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NEIGHBORS

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MAY 2020

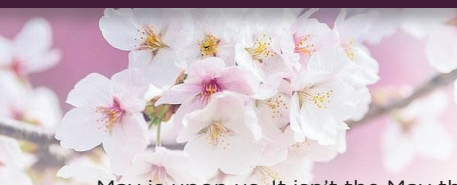


**MIKE BOWDREN
CLEANS UP
GEAUGA
COUNTY**

Cover photo by Jeniffer Clement

 Best Version Media

Welcome NEIGHBORS



May is upon us. It isn't the May that we were looking forward to, a time filled with cookouts, graduation parties, and weddings. My husband and I were looking forward to our youngest daughter, Lily, going to prom and walking to Pomp and Circumstance at her high school graduation. Our oldest daughter, Sarah, is graduating from medical school, something that she has worked very hard for during the past four years. We were waiting for her graduation ceremony with such anticipation. Although we will not be able to celebrate those milestones as they have been celebrated in the past, they are milestones nonetheless, accomplishments to be so proud of. May is here, and it will be a different kind of May this year, but the world keeps revolving, and the sun keeps shining. The flowers will bloom, and the birds will sing. Before long, we will hopefully be at those cookouts, parties, and weddings, hugging our friends and loved ones. In the meantime, the important thing is to stay healthy and safe, to enjoy the milestones even if in different ways, and to tell your family that you love them. Happy Mother's Day to all of the mothers in our neighborhood!

Until next month,

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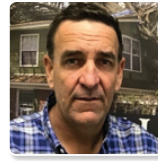
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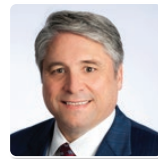
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Mike doesn't miss a chance to color with the ladies.

MIKE BOWDREN CLEANS UP GEAUGA COUNTY

By Amy Sonia Richards, Content Coordinator | Photos by Jeniffer Clement

Mike Bowdren is the face of SERVPRO in Geauga County. Born in Bowling Green, Ohio, but raised mainly in Bainbridge, he is the man behind the green and orange trucks that show up at your doorstep to restore your home after water, mold, fire, or storm damage.

Growing up, his grandparents on his mother's side had an enormous influence on his life. They helped to raise him. "They both lived to 99 years old," Mike says. "My grandmother was a wonderful Italian cook who made everything from scratch. She didn't use sodium and hated eating out because she thought her food was healthier and better." His childhood memories are filled with Sunday pasta dinners with the entire family.

His grandfather, Salvatore Grimaldi, was an entrepreneur and self-made businessman. "My grandfather started a dry cleaning business in Cleveland in 1945, a year after returning home from the war." Farrow Dry Cleaners has been on Lee Road ever since, and it is now owned by Mike's uncle Jack. "It is one of the oldest family-run businesses in Cleveland," Mike says proudly.

Mike went to Kenston schools during the school year but spent many summers working at Farrow, pressing pants for free.

When he finished his sophomore year at Kenston High School, Mike's stepfather took a job as CEO for Bank One in

Houston, Texas. Moving to Texas was a challenging time for Mike. "Talk about culture shock. I had no idea how hot it was. I had never even seen cowboy hats or boots," he reminisces. "Making new friends and learning my way around a big city was a total culture switch, but the Southern hospitality was wonderful. Everyone was so welcoming and hospitable."

After finishing his last two years of high school at Alexander Smith Academy, a very small private school in Houston, Mike decided to stay in Texas for college, although his parents moved back to Chagrin Falls. He attended the Stephen F. Austin State University in East Texas, where he majored in psychology and communications.

By the time he graduated from college, Farrow Dry Cleaners had evolved to include a fire and water restoration company called Farrow Restoration, located in Cleveland. Mike moved back to the area in 2001 to be closer to his family. He began to work alongside his uncle and grandfather, focusing his efforts on creating a 24-hour water mitigation, mold remediation, and contents restoration division within the company.

Mike enjoyed his work. "The reason that I work in this industry is that while working my first job after college in water and fire damage restoration, it grew on me. I knew that I wanted to stay in the business." When the restoration division of Farrow was sold in 2014, luck was on Mike's side.

