

Health Guide

SEPTEMBER 25, 2025

SPECIAL ADVERTISING SUPPLEMENT

Advanced Robotic-Surgery Designed Around You

5 questions seniors can
ask their doctors during
routine checkups

A Sanctuary for Healing:
Your Mental and Behavioral
Health Partner

THE MORNING JOURNAL

www.MorningJournal.com



A Sanctuary for Healing:

Your Mental and Behavioral Health Partner

Life's challenges can sometimes feel overwhelming, but you don't have to face them alone. The Erie County Health Department is building a comprehensive and compassionate sanctuary for mental and behavioral health. We're proud to offer a full spectrum of services, all working together to support your journey to wellness.

Our commitment to your health begins with a welcoming hand at the Erie County Community Health Center. Here, you'll find a team of dedicated professionals providing comprehensive health and dental care, alongside mental health counseling and intensive outpatient services. We also offer Medication-Assisted Treatment (MAT), providing a vital pathway to recovery for those struggling with substance use. We believe in treating the whole person, and that's why our integrated approach ensures all your health needs are met under one roof.

Recovery from substance use is a complex journey, and the Erie County Detox offers a medically supervised environ-

ment to begin that process. It's the first step toward a new, healthier life, and our compassionate staff is there to guide you through it.

To continue the journey within our circle of care model we are incredibly excited to open Kaptur Recovery this fall. This new facility will be a central hub for healing, offering a place for both mental health and substance use recovery. Patients will participate in 28 day supervised medical and clinical programming to further their physical and mental health. The opening of Kaptur Recovery means that our patients will have seamless access to a complete continuum of care—from crisis intervention and detox to long-term counseling and residential support—all on one campus.

The Erie County Health Department is more than just a provider; we are your partner in health. Our integrated suite of services ensures that no matter where you are in your journey, you have access to the care you need. We are committed to fostering a healthier, more resilient



community, one person at a time. Your well-being is our mission, and we are here to walk with you every step of the way.

About the Erie County Health Department:

The Erie County Health Department's mission is to promote and improve the health and safety of the communities and

environment within Erie County while preventing disease through essential public health services. ECHD operates the Erie County Community Health Center, the Erie County Detox, Kaptur Rogowski House, and Compass Point. For more information about Health Department or Health Center services, visit www.ErieCoHealthOhio.com.

A Place to Thrive: Foundations Health Solutions Brings Heart to Lorain County

In Lorain County, where Lake Erie's breeze carries the warmth of community, choosing care for a loved one is about more than services—it's about finding a home. Foundations Health Solutions understands this deeply. With facilities across Cuyahoga, Medina & Lorain County, they offer skilled nursing and long-term care rooted in compassion, delivering not just health support but a sense of belonging. Here, their Culture of Care transforms senior living into something truly special.

What does a Culture of Care mean? At Foundations, it's a commitment to seeing each resident as family. Whether someone's recovering from surgery or seeking a permanent home, care plans are as unique as the individuals they serve. Imagine a therapist cheering a small step forward in rehab or a caregiver pausing to hear a story about a resident's family, staff weave these personal touches into daily life, creating moments that matter.

Foundations Health Solutions shines because they prioritize connection. Their teams—nurses, aides, and activity coordinators—build trust by listening. They learn what makes residents light up, whether it's a love for gardening or memories one's past. This fuels activities that bring people



together: think bingo nights echoing with laughter, art classes inspired by local landscapes, or even a shared meal reminiscent of county fair favorites. For families, it's reassurance that their loved one isn't just cared for but celebrated.

Quality is priority. Foundations' facilities consistently earn praise for clinical excellence, with holding

4 & 5 Star ratings from the Centers for Medicare & Medicaid Services. From wound care to physical therapy, their skilled nursing services help residents regain strength or maintain dignity. Yet, it's the human side that sets them apart—a staff member holding a hand during a tough day or organizing a birthday surprise. One family shared how their father, a lifelong Lorain County fisherman, beamed when staff set up a lake-themed reminiscing session. These gestures turn care into community.

Foundations Health Solutions is more than a provider; they're a partner. They invite families to visit, walk through cozy common areas, and meet caregivers who call this work a calling. It's a chance to see how care feels when it's built on empathy and local pride. Whether you're exploring options for a parent or curious about joining their team, Foundations offers a way to be part of something meaningful.

Take a step toward peace of mind. Visit a local Foundations Health Solutions community to discover how they make every day brighter. Learn more online www.foundationshhealth.net or contact your facility of choice directly, to schedule a personal tour today!



FOUNDATIONS HEALTH SOLUTIONS

Your Ohio Homegrown & Proud Premier Skilled Nursing Centers on Cleveland's Westside

Foundations Health Solutions is owned and operated right here in Ohio, our people live and work in the communities they serve, and are proud to be Ohio Homegrown.

Foundations Health is Ohio's premier long-term care company managing 60+ care facilities statewide, specializing in physical therapy, skilled nursing, quality outcomes, and resident satisfaction. Foundations Health Solutions is committed to serving our communities with the highest level of clinical excellence and resident satisfaction, along with a strong employee culture that places priority and resources on the direct caregiving team.

