



# Health & Wellness



## What is toenail fungus or Onychomycosis?



William Donahue, Jr.  
DPM, FACFAS

Onychomycosis is a fungal infection of the nail. It is the most common disease of the nails and creates about half of all nail abnormalities. This condition may affect toenails or fingernails, but toenail infections are particularly common. It occurs in about 10 percent of the adult population. Onychomycosis accounts for one third of fungal skin infections. The common symptoms of the fungal nail infection include the nail becoming thickened and discolored. Fungus cases are reported to be either white, black, yellow, green or all of the above. If left untreated, the infection will make nail brittle, painful and embarrassing. Extremely contagious, it can pass from person to person very easily and because of this, it is difficult to clear up. Nail fungus can cause social problems since when having it, an individual will want to hide or cover it up.

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Legacy Health Services operates ten skilled nursing facilities, and three assisted living facilities across Northern Ohio. Through our ancillary companies, we also provide hospice, home care, and nurse practitioner services. Our facilities are conveniently located near local freeways and hospital systems. For more information go to [www.lhshealth.com](http://www.lhshealth.com)



### Is your family struggling with a loved one's use of alcohol, drugs or problem gambling?

Lake-Geauga Recovery Centers, Inc. is a non-profit agency providing continuous service to the community since 1971. The Center provides a wide range of services for adults whose lives have been affected by their own or another's use of alcohol, drugs, problem gambling or mental illness. Our goal for treatment services is to help individuals achieve long-term recovery and an improved quality of life. Lake-Geauga Recovery Centers is uniquely designed to utilize multiple levels of care, providing life-changing opportunities for individuals to drastically change their thinking, attitudes, and behaviors about their involvement with alcohol, drugs and problem gambling. We provide numerous outpatient services, and long-term residential treatment for men and women including a specialized program for pregnant women. In addition we operate Recovery Housing for both men and women, providing them a safe, sober, drug and alcohol free living environment after the completion of primary treatment.

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## What Is Your Medicare I.Q.?

If you are turning 65 or going on Medicare this year, it is a good idea to brush up on your Medicare knowledge before it is time to enroll. For example, do you know . . .



- The difference between Original Medicare, a Medicare Supplement, and a Medicare Advantage Plan?
- How much you will pay each month for Medicare?
- What out-of-pocket costs you are responsible for?
- The long-term penalty for missing your sign-up deadline?
- How to find the plan with the best prescription coverage for YOU?

You can get clear-cut, straight forward information about Medicare at an upcoming **Getting Started with Medicare Seminar**. Registration is going on now for the following class:

**Wednesday, April 3, 2024 6:00pm – 7:30pm**  
**Willoughby Hills Library**  
**35400 Chardon Road, Willoughby Hills, OH 44094**  
**Registration: 440-942-3362**

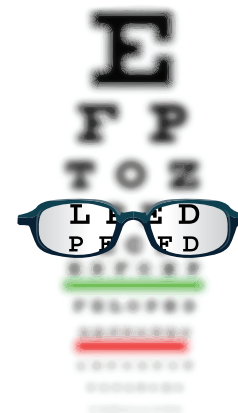
Check for additional class dates and times by visiting [www.mutskoinsurance.com/seminars](http://www.mutskoinsurance.com/seminars). You can also call Mutsko Insurance Services at 440-255-5700 or email Laura Mutsko at [Lmutsko@mutskoinsurance.com](mailto:Lmutsko@mutskoinsurance.com) for help with your insurance needs.

*We do not offer every plan available in your area. Currently, we represent 7 organizations which offer 84 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP) to get information on all of your options.*

## In the Know about Cataracts

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

Simply having a cataract does not always require surgery. Sometimes a change in eyeglasses or contact lens prescription is



enough to restore adequate vision. Unfortunately, cataracts cannot be prevented and the only way to correct vision impaired by cataracts is with cataract surgery.

Good news: continuous innovations in technology have made this procedure

safer than ever and with the advancements in replacement lens technology, cataract surgery can offer an opportunity to correct other vision problems such as astigmatism or presbyopia. Call Ophthalmic Physicians today at (440) 255-1115 to schedule your cataract evaluation.