It just so happened that the Geauga County territory of SERVPRO was for sale. "I purchased it right when it came up for sale, and I hung up my shingle in October 2014." His office is off of East Washington in Auburn Township.

Mike's focus now is on his business and his family. He is an avid golfer, and was a member of the Chagrin Valley Country Club for almost a decade before taking a leave of absence to focus on SERVPRO. He still travels all over the country to play. "I especially love to golf on the West Coast - Pebble Beach, Torrey Pines, anywhere out West," he says. Modestly, he says that he is an "OK" golfer, that "there are a lot of golfers in Cleveland that are better than me."

When he isn't golfing, he is spending time with his two daughters, Brooke, age 12, a 6th grader at Kenston Middle School, and Haley, age 6, a kindergartner at Pleasant Valley Elementary. They each spend time living with both their father and their mother. "I spend as much time with my girls as possible. I am not just a weekend dad. My girls mean the world to me," Mike says.

Mike lives in Lake Lucerne, and he and the girls spend a lot of their family time riding golf carts, going to the beach, canoeing, and walking their dog Cosmo. Cosmo, a 60-pound terrier mix, was rescued from Puerto Rico during the last hurricane. The Bowdrens found him at Rescue Village and made him an important part of their family. Cosmo is a big fan of the beach at Lake Lucerne. Brooke says, "Cosmo loves the beach. He runs around like crazy." The girls love to sing with Mike. "Both girls love to sing silly songs, especially in the car, and are very creative with their words. I take 100% blame for that," explains Mike.

The concerns over the coronavirus are affecting the whole family, as they are the rest of the country. As an owner of a SERVPRO franchise, Mike is on the frontlines trying to keep his customers safe. As soon as news of the virus spreading hit, Mike and other SERVPRO franchises began receiving phone calls about proactive disinfecting of structures due to the virus. "We are figuring out the best



Mike's wall of fame with LeBron James' shoes in the upper right corner of the shelving

options for our clients. SERVPRO has structured its cleaning protocols into three categories depending on the level of exposure that has occurred at a site," he explains. Category One is proactive cleaning and disinfecting surfaces when no cases are suspected or reported in a structure; Category Two is for when there has been a suspected case in the structure; Category Three is a result of a confirmed coronavirus case within the structure.

The tough thing is that while many of us are staying home riding out this situation, SERVPRO and its employees are hard at work. "I am reminding our employees that we are working when others aren't. We are working when people are sleeping and when people have suffered catastrophes in their businesses and homes with hurricanes, flooding, and now the coronavirus."

As with all of us, the virus isn't just affecting our work lives. It is affecting our families, and the same is true of Mike and his girls. Like the rest of our children, their school buildings are closed. Brooke expressed sadness at this. "I love school. I love being around my friends and everyone being there in one place. I just don't like learning, and I also hate sports." Haley misses being at school also. "I like my teachers and being with my friends," she says.

Brooke and Haley will keep themselves busy and will especially create some works of art while staying at home. Their grandmother Laurie, who lives in New Mexico, does a lot of art and has passed her love of art onto her granddaughters. Brooke says with excitement, "I love art!" Mike says, "Like most children, they love to work with the messiest of materials. They love to paint, draw, and apply glitter to anything and everything they can."

Mike and the girls look forward to things getting back to normal. In the meantime, Mike says, "We just want to reach out to everyone in our neighborhood and hope that everyone is staying well and practicing what they are supposed to in order to stay safe."



Brooke, Cosmo, Haley



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Information on coronavirus (COVID-19) changes rapidly.

As a community health care leader, UH is your source for the most up-to-date clinical information on COVID-19. To learn more about appointments, visitor policies and the latest clinical trials, visit UHhospitals.org/Coronavirus.



PERIPHERAL ARTERY DISEASE: HOW TO KNOW IF YOU'RE AT RISK

Submitted by University Hospitals

Peripheral artery disease (PAD) is a serious condition, but you may not know if you have it. Nearly half of those who have PAD have no signs or symptoms.

PAD happens when blood flow in the legs and feet is restricted by the buildup of fatty deposits in the legs' blood vessels.