*Scan the QR Codes for a Virtual Tour
of our Facilities!*



Like us on Facebook!




Admiral's Pointe
1920 Cleveland Rd. West, Huron, OH
419.433.4990 • admirals-pointe.net




Brunswick Pointe
4355 Laurel Rd., Brunswick, OH
330.741.8000 • brunswick-pointe.net




Huntington Woods
27705 Westchester Pkwy, Westlake, OH
440.835.5661 • huntington-woods.net




KEYSTONE POINTE
383 Oppourtunity Way, LaGrange, OH
440.355.4616 • keystone-pointe.net




Riverview Pointe
9027 Columbia Rd, Olmsted Falls, OH
440.427.8884 • riverview-pointe.net




The Woods on French Creek
37845 Colorado Ave., Avon, OH
440.695.1400 • french-creek.net




Crocker Pointe
4000 Crocker Rd, Westlake, OH
440.471.7100 • crocker-pointe.net



A Long, Healthy History - Lorain County Free Clinic

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

Today, nearly 40 years later, the need continues, and with uncertainty in the air, there are no signs for the need letting up or for universal health care. The LCFC is a bridge for many patients needing access to care, usually for chronic conditions. The LCFC is a private, charitable organization, and does not receive government funding nor is it a governmental agency.

What if? Take a moment and ask, "What if next month, you suddenly had no health care"? This may soon be a reality for many. For 39 years, the Free Clinic has fostered a miraculous model providing medical care, diagnosis and treatment when people need it most. No matter the challenge, our volunteer medical staff provide essential care to those who need it most.

We've Done It Before. We'll Do It Again. We have faced uncertainty before and come out stronger. This time is no different—we will navigate it together. Care provided with compassion and dignity.

Many people delay medical care simply due to limited resources. In fact, 75 percent of our patients have one or more chronic conditions. Diabetes, Hyperten-



sion, and Asthma are all common, and left untreated will have dire consequences.

Many already struggle to pay for necessities and must make difficult choices such as food, warm clothing, medicines, or rent. With our caring compassionate medical community and generous donors supporting the Clinic gives patients a place to turn for quality care by our incredible volunteer medical staff from our three supporting hospital systems.

Services offered include Hypertension, Vision, Podiatry, and Diabetes specialty clinics providing medicines, blood pressure & diabetes management, eyeglasses, immunizations and nutrition counseling.

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.

Fisher-Titus: Here for You Since 1917

Our local roots run deep. It all began more than a century ago with the 38-bed Norwalk Memorial Hospital on West Main Street. Today, our health system serves more than 70,000 residents across the area, offering a full continuum of care. That includes our 99-bed acute care hospital, skilled nursing and assisted living facilities, a Home Health Center, emergency transport through North Central EMS and outpatient services, including lab work, imaging, and physical rehabilitation.

Learn more about our care and additional services at FisherTitus.org."







MISSION
To provide and facilitate access to quality health care.

SERVICES AVAILABLE

- Primary Care
- Specialty Care & Referrals
- Access to Medication
- Community Information & Referral

Where it's free to be healthy!

FREE HEALTHCARE FOR ADULTS 19-65 UNINSURED/UNDERINSURED

440-277-6641
lcfreeclinic.org
5040 Oberlin Ave
Lorain OH 44053



Caring for our communities providing quality Mental Health, Alcohol and Drug treatment as well as Parenting and Prevention services.

We accept many commercial insurances, Medicaid and offer a sliding fee scale to those who qualify. Please contact us.

1634 Sycamore Line, Sandusky • 419-626-9156
304 Madison St., Port Clinton • 419-734-5535



GET PROACTIVE WITH YOUR EYE HEALTH

(Family Features) Glaucoma, one of the leading causes of permanent blindness, often does its damage silently - with no noticeable symptoms - as vision is lost. Glaucoma affects an estimated 3 million Americans, but most people don't know they have the condition until it's revealed in an eye exam.

Once vision is lost, it cannot be recovered. If left untreated, glaucoma can cause blindness. That's why when it comes to detecting and treating glaucoma, the earlier, the better.

What is Glaucoma?

Glaucoma is an eye disease caused by increased pressure in the eye, which can damage the optic nerve and reduce vision, sometimes making objects look blurry or dark. Early on, most people don't notice what's happening, but as glaucoma progresses, you may notice some loss of peripheral vision. By this point, the disease has progressed significantly toward blindness, and treatment options may be limited.

Diagnosing Glaucoma

Regular eye exams, including specific glaucoma tests, are important for the early detection and diagnosis of glaucoma. If diagnosed early, an eye doctor can recommend treatment to manage glaucoma and help prevent vision loss.

"Many patients are surprised to learn glaucoma often presents with no initial symptoms," said Oluwatosin U. Smith, MD, glaucoma specialist and ophthalmologist at Glaucoma Associates of Texas. "That's why routine, comprehensive eye exams are so vital. These screenings allow us to detect glaucoma in its earliest stages, often before any vision loss occurs. Early diagnosis and



treatment are the cornerstone of effective glaucoma management and it empowers us to take proactive steps to protect your vision."