## Get the FACTS on Insurance



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We do not offer every plan available in your area. Currently, we represent 7 organizations which offer 84 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP) to get information on all of your options.

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### She Looked In Horror, As Her Doctor Said ...

## “I’m Sorry, We’ve Done All We Can, and You’ll Just Have To Live With The Pain!”

Dear Friend,

#### ABOUT THIRTY YEARS AGO SOMETHING HAPPENED THAT CHANGED MY LIFE

I had just graduated from Bishop Feehan High School, and I was attending college in New Hampshire, where I was playing football. During my second season I started suffering from lower back pain and tingling and numbness in my left leg. I couldn't run, at times it was even difficult for me to stand or sit. The doctors prescribed the typical muscle relaxers, pain-killers, and physical therapy. The doctors told me these treatments would help or make it worse. It made the problem worse. After a few weeks of this the pain was so bad, the doctors at UNH sent me for an MRI. The MRI showed a ruptured disc. I had surgery on my lower back. After surgery, I still had a significant amount of pain in my lower back and leg.

A friend suggested I see a doctor of chiropractic. "A chiropractor" I said, "Are you crazy?" He explained to me that his whole family uses a doctor of chiropractic regularly for all types of health problems. It all started when his mother was suffering from headaches and severe dizziness, after she was shuffled around from doctor to doctor and took over 700 pills in one year only to find out her headaches got worse, and after thousands of dollars worth of tests they told her there was nothing more they could do. A friend of hers suggested she try a doctor of chiropractic, and even though she didn't believe in it, her life was being ruined so she went. After a few treatments her headaches and dizziness were gone. I asked why he went, and he explained to me that his mother didn't want the rest of the family to grow up with the same problems she had since the neurologist said headaches could be hereditary, besides that, he said nearly every professional athlete in the world like Tom Brady, Jordan Spieth, and every professional team now use a doctor of chiropractic to increase their performance.

I decided to give the chiropractor a try even though I was still a bit skeptical. The doctor did an exam, took a couple of x-rays, and then showed me my problem. I started care, and I couldn't believe it, the pain started to improve immediately and the leg pain gradually went away over the next couple of weeks. The funny thing is it actually felt good. Soon after that I noticed my seasonal allergies also disappeared. I was so excited, I'm sure you guessed it; I became a Doctor of Chiropractic myself.

Just last month I was able to help a young man who was having Migraines. The neurologists told him there was nothing they could do. He was having them almost daily, after his first adjustment he didn't have one for a couple of days, now he hasn't had one in over a month.

WHAT SETS ME APART... in the chiropractic field is my use of the Activator Methods Chiropractic Technique (AMCT); a treatment system that utilizes a small hand-held instrument that applies a quick, low-force, gentle chiropractic treatment directly to the source of your pain to alleviate nerve pressure to allow the body to heal itself.



Here's what some of my patients had to say:

*"Dr. R. is amazing! I had never seen a chiropractor before, and I realized I waited too long. I had not been walking correctly for years, now after alignments, I'm doing so much better! The staff is very efficient and friendly- and all work together well. Great vibes, great care, great people! Thank you for helping me!" - Julia W.*

*"Absolutely recommend Dr. Roediger! His office and staff are fun and pleasant to be around with a comfortable environment and atmosphere. And his genuine care to help people is the reason I will continue to receive treatments for my neck and keep my migraines away! You guys rock!!!!" - Nathan F.*

*"Both my husband and I go for adjustments and find we are more mobile because of it. For anyone who is afraid of Chiropractors, because of how you have been told it is done, Dr. Roediger goes over everything before you commit to anything. The Activator Method is less invasive and more comfortable on my neck and back". - Carolyn M.*

**Amazing Offer-** When you call and mention this article before February 16, 2024, you can receive my new patient exam for \$57. That's a complete initial exam, Para spinal scan, x-rays if necessary. I

will correlate my findings and give you a free consult on recommendations for your condition. This exam could cost you \$175 elsewhere. And, "further care" is very affordable if needed, adjustments fee is only \$45. You see I'm not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that.