Why get treatment for a condition when signs or symptoms may not be noticeable? Untreated, PAD can lead to pain, cramping and discomfort that can make walking – and life in general – miserable, says Mehdi H. Shishehbor, DO, MPH, PhD. Dr. Shishehbor is director of the Interventional Cardiovascular Center and co-director of the Vascular Center at UH Harrington Heart & Vascular Institute.

"In extreme cases, PAD can result in tissue loss and gangrene, which can ultimately lead to amputation," Dr. Shishehbor says.

People who have PAD also have a higher risk for heart attack and stroke, he says.

The good news is that early diagnosis and treatment can help you to manage – or even reverse – PAD. So it's important to understand if you might be at risk and to know the symptoms of PAD.

PAD RISK FACTORS

Factors that increase your chances of developing PAD include:

- History of diabetes or heart problems among close relatives such as your parents, sister or brother
- If you've had diabetes or heart problems such as high blood pressure, heart attack, stroke, mini-stroke or transient ischemic attack (TIA)
- If you have difficulty controlling your blood pressure on more than three blood pressure medications
- If you have had surgery, balloon procedures or stents in your heart, kidneys, stomach, legs or arms
- If your doctor has told you that you have poor circulation
- If you are inactive
- If you smoke or have ever smoked

SYMPTOMS OF PAD

Dr. Shishehbor says you should tell your doctor if you experience these signs:

- You have ulcers or sores on your feet or legs that are slow to heal
- When you walk or exercise, you feel aching, cramping or pain in your legs that goes away when you rest
- Your toes or feet hurt at night

Even if you don't have symptoms of PAD, you may need to be screened, Dr. Shishehbor says.

"If you are older than 65; older than age 50 and have diabetes or smoke; or if you have diabetes and other PAD risk factors such as being overweight, ask your doctor about screening for PAD," Dr. Shishehbor says.

HOW YOU CAN AVOID PAD

Prevention is the key to reducing your risk of developing PAD, Dr. Shishehbor says.

You can help prevent PAD through good health habits such as not smoking, eating a balanced, low-salt and low-fat diet, and controlling your blood pressure and sugar and cholesterol levels.

Maintaining a healthy weight and getting regular exercise also helps.



Dr. Mehdi H. Shishehbor

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WELCOMING KITCHEN TUNE-UP!

By David Conn

Looking for cabinet experts to remodel your kitchen? Meet Kitchen Tune-Up of Beachwood, Ohio, and its owners, David and Liz Conn!

“We’re all about offering customers options,” said Liz. “Styles and colors, solutions for any budget. So many times our customers think they have—or are offered—only one option for an update when in fact they have several!”

“All-new custom cabinets are great for replacing worn-out cabinetry, changing layouts or adding a kitchen island...and they can actually be the most cost-effective solution in certain cases,” she explained.

David added, “A lot of people ask about refacing but don’t know what it is! You get brand new doors, drawer fronts, door knobs and drawer pulls in your choice of style and color...but we retain your existing cabinet boxes. How? We apply laminate to the exterior surfaces of your cabinets to match your new doors. This creates the look of new cabinets at lower cost...with less time and less disruption to your life! We can be in and out in 3-5 days...and you have full use of your kitchen while we’re not there!”

“If you like the color of your existing cabinets but not the style,” Liz said, “redooring could be a good option. However, if you only want to change the color, cabinet/door painting may be ideal for you. It’s also a quick refresh if you’re putting your home up for sale.”

David added, “We offer an exclusive 1-Day Tune-Up that restores the finish of existing wood cabinets to 80-90% of original...we can update your knobs and pulls at the



David and Liz Conn

same time. It’s a fantastic update at a budget-friendly price.”

“We also have the accessories that add convenience and functionality: roll-out trays, integrated garbage/recyclables bins, tip-out spice racks and more! Once you’ve had these, you’ll never want to do without them again,” Liz said.

“Kitchen Tune-Up can handle larger projects going beyond cabinets...including countertops, backsplash, flooring, painting and more,” David explained. “We rely on our own employees, our network of business partners...and are also happy to coordinate with your choice of specialists if you wish.”

“We also work on flips and rental properties,” Liz added, “plus commercial properties like office kitchens. Anywhere there are cabinets!”