To check for glaucoma, your eye doctor tests your eye pressure, peripheral vision and overall eye health. The painless screening is the only way to accurately diagnose the condition and determine appropriate treatment.

Traditional Glaucoma Treatment

For decades, prescription eye drops have been the most common treatment to help lower eye pressure and slow the progression of the disease.

Although prescription eye drops are commonly prescribed and generally effective at lowering eye pressure, they can cause challenges and unwanted side effects, including redness, irritation, burning, stinging or difficulty putting them in the eye. In addition, patients may find it difficult to remember to take their eye drops every day, and missing doses - even by accident - can put vision at risk by allowing eye pressure to rise unchecked.

When prescription eye drops are unsuccessful at controlling eye pressure or managing glaucoma, an eye doctor may change treatment by prescribing additional prescription eye drops, which can make the challenges and inconveniences associated with prescription eye drops worse.

Modern Glaucoma Management Takes a Proactive Approach

Modern glaucoma management is evolving with a shift from reactive - that is, take prescription eye drops and "watch and wait" until glaucoma progresses before exploring alternative treatment - to proactive management.

Taking a proactive approach to glaucoma treatment means choosing a minimally invasive procedure earlier in the treatment journey to help slow the progression of glaucoma and minimize vision loss while reducing the challenges of daily prescription eye drops.

"The shift toward a more proactive approach represents a significant advancement in how we manage glaucoma," Smith said. "Traditionally, we waited for vision loss before a procedural intervention. However, with modern minimally invasive procedures, we can now proactively lower eye pressure and protect the optic nerve much earlier. This approach helps us preserve our patients' vision and quality of life for longer. I encourage anyone with a glaucoma diagnosis, or those with risk factors, to discuss proactive options with their ophthalmologist."

* Procedural pharmaceuticals, or drug delivery systems, may include tiny, FDA-approved implants that deliver medication continuously to help lower eye pressure and protect vision.

* Micro-invasive, or minimally invasive, glaucoma surgery involves less-invasive procedures, devices (such as stents) and techniques with faster recovery times than traditional surgeries.

* Laser treatment commonly involves a laser being aimed through a special lens onto the drainage system of the eye, triggering a natural change that helps fluid drain from the eye to lower pressure.

These treatments may be used in combination with prescription eye drops or on their own.

If you or a loved one has been diagnosed with glaucoma, visit livingwithglaucoma.com to learn more and help manage the condition.



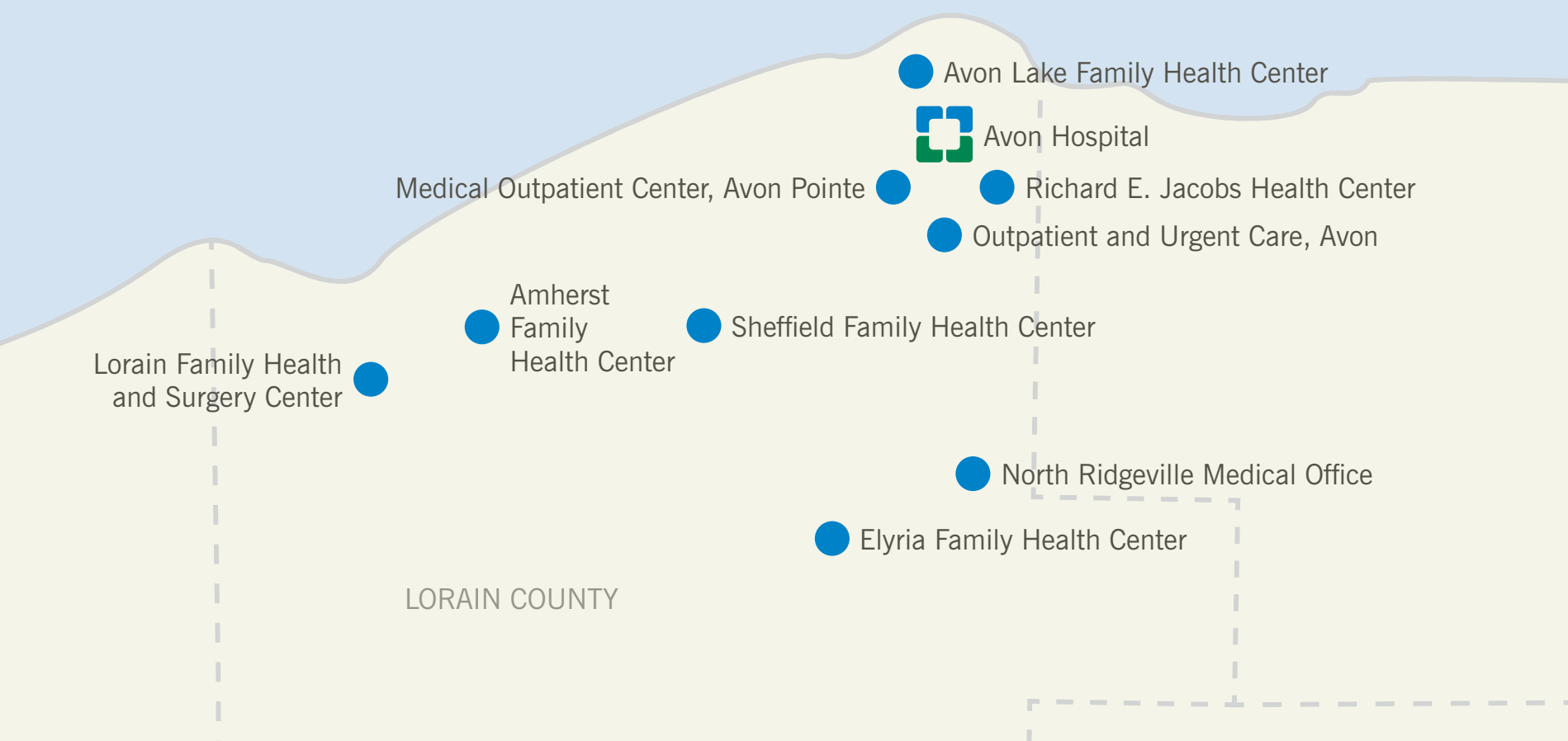
It's always been easier
for me to help others
than to help myself