Incredible service at affordable fees ... Please, I hope that there's no misunderstanding about quality of care. You'll get professional care that's affordable. My qualifications ... I attended the University of New Hampshire before finishing my Doctorate at Logan College of Chiropractic in St. Louis, Missouri. I'm Advanced Proficiency rated by Activator Methods International. I've been entrusted to take care of tiny babies to pro athletes that you may know. My mission is to help more people get care, improve their quality of life, and create a healthy lifestyle.

Our office is convenient, friendly, and there is absolutely no half hour waiting to see the doctor. We are located at 401 South St. Bldg 2A, in Chardon. We are across the street from Bass Lake Tavern.

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- Dr. Tad Roediger, DC

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## WELCOME TO THE REC!

The Mentor Community Recreation Center [MCRC] is one of the largest facilities of its kind in Northeast Ohio and includes a number of amenities including an indoor soccer field, basketball, tennis, racquetball, and pickleball courts, indoor and outdoor swimming pools, cardiovascular and weight training areas, group exercise rooms, a Kids Corner, and more.

Memberships and day passes are available for residents and non-residents. A number of programs and activities are available to keep you fit all year round.

### HOURS OF OPERATION

**Monday – Friday 5:30 AM – 10:00 PM**

**Saturday 7:00 AM – 9:00 PM**

**Sunday 8:00 AM – 6:00 PM**

The Mentor Community Recreation Center is located at 6000 Heisley Road. For questions or additional information call (440) 205-3608 or email [RecCenter@cityofmentor.com](mailto:RecCenter@cityofmentor.com).

## Nothing about me, without me: Jennings at Notre Dame Village residence offers unique memory care philosophy

Finding purpose, retaining skills and living meaningful days is important for every individual, especially those living with Alzheimer's disease or memory challenges. Jennings at Notre Dame Village serves residents with a unique holistic philosophy in its specialized "small house" memory care residences.

"Individuals who live in a small house at Notre Dame Village enjoy a lifestyle designed to make each day meaningful to each person, while supporting residents through their memory challenges," says Vivian Springer, Executive Director for Jennings at Notre Dame Village.

Jennings' small house residences provide a care philosophy of "nothing about me without me" an inclusive model of living and delivering care. The caregiving team provides support in the philosophy of family, rather than a traditional task-based medical



model. The staff uses reflective practices to know residents in the best possible way, learning their likes and dislikes, their careers and history and involvement of their families--all of which help them develop and work as a team to support residents living life as they choose. The unique family home architecture supports the philosophy of care for all aspects of the person, beyond his or her physical/medical needs, to honor each resident's choices. Visit [jenningsohio.org](http://jenningsohio.org) to learn more.

# Welcome to the MCRC



The **Mentor Community Recreation Center** is now open and serving the residents of our community. The facility features a variety of programs and activities for all ages and skill levels. Enjoy soccer, swimming, pickleball, basketball, circuit training, golf simulators, and much more! All new equipment throughout the facility.

Affordable memberships and day-passes are available for residents and non-residents. Program registration is open to members and non-members so get off the couch and get in on the fun!

Open daily. Learn more at [www.mentorrec.com](http://www.mentorrec.com).



6000 Heisley Road, Mentor, OH 44060 • (440) 205-3608





**SEE OUR  
AD ON THE  
BACK PAGE**

When asked about the Pillars of Wellness, I often pause in my response. Not because I am unfamiliar with the 4 to 8 Pillars that are the supports for the conceptual pedestal of wellness, I just don't think that it's the right way to think about wellness. Wellness, in my opinion, is more like a road trip – there are many ways to get there, depending on what path you want to take. Many people tend to focus on areas that they like more than those that they need. For example, a high energy person may choose to focus on Physical Wellness because they like to exercise instead of working on emotional/mental health wellness because it is difficult to be still, clear the mind, and breathe! So, I challenge you to take the less traveled path, go somewhere you are less familiar, maybe even less comfortable. Come join us at the Veale Wellness & Aquatic Center and try something new!