“We are super excited to be in this business,” said David. “It’s very energizing to help our customers fall in love with their kitchens again. Did you know we are more than just kitchens? We also offer bathroom updates, closet organization systems and garage cabinets.”

Kitchen Tune-Up Beachwood, Ohio, is locally owned and operated by David and Liz, who reside in Beachwood with their daughter and two rescue dogs. “We are part of a nationwide system with a 32-year track record of remodeling and literally thousands of happy customers! It’s the best of both worlds. I am also proud to say we work predominantly with US manufacturers and drive GMC and Ford vehicles. It’s important to us to support our local and national economy in as many ways as we can.”

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CHANDER FARM WITH TAMSIN AND SCOTT DAFFRON

By Halle Snavelly, photographs by Halle Snavelly

Since 2013, Tamsin and Scott Daffron have raised cattle, sheep, hogs, chickens, ducks and geese on their 60-acre farm in Burton. Their farming philosophy is grounded in respecting the natural tendencies of the animals. They specialize in rare heritage breeds and raise their livestock without antibiotics, hormones, or genetically modified feed. They believe it's better for the animals and for their customers.



Tamsin and Scott Daffron

Tamsin and Scott are particularly proud of their 100% grassfed lamb. They practice intensive rotational grazing, a type of livestock farming that focuses on building healthy soil and animals. This practice requires more time, money, and labor than conventional feedlot meat. So why not choose conventional methods if they produce a higher return?

For the Daffrons, the answer is simple: their customers want high quality products that are better for their health and the land. For these customers, investing in farm fresh food is a bigger priority for their health than eating cheap, unhealthy food, risking disease and spending money on health care later.

Farm fresh food benefits our health in many ways but requires a different approach than grocery store shopping. Here are a few tips to get organized:

- **EAT SEASONALLY.** It is difficult to graze chicken on pasture during the winter, so it isn't usually available. Larger animals like lamb, pork and beef are available.
- **WASTE LESS.** Treat food as your most prized possession, because it is. Don't let it go bad in the fridge. Make stock with bones. Eat smaller portions. Use leftovers.
- **BUY IN BULK.** Most farms will give you a better price when you buy a whole or half animal. This gives you a variety of cuts to choose from at a lower price.

- **USE YOUR FREEZER.** Frozen meat lasts for months so you don't have to buy as often.
- **GET TO KNOW YOUR FARMER.** Find farms like Chander Hill that are close to your home. They might be willing to give you cuts of meat that you can't find elsewhere or set aside products they only have in limited supply.

LAMB + CHICKPEA CURRY

- 1 cup basmati rice
- 1 TBSP extra virgin olive oil
- 1 yellow onion, chopped
- 4 garlic cloves, minced or pressed
- 1 lb ground lamb
- 1 can chickpeas, drained and rinsed
- 2 TBSP curry powder
- 1 tsp crushed red pepper
- 1 tsp kosher salt, more to taste
- 1 14.5 oz can chopped tomatoes
- 6 cups spinach
- Cilantro or mint for garnish (optional)
- Dollop of yogurt (optional)



Cook the rice according to package directions. Set aside.

Heat the olive oil in a large pan over medium heat. Add the onion and a large pinch of salt. Cook until the onion begins to soften, about 5 minutes. Add the garlic and cook for one more minute. Add the ground lamb, breaking it up with a wooden spoon, and cook until it's fully browned, about 5 minutes. Add the curry powder, crushed red pepper, chickpeas, another pinch of salt, and stir to incorporate fully. Add the tomatoes and coconut milk. Simmer for several minutes until the mixture reduces a bit. Add the spinach at the end and cook for another minute or two, until it fully wilts.

To serve, add a scoop of rice to a wide-rimmed bowl, spoon over the lamb curry, and top with cilantro or mint and a dollop of yogurt, if using.