As a Veteran, when someone raises their hand for help, you're often one of the first ones to respond. But it's also okay to get help for yourself. Maybe you want or need assistance with employment, stress, finances, mental health or finding the right resources. No matter what it is, you earned it. And there's no better time than right now to ask for it. **Don't wait. Reach out.**



U.S. Department
of Veterans Affairs

Find resources at VA.GOV/REACH



Compassionate care, right in your neighborhood.



Cleveland Clinic brings trusted care to the West Side with ten Lorain County locations staffed by caregivers who live and work in the community. Residents have access to convenient urgent and express cares in Avon, Elyria and Lorain, as well as a 24/7 emergency department at Avon Hospital. From everyday concerns to complex procedures, expert care is always close to home.

Discover Cleveland Clinic in Lorain County.



Advanced Robotic-Surgery Designed Around You

Persistent joint pain can make getting through your day tough. Even routine tasks like getting out of bed, brushing your hair, or walking downstairs can be challenging. And there is no way you feel like hitting the golf course, going for a walk, or chasing around the kids. You've tried different treatments but have found no relief.

Whether this intolerable pain and stiffness came from an injury or from a condition like arthritis, Cleveland Clinic Orthopaedic specialists are here to help. We specialize in robotic joint replacement and surgery that will reduce your pain, help you move better and improve your quality of life.

A Caring Consultation is Your First Step

Thinking about joint replacement can feel overwhelming, but many patients say their only regret is not doing it sooner. At Cleveland Clinic, we combine medical expertise with personalized guidance to help you move forward with confidence.

Before we decide if you need surgery, you will have a consultation with your orthopedic specialist. You will talk about the symptoms you are experiencing and how they are affecting your life. Any related health conditions you may have will also be covered.

From there, you'll receive a physical exam to understand how well you can move or extend the joint that is troubling you. Imaging tests such as an X-ray, CT scan, ultrasound, or MRI will reveal what is likely to be causing your joint pain and guide our team toward making an accurate diagnosis. This is where we may decide surgery is best for you. Whether this is your first surgery or a revision of a previous joint, our team will walk you through each step with clarity and compassion.

Why Robotic-Assisted Joint Replacement Surgery?