**Written by: Mimi Pekarek, Director of Therapy**



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Amanda's Family Hearing is a dedicated space for individuals facing hearing challenges to find clear and compassionate solutions. Founded by Dr. Amanda Barbur, this center prioritizes the holistic well-being of its patients, recognizing that hearing is essential for emotional and social fulfillment.

The focus at Amanda's Family Hearing extends beyond technical

solutions to encompass a comprehensive approach to care. Through cutting-edge hearing aid technology and empathetic counseling, the team addresses the challenges of hearing loss with expertise and warmth. The commitment to personalized care ensures that each client receives tailored solutions for their unique needs.

At Amanda's Family Hearing, silence is not an obstacle but an opportunity to provide clear pathways to a better hearing experience. The center's dedication to compassionate care and individualized solutions makes it a reliable destination for those seeking to improve their hearing and overall well-being.

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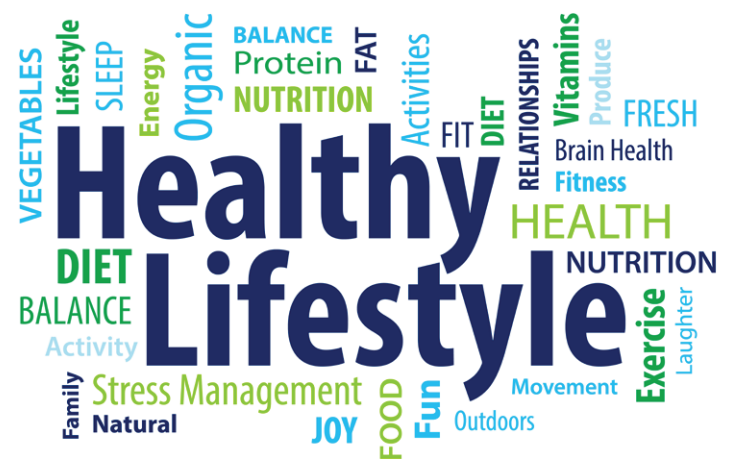


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## Grape Escape/ Clearwater Homes

We are an agency Certified by Medicaid and the State of Ohio to provide Individual Options (I/O) services to persons with Developmental Disabilities. We have a Passion for persons with Developmental Disabilities, which we hope that you will find from all we serve, and all who know us. Our promise to all individuals, parents and/or guardians is that we will take the utmost care of their family member. Personal and Professional references may always be furnished upon request!

We currently serve individuals in both Lake & Ashtabula counties. As we are a very small agency, our intent is staying very small and intimate. Our goal is to serve not more than 30 individuals in order to enable them the needed attention and services they so deserve. The purpose and goal of our agency is to provide the most quality of services and care, along with a normal living arrangement. Each service will be in line with each their Individual Service Plan (ISP), with the anticipation of taking them to their highest potential.

Clearwater Homes is owned and operated by LuAnn Busch. LuAnn's near twenty-three (23) year experience comes from being Administrator for a large facility in Lake County from 1995 to 2002, and now current Administrator for Clearwater Homes.

Clearwater Homes employs very professional Administrative Associates, Managers and Direct Care Professionals, along with a consultant Registered Nurse. LuAnn personally interviews and hires each Caregiver with assistance from Clearwater Homes Program Director, Peggy Woodworth. Every staff associate, including Administrator, receives an initial minimum 14-hour Medication Pass Certification. Medication training is then not only held annually, but on-going as required by county, state and/or nursing regulations, and as needed. Further, our Program Director is experienced in developing and implementing Behavior Support Plans (BSP), while training and monitoring associates to follow the BSP.

As with many 'Family' Agency

Providers of Individuals with Developmental Disabilities, we were burdened with the possibility of an 'escape' for these for these Individual's from the every day routine of their working in a large business environment. Our goal was to provide a more Innovative and Intimate Workplace setting. Due to this burden, my husband, Jerry, and I, decided to Operate a business to where we may serve these Individuals in this type of setting, and more so, have the opportunity to enhance their skills in a Fun and Innovative Workplace atmosphere, and allowing 'Our Family' time to work together doing something that we enjoy.

