

# Health & Wellness





## ALBRECHT FAMILY DENTISTRY

We consider it a privilege to meet the dental care needs of families in our community. Our primary responsibility is to our patients. We believe in preventive dental care and promote a conservative approach to treating our patients. Patients can expect a comfortable, consistent and compassionate environment at each appointment. We commit to rendering the highest standard of oral health care and to maintaining a trusting relationship of respect and confidence with our patients. We value you as a person and our team will take the time to get to know not only your smile, but your dental needs.

**Call today for an appointment (440) 358-0495. We are located at 9659 Old Johnnycake Ridge Rd. Mentor or visit our website at [mentorohiodentist.com](http://mentorohiodentist.com).**



## Find Healing and Inspiration at ILLUMIN8 in Concord



Patti Lombardo founded Illumin8 as a spiritually like-minded community in northeast Ohio. Illumin8 has been proud to feature Northeast

Ohio's leading authentic psychic mediums for over 16 years now. We were asked by so many to help advise

on self-care and spirituality classes, it planted a seed. Clients wanted more information on how we could help them further their health and wellness journeys. We listened to those requests and opened ILLUMIN8 WELLNESS MIND, BODY, SOUL brick-and-mortar location in Lake County in March 2022 and watched that seed grow. We are a healing hub focused on the intention of raising the vibration to assist your journey to "illumin8" your mind, body, and soul! With that goal

in mind, we expanded our services to include YOGA, REIKI SESSIONS & CLASSES, MASSAGE, FACIALS, RED LIGHT THERAPY and MORE.

Our wellness staff is here to inspire, assist, and guide you on your journey into self-discovery with integrity and compassion. We offer the highest quality learning and healing experiences in our beautiful healing arts center, for mind, body, and soul.

Through commitment and passion, our team has created skilled services,

classes, and events on various topics of interest and hobbies at an affordable price. Together with our special guest events and speakers, we are here to open your mind, make you think, question, and explore. You will come to share experiences you may not otherwise get to experience elsewhere on your journey into self-discovery. We are devoted to "illuminating" you on your path and purpose and invite you to be inspired on a soul level with us.

**To learn more about our programs and events, visit [illumin8ohio.com](http://illumin8ohio.com) or call (440) 478-1592.**

## ILLUMIN8 WELLNESS MIND • BODY • SOUL

*Let's Begin Your Healing Journey*

### Offerings

- Yoga for Every Body
- Crystal Singing Bowl Sound Baths
- Reiki Sessions + Reiki Classes
- Massage, Facials & Red Light Therapy
- Raindrop Technique, Cupping & Reflexology

### FDA-Approved Therapies

- Avazzia Pain Management
- Ionic Foot Detox Baths

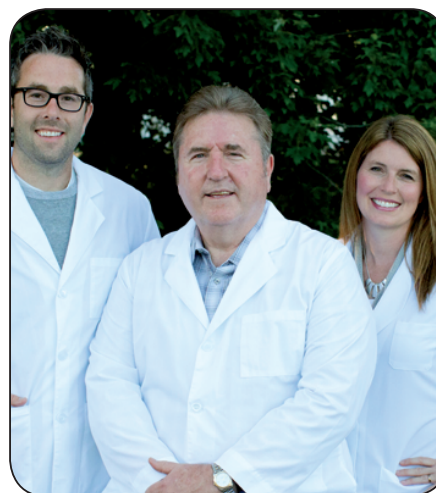
**Home to N.E. Ohio's most gifted readers**

- Astrology
- Tarot • Mediumship

*"Illumin8 is a serene sanctuary of healing and hope. I leave every time feeling renewed and supported."*  
— Community Member

7661 Crile Rd, Concord, OH  
(440) 4781592 | [contact@illumin8ohio.com](mailto:contact@illumin8ohio.com)  
[www.illumin8ohio.com](http://www.illumin8ohio.com)

## ALBRECHT FAMILY DENTISTRY



**We perform all types of dentistry for all ages.  
Emergencies Welcome!  
Weekday, Evenings & Saturday Appointments**

**Rusty M. Albrecht, D.D.S.  
Landon R. Albrecht, D.D.S.  
Chandice A. Richards, D.D.S.**

**Welcoming New Patients**

**Need a Dentist?**  
*Our Dental Family would be honored to serve your Family.*

**Call today for an appointment  
(440) 358-0495**  
9659 Old Johnnycake Ridge Rd. Mentor  
(behind Lowes)  
Visit us at: [www.albrechtdental.com](http://www.albrechtdental.com)

## What is toenail fungus or Onychomycosis?



William E. Donahue,  
DPM, FACFAS

Jennifer Zienkowski-  
Zubel, DPM

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.