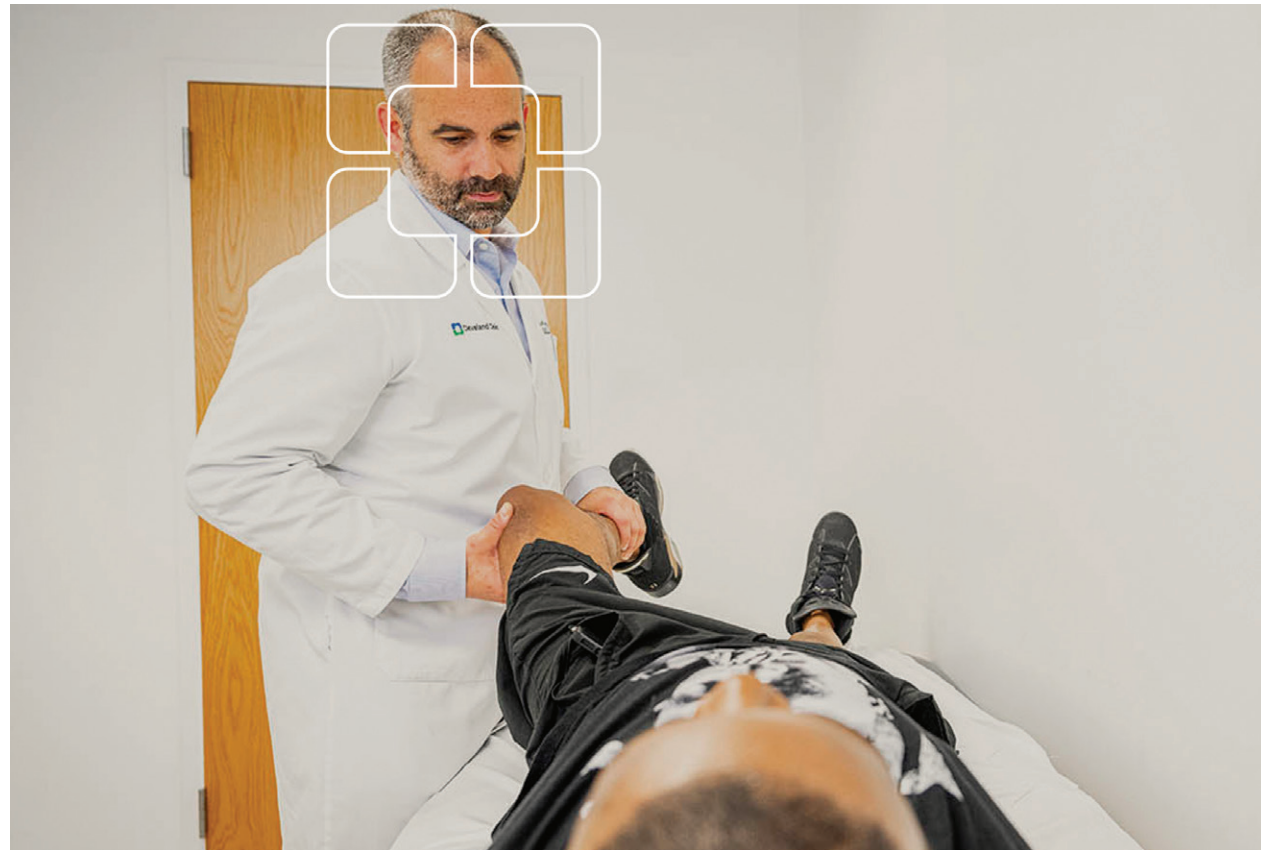
Robotic-assisted surgery is transforming the way knee and hip replacements are being performed. This advanced technology has made joint replacement safer and has greatly improved the rehabilitation time, allowing people a full return to regular activities. Advantages include less pain during recovery, lower risk of infection, reduced blood loss and shorter hospital stays.

Cleveland Clinic orthopedic surgeons perform thousands of hip and knee replacements every year using advanced surgical techniques like robotic-assisted surgery to fully or partially rebuild knees, hips, shoulders and other joints.

Our specialists will help you get ready for joint replacement surgery through diet, exercise, and physical therapy. We want to be sure you are in the best possible health before you have your surgery.

How Robotic-Assisted Surgery Works

Using CT scans and 3D imaging, your physician creates a personalized surgical experience based on your unique anatomy, making it easier to choose the correct



implant size and placement. The surgeon can even perform a virtual run-through prior to the procedure and adjust the surgical plan if needed.

It is important to note that robotic technology does not perform the surgery independently, nor can it make decisions or move on its own without the guidance of an orthopaedic surgeon. Rather, it serves as an advanced instrument, enabling the surgeon to operate with exceptional accuracy and precision.

Recovery, Every Step of the Way

When it is time for you to recover from your joint replacement surgery, you will not be left on your own. Experts from Cleveland Clinic's network of over 650 rehabilitation specialists work closely with you to restore movement, rebuild strength, and support your independence at home. Your body has the ability to recover, and we will help it every step of the way.

Most patients spend one night in the hospital following surgery. Select patients who are healthy enough can go home the same day. Most hip replacement patients can resume regular activities within three to four weeks, and most knee replacement patients are back to normal activity in five to seven weeks.

When you are recovering from surgery, there is no place like home. So, when you need a quick check-in with your physician or associated caregiver, there's no need to leave the house thanks to virtual visits. You get the same great care online using a smartphone,

computer, or tablet.

Nearby Care That's Built Around You

Robotic-assisted joint replacement surgery is available at multiple Cleveland Clinic hospitals.

Patients can see their Cleveland Clinic orthopaedic physician at any Cleveland Clinic facility for pre- and post-operative care.

Our ten west side locations, including the Lorain Family Health & Surgery Center and Richard E. Jacobs Health Center in Avon, make expert care convenient and accessible. No matter where you are on your health journey, you will receive the benefits of Cleveland Clinic's world-renowned orthopaedic expertise close to home.

Welcome Back to The Life You Love.

Whether you are managing joint pain, preparing for surgery, or simply looking to move with more ease, Cleveland Clinic is here to help. With a collaborative, team-based approach, you will be supported by a network of specialists like surgeons, radiologists and physical therapists who deliver coordinated, personalized care.

Our experts combine leading treatments with compassionate care so you can return to doing what you love with less pain and greater peace of mind.