In September, 2009, Jerry and I, along with our daughter, Lyndsey, and son-in-law, Tom, began the complete renovation of an old Grocery Store with connected Home in our Lovely Hometown of Geneva, Ohio, also known as Grape Country. As the renovation of this structure was completed in November, 2010, we had our final inspection in December, and became Certified by

the Medicaid, the State of Ohio and the local County Board's of Lake and Ashtabula. While Jerry used his talents to create our little Grape escaping on his Scooter, our website was created by a guy named Greg. We have now become a bonafide Workplace, The Grape Escape, Incorporated, and opened our doors mid-November, 2010!

...And now to continue our story. As we found the need arising to serve our guys and gals, and with the Grape Escape to be so successful, we chose to open The Grape Escape, Too!, though this time in an Old Dentist Office. Renovations began in November, 2017, and we opened our doors, again in Geneva, July, 2018. So, as we continue to be excited about our adventure, and while we continue serving Our Community, we are not looking back. Our little Grape continues on his little Scooter and our guys and gal's Fun and Innovative Adventure continues on, as well! **Check out our websites at [thegrapeescape.org](http://thegrapeescape.org) and [clearwater4you.com](http://clearwater4you.com)**

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## Local Independent Agents & Plans to Fit Your Needs

KAZ Company is a team of independent licensed and certified agents who focus on educating Boomers, retirees and seniors on their Medicare health plan options.

We represent multiple carriers and there is no a fee to meet with us. In addition to working with clients to help them determine which plan fits their needs, we are also an ongoing source for future reviews and changes.

With KAZ Company, clients enjoy peace of mind in working with a local agent and knowing who they are talking to on the other end of the phone.

When making these important decisions, if someone is feeling overwhelmed and inundated with information about their upcoming Medicare health

plan choices, we hope they will trust KAZ Company to help navigate them through the Medicare plan maze.

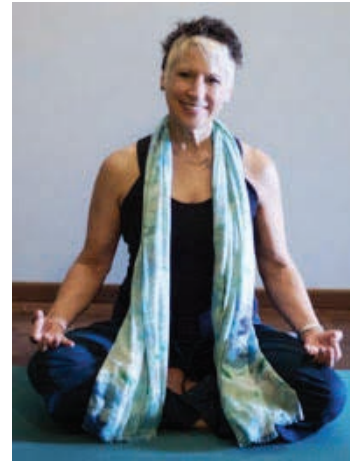


## What Just One Hour of Yoga a Week Can Do for You!

Taking up an hour weekly yoga practice can improve flexibility, increase muscle strength, tone, lift your mood and even more! Yoga is a wellness practice that creates harmony in the mind, body, and breath.

There are many types of yoga practices that will offer unique benefits. Classes like Strengthening yoga will ramp up your heart rate, burn calories, and make you stronger. Gentle and Yin yoga involves stretching to release muscle tension and improve joint mobility. And Restorative does just that: restores, calms and balances the internal environment culminating in a relaxed state and well-being.

Yoga can make you more bendy. We can't guarantee you'll be doing flips out of class, but through a series of stretches, asanas/postures, and balances, a regular yoga practice could



improve joint health and increase overall strength and flexibility.

Yoga can help with weight loss, but not alone. Managing factors like stress and prioritizing sleep, diet, and exercise are key players if your goal is weight loss.

Yoga builds stronger bones and muscles. Research shows that weight-bearing exercises

build strength in your muscles and bones. Using your own bodyweight and through a series of postures that challenge strength and balance, you can improve bone density, upper and lower body strength, range of motion, and balance!

Yoga can help you sleep. The mindfulness aspect of yoga could improve your sleep. Stress is a huge factor known to disrupt sleep, so by soothing your stress levels, learning restful and relaxing breathing techniques, slumber should come more naturally.

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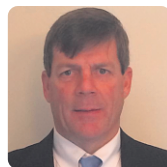
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## Brace Yourself

by Alyssa M. Kowalski D.D.S.