**There's good news.** You can have beautiful, healthy feet again with our FDA cleared Lunula Laser treatment. It's the first and only non-thermal, touchless painless treatment of toe nail fungus to target the fungus and stimulate new, clear nail growth.

**Contact us today at 216-459-8616**  
**NOMS Podiatric Medicine & Surgery**  
37121 Euclid Ave. • Willoughby  
1013 Rockside Rd. • Parma



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

A private non-profit agency, providing a wide range of services for individuals and families struggling with substance abuse or addiction, mental health concerns or problem gambling. Evidence based services are provided in a trauma informed environment by licensed, experienced professionals. Our goal for prevention, treatment and recovery services is to help individuals achieve overall wellness and long-term recovery, so they may live their most abundant lives.

The Center offers a full continuum of care for all adults, ranging from prevention and outpatient services to long-term residential treatment and recovery housing, with specialized residential programming for pregnant women.

Contact us today to learn more about our programs and services at  
**www.lgrc.us** or call **440-255-0678.**



**Dr. William Donahue, DPM, FACFAS**  
**Dr. Jennifer Zienkowski-Zubel, DPM, FACFAS**

## Our Offices use the latest LASER TECHNOLOGY

We welcome new and existing patients to our Parma offices.  
We specialize in foot and ankle treatments and surgeries, such as:

- Nail fungus LASER treatment
- Diabetic Foot Care
- Leg/Foot Ulcers and Infections
- Sprains and Fractures
- Foot Reconstructive Surgery
- Wound Care
- Heel Pain
- Achilles Pain
- Bunions
- Sports Medicine



**William E. Donahue, DPM, FACFAS**

**Jennifer Zienkowski-Zubel, DPM, FACFAS**

**216.459.8616**

**37121 Euclid Ave - Willoughby**  
**1013 Rockside Rd - Parma**

**nomshealthcare.com**



## Lower Your Risks of Falls Take Care of your Vision and Hearing



wear bifocals, tuck your chin in when stepping over curbs and on stairs to look through the distance portion of your glasses, which provides a clearer view. Or wear single vision glasses while outside and on stairs while inside.

### 4. Check for hearing changes.

Get a hearing test once a year and receive treatment if any hearing loss is identified.

**5. Light it up!** Add a nightlight in the bedroom, bathroom, and hallway to help you navigate in the dark and find the light switch.

Being able to see and hear well is important for good balance. You can help reduce your risk of falling by taking these simple steps:

- 1. Get an eye exam every year.** Remember to have a dilated eye exam once a year to update your glasses and to detect eye diseases, like cataracts and glaucoma.
- 2. Wear glasses properly.** Use prescribed glasses and avoid wearing sunglasses inside.
- 3. Be safe while wearing bifocals:** If you

Most Medicare Advantage Plans offer hearing and vision benefits through their network providers. Don't put it off - schedule an exam today. If you would like more information on Medicare Advantage Plans with vision and hearing coverage, please contact us at Mutsko Insurance Services at 440-255-5700. We look forward to assisting you.

## Your journey to better hearing

While everyone experiences hearing loss differently, it can lead to cognitive decline, depression, decrease in physical health, and a lack of connection to friends and loved ones. Fortunately, most types are treatable. Advancements in audiology and hearing technology can ensure you continue to hear clearly throughout your lifetime.

At Amanda's Family Hearing, we understand the unique challenges you face. Dr. Amanda Barbur and Dr. Julia Saxon, both board-certified audiologists, are committed to helping you live a healthier and happier life. Your journey to better hearing begins with your very first appointment where we assess the extent of your hearing loss and any associated conditions before creating a detailed treatment plan just for you.

**Call us today — we're ready to help you hear your best so you can live your best.**

Amanda's Family Hearing at 440.357.4327.



## Get the FACTS on Insurance



- INDIVIDUAL HEALTH PLANS
- GROUP HEALTH PLANS
- MEDICARE ADVANTAGE PLANS
- MEDICARE SUPPLEMENTS
- DENTAL • VISION • LIFE

*Lake County's #1 source for all your health and life insurance needs.*

*Mutsko Insurance Services, LLC*

**440-255-5700**

visit **www.mutskoinsurance.com**

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.

*"As your independent agent, I will put your needs first and find the plan that works best for you."*



## *Solving the Sounds of Silence at Amanda's Family Hearing!*

**Compassionate Care & Clear Solutions to Elevate Your Hearing Experience**



**WOMAN OWNED BUSINESS**



AMANDA'S  
**FAMILY HEARING**

*Come Hear With Us!*

Schedule a free hearing screening today!

**440.357.4327**

Painesville Township • 1701 Mentor Ave, Ste 5 | [AmandasFamilyHearing.com](http://AmandasFamilyHearing.com)



# Foundations Health Solutions Announces New Skilled Nursing Facility For Madison



Foundations Health Solutions is proud to announce the development of Arcola Creek Health and Rehabilitation, a new skilled nursing and rehabilitation center coming soon to River Street in Madison. Designed with dignity, comfort, and compassion at its core, Arcola Creek reflects Foundations' deep dedication to serving seniors and families throughout Lake County.