To schedule an appointment or learn more about robotic-assisted orthopaedic surgery, call 877.322.2567 or visit my.clevelandclinic.org/services/joint-replacement-surgery

Warning signs for heart disease

Heart disease is the leading cause of death for women, men and people of most ethnic and racial groups, advises the Centers for Disease Control and Prevention. One person dies from heart disease every 33 seconds. Understanding the risk factors for heart disease is the first step toward prevention and management.

There are many things people can do to modify their risk for heart disease, but also some that cannot be changed. Ultimately, education is essential either way, and learning the risk factors for heart disease is vital to such education.

- **Age:** The risk for heart disease increases with age. For men the risk rises after age 45, and for women, it increases after menopause, or around age 55. Aging naturally leads to changes in the heart and blood vessels that increase the likelihood of developing cardiovascular problems, says the National Institute on Aging.

- **Sex:** Initially men are at a higher risk of developing heart disease. However, over time a woman's risk after menopause tends to equal that of a man's. As

estrogen levels decline after menopause, fat can build up in the arteries, causing them to narrow, says the British Heart Foundation. After menopause, body weight may increase, which also is a risk factor for heart disease.

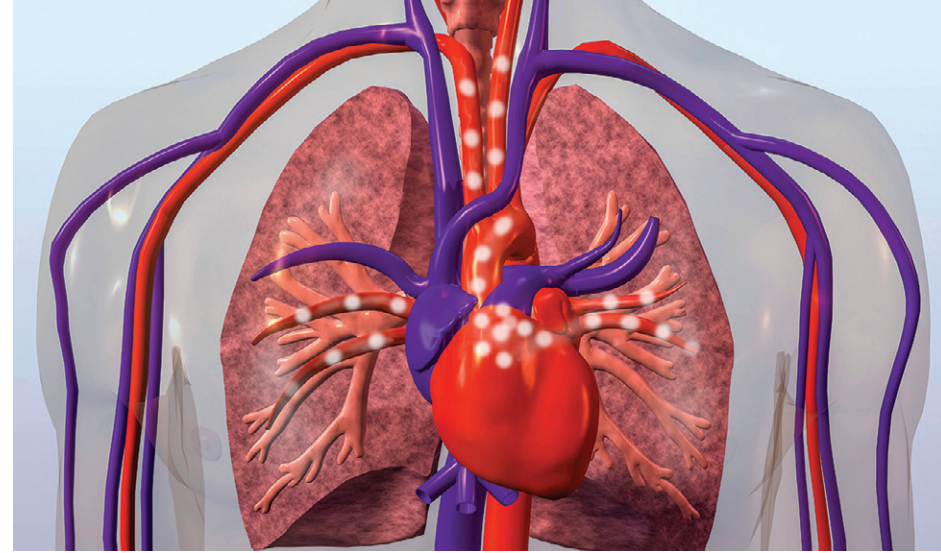
- **Family history:** Those with a close relative who developed heart disease at an early age may be at elevated risk.

- **Race:** UChicago Medicine says Black and Hispanic people have an elevated risk of dying from heart disease compared to white individuals.

People may be able to change the following controllable risk factors for heart disease.

- **Hypertension:** Hypertension, also known as high blood pressure, forces the heart to work harder and can stiffen the arteries. This can damage blood vessels over time. Medications and additional lifestyle changes can help seniors combat hypertension.

- **Smoking:** Smoking tobacco can damage blood vessels and reduce oxygen in the blood. Smoking also increases the risk of blood clots. Johns Hopkins



Medicine says cigarette smokers are two to four times more likely to get heart disease than nonsmokers.

- **Cholesterol:** High levels of low-density lipoprotein (LDL), known as "bad" cholesterol, contribute to the buildup of plaque in the arteries. This can narrow arteries and restrict blood flow.

- **Sedentary lifestyle:** A lack of physical activity is a risk factor for obesity, high blood pressure and high cholesterol, each

of which increases a person's chances of being diagnosed with heart disease.

- **Dental health:** Poor dental health can allow bacteria to enter the bloodstream, which can potentially lead to inflammation that affects heart health.

By understanding risk factors and actively making changes to behaviors that can be modified, people can take strides toward protecting heart health and avoiding cardiovascular disease.



FISHER | TITUS

Tired of interruptions? We can help!

The urology experts at Fisher-Titus Wakeman Health Center offer comprehensive care for men's and women's urological health including:

- ♦ Urinary tract infections
- ♦ Urinary incontinence
- ♦ Erectile dysfunction
- ♦ Kidney stones

Call 419-627-8771 or visit [FisherTitus.org](https://www.fishertitus.org)
to see our full list of services and schedule

Urology Specialist
Alysha Galea, FNP-C



5 questions seniors can ask their doctors during routine checkups

Seniors may not have the same busy schedules they did when they were younger and juggling an assortment of personal and professional responsibilities. But one constant on many seniors' schedules is routine trips to see their doctors. Trips to see primary care physicians and specialists are part of many seniors' monthly routines. Such appointments can ensure seniors stay healthy throughout their golden years, especially when patients remain vigilant and engage with their physicians during office visits. One of the most effective ways to remain an engaged patient is to ask questions during each appointment, and the following are five queries seniors can keep in mind as they prepare for their next appointment.

