15

Please note: The Kroger Family of Companies' Pharmacies and The Little Clinic can only administer vaccinations for children 15 months and older.

- COVID-19
- Hemophilus Influenzae Type B (Hib)
- HPV (Human Papilloma Virus)
- Influenza (Flu)
- Meningitis (Meningococcal)
- Polio

### Age 16 to 49

- COVID-19
- Hepatitis A
- Hepatitis B
- HPV (Human Papilloma Virus)
- Influenza (Flu)
- Meningitis (Meningococcal)
- Td or Tdap (Tetanus, Diphtheria, and Pertussis)

### Age 50 to 64

- COVID-19
- Influenza (Flu)
- Shingles (Herpes Zoster)
- Td or Tdap (Tetanus, Diphtheria, and Pertussis)

### Age 65+

- COVID-19
- Flu (Influenza)
- Pneumonia (Pneumococcal)
- Shingles (Herpes Zoster)
- RSV (Respiratory Syncytial Virus)

For more information or to make an appointment, please visit [kroger.com/vaccinations](https://kroger.com/vaccinations)

You may be eligible for other vaccines based on underlying medical conditions or other considerations. Please talk to your healthcare provider for a recommendation on which vaccines are right for you.



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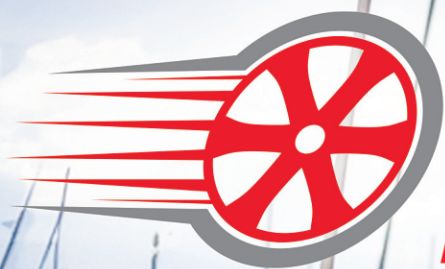


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