The 99-bed facility will feature all private rooms, ensuring residents receive care in a comfortable setting while supporting resident autonomy. Arcola Creek represents a significant

investment in both high-quality senior care and the future of the local community. Scheduled to open in late spring 2026, Arcola Creek will create approximately 150 jobs, with a dedicated, local in-house care team to ensure continuity of care and strong community connections.

Foundations Health Solutions is known already in the area through Mentor Ridge and Concord Ridge Health and Rehabilitation,

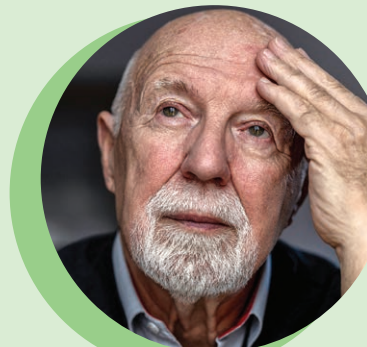
facilities recognized for clinical excellence and compassionate service. With more than 60 locations across Ohio, our Culture of Care puts residents first and empowers caregivers to make a meaningful difference every day.

Arcola Creek will proudly uphold these standards, reinforcing our enthusiasm for exceptional senior care and Foundations' commitment to supporting the continued growth and well-being of Madison and Eastern Lake County.

## Did you know?

**The number of seniors with mental health disorders is expected to double by 2030,**

according to a recent report from the American Hospital Association.



Some of that increase could be due to lack of treatment, as the AHA notes two-thirds of seniors with mental health issues do not receive necessary treatment for their conditions. The estimated increase in mental health condition incidence rates among seniors also could be due to what the World Health Organization notes is an increased vulnerability to such issues among aging adults. According to the WHO, mental health is shaped by numerous variables, including earlier life experiences and age-related stressors like a loss of functional ability and a reduced sense of purpose after retirement.

**Lake County is looking forward to  
quality senior care in Madison.**



*Introducing...*



Your trusted community senior living provider is opening a new property in Madison.

**Opening in Spring 2026!**

Call 440.659.2276 for more information.

- ✓ Skilled Nursing
- ✓ Long-term Care
- ✓ Respite Stays
- ✓ Rehabilitation
- ✓ Private Suites
- ✓ Hospice Care





## The Behavioral Wellness Group



Located in the heart of Mentor, Ohio, The Behavioral Wellness Group (BWG) is a trusted leader in innovative, compassionate mental health care. Approaching its 12th anniversary this June, BWG reflects on more than a decade of dedication to improving lives and promoting wellness throughout the community.

Founded by two close friends with a shared vision, BWG was established to provide more than traditional counseling. The practice offers a comprehensive range of high-quality services, including in-person and virtual individual therapy, intensive outpatient group therapy, advanced psychological testing, and expert medication management.

BWG is distinguished by its commitment to clinical excellence and innovation. Using evidence-based therapeutic approaches, the practice serves children, adolescents, adults, couples, and families. BWG also integrates advanced technology, including virtual reality in psychological testing, to enhance assessment accuracy and treatment outcomes.

Community involvement is central to BWG's mission. The practice provides training opportunities for students from local colleges and universities and proudly serves veterans and first responders. BWG also partners with local school systems to support students' emotional and behavioral well-being. Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF), BWG consistently meets the highest professional standards.

As BWG celebrates this milestone anniversary, it remains committed to delivering comprehensive, innovative, and compassionate mental health care—serving as a true partner in each individual's journey toward wellness.

[www.behavioralwellnessgroup.com](http://www.behavioralwellnessgroup.com)

440-392-2222 (Option 1)

8224 Mentor Ave., Suite 208, Mentor

## Infinity Eye Care

For the past 3 years, Infinity Eye Care has been proud to call Willoughby home. Thanks to our loyal patients, we have been able to expand services, offer cutting edge treatments, all while continuing to provide care in a family-first atmosphere!

Infinity Eye Care is a full-service optometry practice and optical offering a wide variety of eye wear for the entire family. Our friendly and knowledgeable staff and fellowship trained doctors will help you through every step of the eye exam process. We accept most vision insurance plans for your routine needs. And we accept most major medical insurance plans that enable us to treat medical issues like glaucoma, macular degeneration, and dry eye. From the moment you make your appointment, we aim to create a comforting and friendly environment. Our

newly updated office offers state-of-the-art technology including retinal imaging.