1. Is my blood pressure high? This is a vital inquiry because high blood pressure, also known as hypertension, has been linked to a host health problems, including cardiovascular disease, stroke, kidney disease, and diminished vision.

2. What can I do to lower my blood pressure? If doctors discover high blood pressure, ask for a detailed plan to lower that blood pressure, including safe physical activities and dietary recommendations.

3. Do I need to change my medications? Though the data is somewhat outdated, the National Health and Nutrition Examination Survey and the Canadian Health Measures Survey revealed in 2019 that nearly seven in 10 adults between the ages of 40 and 79 in the United States and 65 percent of adults in Canada used at least one prescription drug in the 30 days prior to being surveyed. Roughly one in five adults in the same age group in each country acknowledged using at least five prescription drugs. If seniors find those statistics familiar, then it's wise to ask their doctors if there's anything they need to change or look out for. Adverse medication interactions can be dangerous and even deadly, so it's imperative



all of a patient's doctors are up-to-date on any drugs they might be taking.

4. Can I do anything to improve mobility? A 2020 study published in the journal *Frontiers in Physiology* noted that 35 percent of persons age 70 and over live with mobility limitations. Reduced mobility can increase risk for falls and hospitalization and lead to a reduction in quality of life. When visiting their physicians, seniors can report

any mobility issues and ask what they can do to address them and prevent them from progressing.

5. Do I need additional health screenings? Screening saves lives, even if exams can sometimes be inconvenient if not unpleasant. Seniors can use each doctor's appointment as an opportunity to discuss screenings and determine if there's any additional tests they should be getting each year.

Transform Your Bathroom and Change Your Life.

Premium Quality, Style, & Innovation

Professional Installation Included

Lifetime Warranty

Easy to Use

Made in Tennessee

Bubbles, Massage Jets, & More

FREE TOILET + \$1,500 OFF*

For your FREE information kit and our Senior Discounts, Call Today Toll-Free

1-855-760-3955

EASE OF USE CERTIFIED

MADE IN TENNESSEE

LIFETIME LIMITED WARRANTY

BBB ACCREDITED BUSINESS

ConsumerAffairs AUTHORIZED PARTNER

*Free toilet with purchase and installation of a walk-in tub or walk-in shower only. Offer available while supplies last. No cash value. Must present offer at time of purchase. Cannot be combined with any other offer. Market restrictions may apply. Offer available in select markets only. CSLB 1082165 NSCB 0082999 0083445 13VH11096000

Support Immune Health with 4 Everyday Habits

(Family Features) The coughing and sneezing you hear at home, in the office and at the gym means one thing: It's cold and flu season. Although it's impossible to guarantee you won't get sick, adopting a few healthy habits can go a long way toward avoiding the sniffles and sneezes.

Start by talking with your health care provider about any concerns you may have then follow these lifestyle recommendations for natural immune system support.

Wash Your Hands: While it's probably the first rule you learn about getting sick as a child, washing your hands remains a critical first line of defense. Use warm, soapy water and rub your hands together for at least 20 seconds. Don't forget the backs of your hands, wrists and under your fingernails. Rinse off the soap then dry with a clean towel.

Commit to Healthier Eating: Foods like fruits, vegetables, nuts, seeds, legumes and whole grains are recommended by experts as essential foods for optimizing your immune system. Consider fresh grapes, a prime example of food that contains beneficial plant compounds linked to health benefits in

humans.

Healthy cells are the foundation of good health, and the antioxidants and other polyphenols naturally found in grapes help protect the health and function of cells. The good news is that improving your diet doesn't require a complete overhaul - small steps such as swapping in fresh California grapes for processed snacks or simply adding a handful of fresh grapes to your day will add these beneficial compounds to your daily routine.

Or, you can add grapes to recipes like this Lemony California Grape and Beet Salad, a vibrant and fresh melody of color and flavor. Roasted red and yellow beets meet sweet and juicy grapes, peppery arugula and pumpkin seeds all brought together with a zesty lemon vinaigrette.

Studies suggest some grape compounds may positively influence immune function, including resveratrol and certain flavonoids. Additional studies show adding heart-healthy grapes to your daily diet can help support brain, colon and skin health. Grapes are also a good source of vitamin K, which may help support lung health.

Avoid Others Who are Sick: Along with washing your hands frequently, steering clear of people who are ill may sound like a no-brainer, but sometimes it's easier said than done. When loved ones, close friends or coworkers come down with a cold or flu, do your best to keep your distance and avoid touching items with which they came into contact. After bedtime routines with a sick child or afternoon meetings with an under-the-weather associate, thoroughly wash your hands and clean commonly used surfaces like doorknobs or conference room keyboards.

Prioritize Hydration: Even during cooler weather, staying hydrated remains important for immune health by keeping the body's defenses functioning properly. Drink water throughout the day, and for an extra dose, increase hydration by eating foods with high water content like grapes, which contain about 82% water.

Find more health and nutrition information at GrapesFromCalifornia.com.