*Straightening your teeth is about more than just a flashy smile.*

When your teeth are straightened, they are easier to brush, floss, and keep clean; this alone can decrease the need for dental work.

Braces are often necessary to move your teeth into their proper position. Being in the right position can reduce the forces of chewing and grinding. Creating an even bite can help to prevent fillings and teeth from breaking. Who wouldn't want to avoid an emergency visit to the dental office for a broken tooth?

Today's braces and aligners are more comfortable than ever. Orthodontics is popular among adults, teenagers, and younger children. Ask your dentist if you are a candidate for braces or clear aligners. What do you have to lose? (Hopefully, not your teeth!)

## Straight Teeth Made Simple

## Lake County ADAMHS Board

During 2023 there were 39 lives lost to suicide in Lake County, an increase of 56% compared to 2022. Suicide prevention will be a focus in 2024 for the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board. It is essential to address mental health challenges and provide support to those in need. To start, you can go to the Lake County ADAMHS Board's website ([HelpThatWorks.us](http://HelpThatWorks.us)), or by calling the Compass Line (440-350-2000), or the 24/7 Crisis Hotline (440-350-8255 or text 4Hope to 741 741). The Compass Line is a non-emergency line that can help navigate the behavioral healthcare system by providing a live Behavioral Health Navigation Specialist. Through the Compass Line, the Specialist helps individuals sort through feelings and symptoms, explore and explain options, and get connected firmly and quickly with the right kind of resources. The Compass Line is available weekdays 8:30 a.m.-4:00 p.m. or by email/text to [CompassLine@LakeADAMHS.org](mailto:CompassLine@LakeADAMHS.org).



# COMPASS LINE



## Need Guidance? The Compass Line - *Finds a Path*

The Compass Line is a central, user-friendly entry point for Lake County individuals and professionals in need of direction regarding mental health and/or substance use services. Compass Line has access to information, referrals, & wait times. Open weekdays - 8:30 a.m. to 4:00 p.m. Call 440-350-2000, text/email at [CompassLine@LakeADAMHS.org](mailto:CompassLine@LakeADAMHS.org)

The Lake County ADAMHS Board plans, funds, monitors, and evaluates Lake County's network of mental health and substance use services to meet the diverse needs of the community.



HelpThatWorks.us



## Let Salty Help on Your Journey to Wellness



Salty is a manmade salt cave and spa in Chardon, Ohio, and is owned by Candice and Brandon Zinner. After discovering the benefits of halotherapy from traveling the country visiting different salt caves, the pair was inspired to share the same alternative methods and natural remedies to help others feel better.

Halotherapy is considered an alternative treatment for lung problems such as asthma, bronchitis, and cough. This therapy is often done in spa-like salt rooms and can

also help you relax and may help with skin conditions and allergies.

Unwind in our manmade salt cave and enjoy our premium spa services to help you heal and relax. Browse our packages if you'd like to see us on a regular basis or come out to an event where we partner with local instructors that bring their amazing talents to share at Salty.

Discover a Chardon spa where you'll feel awakened, balanced, and rested within a warm, welcoming environment. It's time to relax, recharge, and rejuvenate at Salty. We have a certified halo therapist as well as a reiki master on our salt team to support you on your journey to wellness. We'll teach you the benefits of each service and have the knowledge on how to help improve your everyday life.

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# Create Your Path to Wellness

Nestled in the lush 53-acre park-like Ohio Living Breckenridge Village community, **Veale Wellness & Aquatic Center** has announced complementary Aging Well Talks and reduced memberships to the public.

VW&AC features water exercises in the warm therapy pool and mindfulness, yoga or strength training classes in a relaxed welcoming environment. The equipment is user-friendly and accessible to include ellipticals, Nusteps, free weights and an indoor track. Outside enjoy a power walk along the Robert S. Malaga Memorial path.

Create your path to wellness this year by becoming a member of the **Veale Wellness & Aquatic Center**.

**Call 440.942.4358 to learn about the new Aging Well Talks!**