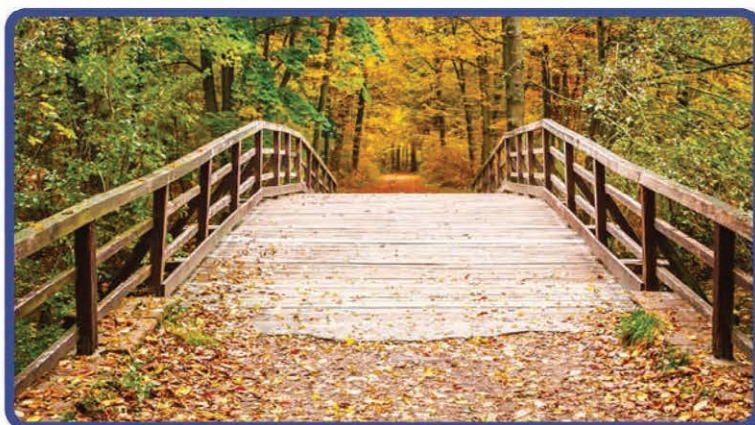
**Dr. Ryan McKinnis, the**



**owner and founder of Infinity Eye Care,** has been practicing in the Cleveland Area

since 2010. He completed his residency in ocular disease at Ohio Eye Alliance. For the next decade he practiced at one of the country's premier ophthalmologic practices where he gained further proficiency in the treatment of complex ocular disease. His special area of interest is advanced contact lenses, including those that are hard to fit or those that require lenses **SEE PAGE 7**

## The Behavioral WELLNESS GROUP



## PROVIDING TOOLS TO PUT YOU ON THE PATH TO WELLNESS

- Individual, Groups, Family and Couples
- Services provided from ages 4 to geriatric
- Intensive Outpatient Programming (IOP)
- Psychiatry and Psychological Testing (ADHD, etc.)

For more information on these services visit:

[www.behavioralwellnessgroup.com](http://www.behavioralwellnessgroup.com)

For a list of states where you can find BWG services visit:

[www.behavioralwellnessusa.com](http://www.behavioralwellnessusa.com)

\*\*BWG is on most major insurance plans and accommodates self-pay clients.

**Main Office: (440) 392-2222**

**Toll Free: (888) 996-9374**

**Email: [intake@behavioralwellnessgroup.com](mailto:intake@behavioralwellnessgroup.com)**

**Initial Appointments**  
can be arranged  
within 48-72 hours.



## Helping you stay active & safe with our affordable medical supplies at TLC Home Medical Supplies

- Aids to Daily Living • Bathroom Safety • Bed Assist Rails
- Braces/Supports • Canes • Compression Stockings
- CPAP Accessories • Knee Walkers • Lift Chairs
- Pulse Oximeters • Rollators • Scooters
- Seating/Cushions • Walkers • Wheelchairs • Other Products



**FROM PAGE 7** due to corneal disease. He is a Fellow in the American Academy of Optometry, a Fellow in the Scleral Lens Society, and one of only several hundred optometrists to achieve the designation of Diplomate in the Section on Cornea, Contact Lens, and Refractive Technology.



**Dr. Jamie Rosenberg** is perhaps the most likely face that you will encounter in our Willoughby location! Dr. Rosenberg graduated from the Illinois College of Optometry. Upon graduation, she completed an advanced ocular disease residency at the Cleveland VA Medical Center. Dr. Rosenberg has a special interest in the diagnosis and management of complex ocular diseases.

Infinity Eye Care is now accepting new patients. We look forward to carrying on the tradition of friendly, compassionate care that that you have come to expect from Infinity Eye Care. We cannot thank you enough for your support over these past 3 years – we look forward to supporting the Willoughby and surrounding communities for years to come!

**INFINITY**  
EYE CARE

30851 Euclid Ave,  
Willoughby OH  
440-944-5155  
infinityeyecareohio.com

## Accepting New Patients!



Scan to check out our website and to schedule your same week appointment!

- 2 medically trained optometrists available
- Newly updated office with a brand new selection of frames!
- New State of the Art Equipment!
- Advanced contact lens fittings available



## Home Medical Supplies

8650 Mentor Avenue  
Mentor, OH 44060  
(1/2 mile east of route 615)  
**440-205-1483**

We offer a wide range of high quality medical equipment at affordable prices. Our caring and knowledgeable staff is here to assist you with all your healthcare needs.

[www.tlchomemedicalsupplies.com](http://www.tlchomemedicalsupplies.com)

- Mobility Scooters
- Lift Chairs
- Wheelchairs
- Walkers
- Knee Scooters
- Bathroom Safety
- Compression Stockings
- CPAP Supplies
- Oxygen Supplies
- And More!