Lemony California Grape and Beet Salad

Servings: 6

- 1/4 cup, plus 1 tablespoon, extra-virgin olive oil, divided
- 3 tablespoons lemon juice
- 1 tablespoon honey
- 2 cups peeled and sliced (1/8-inch thick) raw red and yellow beets, cut into small half-moons or triangles
- 1/2 teaspoon sea salt
- 3 cups halved red Grapes from California
- 1/2 cup roasted salted pumpkin seeds
- 2 green onions, thinly sliced
- 4 cups (3 ounces) baby arugula
- freshly ground pepper, to taste

Heat oven to 400 F and line baking sheet with parchment paper. In large bowl, whisk 1/4 cup olive oil, lemon juice and honey; set aside. Place sliced beets on prepared baking sheet and drizzle with remaining oil. Add salt and toss well to coat. Spread in single layer and bake 25 minutes, or until tender; let cool.

Add grapes and pumpkin seeds to bowl with dressing and toss well to coat. Add cooled beets, green onions and arugula. Toss lightly; season with pepper, to taste.

Nutritional information per serving: 250 calories; 5 g protein; 25 g carbohydrates; 16 g fat (58% calories from fat); 2.5 g saturated fat (9% calories from saturated fat); 0 mg cholesterol; 320 mg sodium; 3 g fiber.

PROVIDING THE FULL SPECTRUM OF
INPATIENT AND OUTPATIENT
BEHAVIORAL AND MENTAL HEALTH.



AFFORDABLE ACCESSIBLE HEALTHCARE

HEALTH
DEPARTMENT
ERIE COUNTY
COMMUNITY
HEALTH CENTER

COMPREHENSIVE PRIMARY, DENTAL & MENTAL HEALTH SERVICES.



567-867-5174



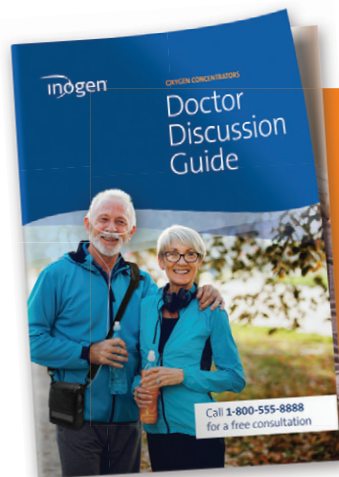
ErieCoHealthOhio.com

Inogen®
Portable Oxygen Concentrators

Leave the tanks at home.



Convert the air around you into medical-grade oxygen. At just under 3 lbs.*, Inogen® lightweight and compact portable oxygen concentrators easily deliver your prescription oxygen on-the-go.



CALL US NOW
for a FREE Doctor Discussion Guide
1-866-997-5508

* Inogen Rove 4 weighs 2.9lbs. with a standard battery

SM250015 EN_EX_USA | Rx Only. © 2024 Inogen, Inc. 859 Ward Drive, Suite 200, Goleta, CA 93111 Inogen® Rove 4™ and Inogen® Rove 6™ are trademarks of Inogen, Inc. The usage of any Inogen, Inc. trademark is strictly forbidden without the prior consent of Inogen, Inc. All other trademarks are trademarks of their respective owners or holders.

USES: The Inogen Portable Oxygen Concentrator provides a high concentration of supplemental oxygen to patients requiring respiratory therapy on a prescriptive basis. It may be used in home, institution, vehicle, and various mobile environments. DO NOT USE IF: This device is not intended to be used in any way other than described in the indications for use. Do not use in parallel or series with other oxygen concentrators or oxygen therapy devices. This device is to be used as an oxygen supplement and is not intended to be life sustaining or life supporting. ONLY use this product if the patient is capable of spontaneous breath, able to inhale and exhale without the use of a machine. The conserving, or pulse dose, oxygen delivery technique used by this device is contraindicated in persons whose breathing during normal resting would be unable to trigger the device. Proper device triggering, setup and operation must be confirmed by an experienced clinician or other respiratory professional. Not for use by pediatric use. Not for use by tracheotomized patients. WARNINGS: The device produces enriched oxygen gas, which accelerates combustion. Do not allow smoking or open flames within 2m (6.56ft) of this device while in use. If you feel ill or uncomfortable, or if the concentrator does not signal an oxygen pulse and you are unable to hear and/or feel the oxygen pulse, consult your equipment provider and/or your physician immediately. If you are unable to communicate discomfort, you may require additional monitoring and/or a distributed alarm system to convey the information about the discomfort and/or the medical urgency to your responsible caregiver to avoid harm. Use only spare parts recommended by the manufacturer to ensure proper function and to avoid the risk of fire and burns. To avoid danger of choking or strangulation hazard, keep cords away from children and pets. TALK TO YOUR HEALTH CARE PROVIDER: The oxygen flow setting must be determined and recorded for each patient individually by the prescriber, including the configuration of the device, its parts, and the accessories. It is the responsibility of the patient to periodically reassess the setting(s) of the therapy for effectiveness. The proper placement and positioning of the prongs of the nasal cannula in the nose is critical for oxygen to be delivered.