 Find us on Facebook

[carin.ely@adapthealth.com](mailto:carin.ely@adapthealth.com)  
[Daniel.milia@adapthealth.com](mailto:Daniel.milia@adapthealth.com)



**Fresh breath, strong teeth and healthy gums are all part of your oral health. Talk to your dental hygienist today.**



**Chardon Smile Center Voted The Best of the Best in 2019, 2020, 2021, 2022, 2023, 2024 & 2025!**

**Call us to schedule an appointment!**

**Painesville Dental Group  
(440) 354-2183**

**Chardon Smile Center  
(440) 286-2474**

**Dental Group of Jefferson  
(440) 576-7040**

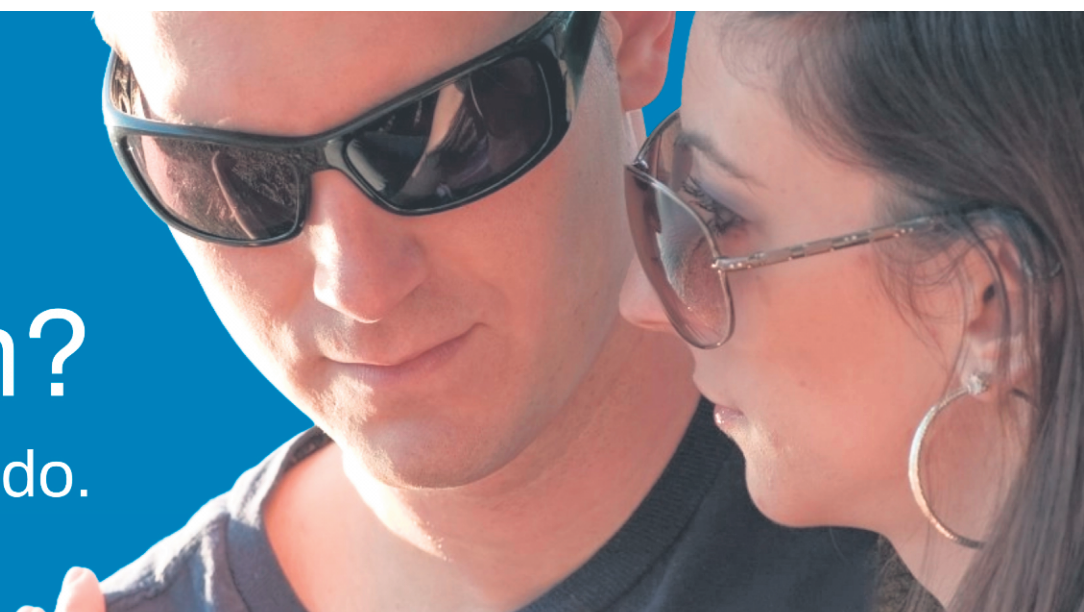


**Zoom In Office Teeth Whitening**

• At Home Teeth Whitening • Clear Braces For Adults  
• Botox/Dysport & Filler • Veneers

# Alcohol or Drug Problem?

We can help. It's what we do.



**Glenbeigh**

ARMC Healthcare System

 Cleveland Clinic affiliate



**Call today for a free  
confidential screening**

**440-563-4300  
[www.glenbeigh.com](http://www.glenbeigh.com)**



# Prosper at Wickliffe Brings Joy and Purpose to Senior Living



Wickliffe, OH — Nestled in the heart of Wickliffe, Prosper at Wickliffe is redefining what it means to live well in assisted living and memory care. Driven by a mission to have a positive impact on everyone who walks through

its doors from residents and families to team members and vendors. Prosper at Wickliffe stands out through its unique and compassionate approach.

At the core of this vibrant community are three simple yet powerful values:

make life fun, make the community a home, and help each resident feel a true sense of purpose. This heartfelt philosophy is evident in every corner of Prosper at Wickliffe, where love and joy fill the air, and every interaction is infused with kindness.

Daily life at Prosper is filled with opportunities to smile, laugh, and connect. Whether it's through exciting activities, enriching programs, or simply enjoying a warm conversation over a chef-prepared meal, residents are encouraged to live fully and joyfully. The dining experience is a highlight, offering delicious food and attentive service that make every meal feel special.

Beyond the amenities, Prosper offers something even more

meaningful: a place to belong. With a focus on mental, physical, and emotional well-being, residents thrive in a supportive environment tailored to their needs and passions.

Prosper at Wickliffe isn't just a place to live, it's a place to love, laugh, and find purpose each day. It's what truly sets this community apart.

Visit [prosperlifecare.com](https://prosperlifecare.com) to learn more!



## Prosper

at Wickliffe

Assisted Living & Memory Care

Providing a **Prosperous Life**  
for you and your loved ones

All Plans include  
**fresh meals,  
housekeeping  
and laundry  
services**

[prosperlifecare.com](https://prosperlifecare.com)  
440.373.9900

[info@prosperlifecare.com](mailto:info@prosperlifecare.com)  
28500 Euclid Ave  
Wickliffe, OH 44092



**24-Hour  
Nursing**

Help is always  
available



**Personalized  
Care Plans**

What you need,  
when you need it



**Daily  
Activities**

Have fun  
every day



## Why This Information Matters for You and Your Household



The Lake County Fatality Report, created by the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board, shows that suicide and overdose are not distant or isolated issues—they are ongoing realities

affecting families, neighborhoods, and households across our county. Over the past decade, 629 overdose deaths and 337 deaths by suicide have occurred in Lake County alone, underscoring how deeply preventable mental health and substance-related crises impact our community. Behind every statistic is a person—and loved ones whose lives are forever changed.

For individuals and families, this data reinforces a powerful truth: mental health is just as critical as physical health, and ignoring warning signs can have lasting consequences. The report highlights that stress, isolation, substance misuse, trauma, and lack of connection are common risk factors—many of which appear quietly in everyday life long before a crisis occurs.

### Prioritizing mental health at home means:

- Paying attention to changes in mood, behavior, sleep, or withdrawal—from children, teens, adults, or older family members.
- Talking openly about stress, emotions, and mental health without shame or judgment.
- Creating safe environments, including secure storage of medications and firearms, which research shows can save lives during moments of crisis.
- Knowing that help is available locally and that reaching out early can prevent a situation from becoming life-threatening. Support is available by calling the Crisis Hotline at 440-953-8255 or by calling or texting 988 for support services.

The report also shows hope. Suicide and overdose are preventable, and access to support, connection, and timely intervention truly makes a difference. Communities that reduce stigma and encourage help-seeking see better outcomes over time.

Ultimately, this information is not just about data—it is a reminder that caring for mental health protects the people we love. Making mental health a priority at home can mean the difference between struggling alone and finding support, between crisis and recovery, and in some cases, between life and loss.

To view the full report, visit: <https://www.helpthatworks.us/wp-content/uploads/2025/10/Click-here-to-download-the-10-Year-Fatality-Report-2025.pdf>

## WELCOME TO THE REC!

The Mentor Community Recreation Center features a variety of programs and activities for all ages and skill levels. 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 5:30AM–10:00PM**  
**Saturday 7:00AM – 9:00PM**  
**Sunday 8:00AM – 6:00PM**

**mentorrec.com**

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).

# COMPASS LINE

HELP NEAR ME



## The Compass Line: Your Path to Support

The Compass Line is Lake County's central, user-friendly access point for individuals and professionals seeking help with mental health or substance use services. Whether you're looking for information, referrals, or current wait times, we'll point you in the right direction.

🕒 Hours: Weekdays, 8:30 a.m. – 4:00 p.m. 📞 Call: 440-350-2000, ✉️ Text/Email: [CompassLine@LakeADAMHS.org](mailto:CompassLine@LakeADAMHS.org)



HelpThatWorks.us



# WELCOME TO THE REC!



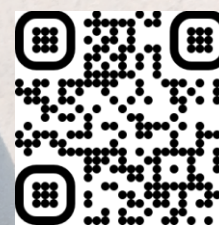
Thank you for voting for us!



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, tennis 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).



## MENTOR COMMUNITY RECREATION CENTER

Mentor Community Recreation Center, 6000 Heisley Road, Mentor, OH 44060 • (440) 205-3608 • [www.mentorrec.com](http://www.mentorrec.com)



## Best Solutions Home Medical Equipment & Supplies

is a family owned company in Wickliffe with a mission to "enhance the quality of one's life." We have a staff that treat you with respect and like family.

We offer sales and rentals on various home healthcare items including: Electric Scooters and Power Wheelchairs, Electric Beds, Portable Oxygen Concentrators, Patient Lifts & More. We also offer Lift Chair Recliners from Pride & Golden Technologies - two of the finest built lift chairs with a lifetime warranty on the major components.

We are also excited to announce that we have added a Bathroom Modification division to our company recently. We offer Affordable Walk-in Showers along with Whirlpool tub, Door Widenings, Barrier Free Showers and more.

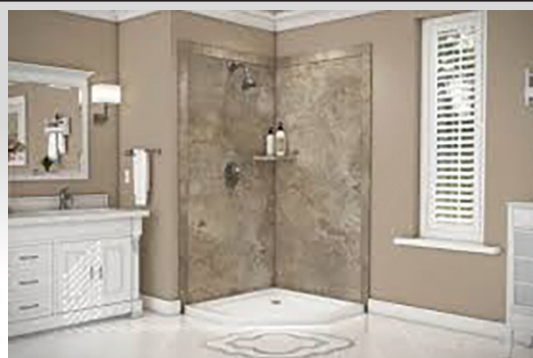
We are one of only a couple stores where you can RENT an item like Wheelchair Ramps, Electric Beds, Power & Manual wheelchairs, Electric Scooters, Knee Walkers, Portable Oxygen Concentrators (that weigh 3-5 pounds) and more.

Our Access Division offers Indoor and Outdoor Stairlifts, Wheelchair Ramps and Vertical Platform Lifts. Call us for a free at-home evaluation.

Finally, we offer financing options to fit your budget.

**Our store hours are Monday thru Friday 9 AM to 5 PM and Saturday 9 to 3.**

**Call us today to see how we can help you or your loved one. Our office number is 440.373.1200. Make it a great day!**



**We now offer Affordable Walk In Showers along with Whirlpool tub, Door Widenings, Barrier Free Showers and more!**

**ELEVATE YOUR COMFORT!**

**WE HAVE LIFT CHAIRS & STAIRLIFTS TO HELP YOU  
CREATE A HOME THAT MOVES WITH YOU!**

**ASK ABOUT OUR FREE AT HOME EVALUATIONS!**



STORE HOURS: Fri: 9am - 5pm • Sat: 9am - 3pm  
Sunday Closed

FAMILY OWNED AND OPERATED SINCE 1993

30011 EUCLID AVENUE WICKLIFFE, OHIO 44092

**WWW.BSMMEDICAL.COM • INFO@BESTSOLMEDICAL.COM • CALL: 440-373-1200**

## Creating a Life Worth Living Starts with Being Seen



Sometimes, the heaviest things we carry are the ones nobody else sees.

Maybe you're the parent trying to decode your teenager's sudden distance. Maybe you're the partner staring at the ceiling at 3:00 AM, wondering how to balance the pressure of work with the needs of your family. Maybe you're the one holding it all together for everyone else, quietly wondering when it will finally be your turn to breathe. Or maybe you're the escape artist, drowning things out with doom scrolling or unfinished projects.

At Premier Behavioral Health Services, we see moments like these every day. They're often the reason people reach out for support, and they're why we do what we do.

Mental health challenges don't follow a single path. Some people are just beginning to recognize they need help. Others have been struggling for a long time and aren't sure what kind of support will truly make a difference. Many feel caught between knowing something needs to change and not knowing where to start.

Our work is guided by a simple purpose: helping people pursue a life worth living. Care is compassionate, thoughtful, and grounded in evidence-based

practices. Our clinicians use skills-based approaches, including Dialectical Behavior Therapy and cognitive behavioral strategies, to help individuals manage emotions, cope with stress, and improve daily functioning. We work as a team to provide both individual and group care in a supportive, nonjudgmental environment, with treatment plans tailored to each person's goals and needs.

Access to care matters. When someone decides to reach out, waiting weeks for an appointment can make things feel even heavier. Removing barriers to care allows individuals and families to take that first step when they're ready, not after challenges have grown more overwhelming.

Since 2008, we've been honored to support individuals and families in Lake County and surrounding areas in building connection, finding resilience, and creating a life worth living.

**Premier Behavioral  
Health Services**  
8701 Mentor Avenue  
Mentor, Ohio 44060  
440-266-0770  
[www.pbhsohio.com](http://www.pbhsohio.com)





# *Creating a life worth living*

**Behavioral health care that meets you where you are and supports meaningful change.**

## Who We Help

**Adults, adolescents, and families experiencing:**

- Depression & anxiety
- Substance use disorders
- Trauma, grief & loss
- ADHD

## What We Offer

- Individual therapy
- Medication evaluation & management
- In person & Telehealth options
- Appointments available within 48 hrs.

## Intensive Outpatient Programs

- Adult Mental Health
- Dual Diagnosis
- Adolescent w/ parenting group

## Our Approach

**Our Approach**

- Evidence-based care
- DBT skill-based care
- Trauma-informed care
- Collaborative, team based care

## What Our Patients Say

*“I’ve already noticed positive changes and feel supported as I continue this work.”- Google Review*

*“Got in fast with no wait time, and they were able to help my son as well.”- Google Review*

*“Lots of work to do, but I’m on a better path because of the care I’m receiving.”- Google Review*

**Call or Scan to Get Started**

**440-266-0770**

Evening & Saturday Appointments Available  
8701 Mentor Avenue • Mentor, Ohio 44060  
Located in the Heart of Mentor

**SCAN HERE**





# ALL SOLID HARDWOOD FURNITURE

**Cherry Valley Furniture, LLC**  
**and Bulk Foods**



**5391 Hayes Rd.  
 Andover, Ohio 44003  
 440-293-6736**

**HOURS: MON-SAT 8AM-4PM | CLOSED SUNDAY**

## BEDROOM SETS



## DINING ROOM SETS



## GLIDERS



## BULK FOODS



## TV STANDS



## HALL SEAT LOCKER



## SOFA/RECLINER



Check Out  
 Our New  
 Display  
 Living  
 Room  
 Furniture  
 With Sofas

## QUALITY LIVING ROOM FURNITURE

- 10 YRS. WARRANTY
- SOLID WOOD FRAME
- HIGH DENSITY FOAM

## BUNK BEDS



**If you have furniture on your mind, better quality is hard to find**

## ISLAND CABINET



## COFFEE & END TABLES



## OFFICE FURNITURE



## TRASH BINS



## FIREPLACES



## CHILDRENS FURNITURE



## OUTDOOR FURNITURE

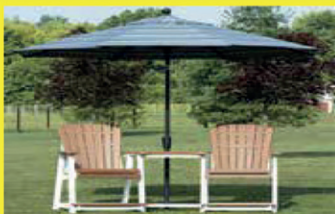
### WHY BUY POLY?

- Maintenance Free • 20 Year Warranty
  - All Stainless Steel Fasteners So It Will Not Rust
  - Quality, Comfort & Design For Your Backyard
- Our Goal is to Give You Quality From Our Family to Yours!!!*

## FIRE PITS



## LIGHTHOUSES



**cherryvalleymishfurniture.com**



### Cherry Valley Stoves

*The flame that keeps you warm.*  
Whether you're looking for a traditional wood burning stove, a sleek ventless unit, or even outdoor cooking supplies, Cherry Valley has a large inventory sure to keep you going. Browse all of our indoor and outdoor units, search by your favorite brand, or just click through to see everything Cherry Valley Stoves has to offer! Located at 5391 Hayes Rd., Andover, OH. 440-293-4622



### Cherry Valley Furniture

*Quality That Lasts.* A country marketplace providing the best that Amish Country has to offer.

Stop by and shop our wide selection of indoor and outdoor furniture, bulk food products, camping supplies, gifts, and more! Since 1997, Cherry Valley Furniture has served the northeast Ohio/northwest Pennsylvania area by providing high quality products in a warm country setting. Owned and operated by Levi and Lizzie Miller, all of the furniture products are handmade by Amish craftsmen and can be delivered directly to your home. Locates at 5391 Hayes Rd., Andover, OH 440-293-6736



## A Store Every Woman Should Know About



Whether you're looking for that special bustier (for that equally special day), mastectomy bras or breast forms after surgery, or for fuller size bras from 32 to 52 and cups from DD to L., we're always here to meet your needs.

Next To Me has gained a well-deserved reputation as a fine intimate apparel store...but Next To Me is much more than that. It's a place where a woman can find the proper garment for her special needs, especially if she is full cupped or has had breast surgery.

**20% OFF**  
**IN STOCK MERCHANDISE\***  
(\*Does not include sale items, Happy Feet or mastectomy products.)

Offer Expires 2/28/26.

**SPECIALIZING IN  
BRA AND  
MASTECTOMY FITTINGS**

**NOW IN  
OUR 38TH  
YEAR!!!**



*"Where Fitting Is An Art"*

Mentor Corners Shopping Plaza

8920 Mentor Ave.

**974-0900**

**www.nexttome.cc**





## 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!"

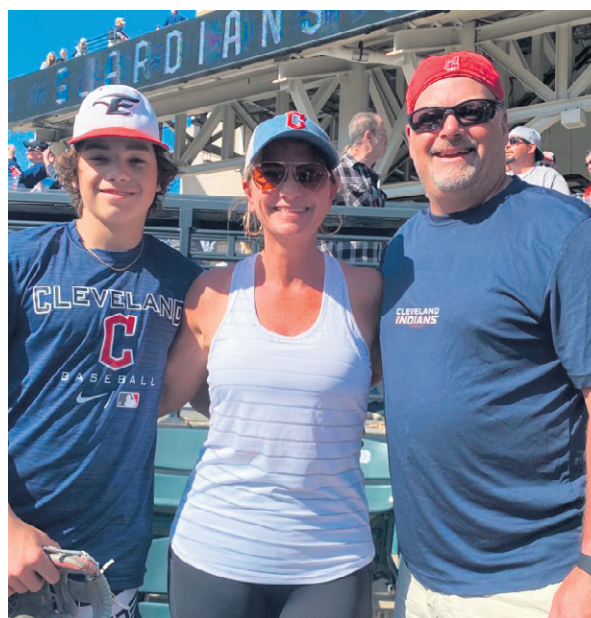
Dear Friend,

### 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 con-*

*tinue 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". - Karolyn M.*

**AMAZING OFFER-** When you call and mention this article before February 20, 2026, 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.

Our phone number is 440-285-0756. CALL NOW FOR AN APPOINTMENT, AND END YOUR SUFFERING!

- Dr. Tad Roediger, DC

Check us out on Facebook, [roedigerchiropractic.com](http://roedigerchiropractic.com) or email at [tadroedigerdc@gmail.com](mailto:tadroedigerdc@gmail.com)