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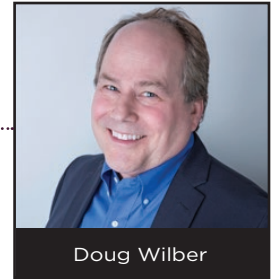
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DEALING WITH YOUR OWN EMOTIONS

PART 2 OF A 3-PART SERIES

by Doug Wilber, Owner of Cherished Companions



Doug Wilber

Even when we know our parents need additional help, admitting to ourselves that they are no longer the strong, capable people we grew up with can be extremely difficult. You may experience fear of the future, guilt that you can't do more, resentment toward siblings who won't take a more active role, or frustration that your parents don't want help. In these situations, it's important to know how to process those emotions in a healthy way so that you don't burn out.

- **TAKE BREAKS.** Caregiving can require a lot of time, but don't allow it to consume you. Take breaks when you need them and stay involved in other parts of your life that are important to you including social connections, work, and hobbies.
- **FORGIVE YOURSELF.** You may experience feelings of guilt that you weren't closer to your parents growing up or that you live far away. Forgive yourself for any perceived missteps and acknowledge that establishing your own separate lifestyle does not mean you care for your parents any less.
- **GET REST.** Emotions seem more intense when we are tired. Getting enough sleep at night is an important part of having the energy you need to handle difficult decisions and interactions.
- **PLAN AHEAD.** Fear of the future may not ever resolve completely, but you can manage it by creating contingency plans. For example, have an emergency kit ready in case your mom or dad has a healthcare crisis so that you know where important documents and medical information are.

- **TALK WITH SIBLINGS.** Chances are good that they experience many of the same emotions you do. Talking with each other can help all of you find peace with the situation, support one another, and create a caregiving plan everyone can contribute to.
- **ACKNOWLEDGE THE HARD TRUTHS ABOUT CAREGIVING.** Because we love our parents, it can sometimes feel like a betrayal to acknowledge that caregiving is hard. But the truth is that everyone experiences difficult emotions, stress, and challenges juggling all the responsibilities of life as our parents' need for caregiving increases. Acknowledge these hardships and release any feelings of guilt you may have about them, so you can focus instead on loving and caring for your parents in the way that provides peace of mind for all of you.

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NEUTRALS REIGN SUPREME

By Mike Henry, Lead REALTOR® and President, HG Agents - EXP Realty

STAGING TIP: Accent walls may turn off buyers! Color pops are a hot trend, but neutrals still reign in staging to sell. Avoid adding color pops by painting (or papering) accent walls with a bright color/design. Instead, keep the wall colors neutral and add pops of color through artwork, accessories, furnishings, etc., that can easily be changed by future buyers. This will help them visualize the home in their own taste.

For more information about the luxury market, contact Michael Henry with HG Agents at EXP Realty 216-973-1402 or email michaelhenry@hgagents.com.

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GEAUGA FRESH MARKET ADAPTS AND OPENS

By Christine Weiss

Geauga Fresh Market will open May 9 and run through October 17. Each week will offer local produce and goods just like in years past. Unlike in years past, the market will be drive-through only. After consulting with market managers in neighboring cities, the Market board came up with a plan to utilize up-to-date communication and pre-ordering options via their website, email, Facebook, Instagram, and the old fashioned phone call. The new procedures are in line with what has been suggested by the Ohio Farmers Market Network to keep markets open in a manner that will enable access to fresh local food and keep customers and vendors safe during this COVID-19 pandemic.

During the days prior to each Market Day, customers may pre-order and pre-pay if they wish, using links on the Geauga Fresh website. Email and phone calls between customers and vendors will be possible too. Additionally, volunteers will be onsite to assist those that have not pre-ordered. Produce and goods

will be bagged by volunteers and placed either in your trunk or in an open back window. The market is eager to work with each customer to make the experience successful. If you have not prepaid for your order or purchase something else, cash will still be accepted for payment on site with precautions.

On Market Day, vehicles will be directed to enter the Market grounds at the Bell Road entrance just West of the 306/Bell traffic light. Traffic will snake through the vendor area and then be directed to exit back onto Bell Road behind the police station.

Market Manager Audrey Hylton acknowledged this will be very different but believes the Market can adjust. Hylton asked that customers bring their patience with them, especially the first few weekends while volunteers work hard to make the experience positive for everyone.

The Market plans to operate every Saturday from 9am-noon through October 17th. Up to date information can be found on the redesigned website geaugafarmersmarket.com.

HOPE FOR KIDS GEAUGA RESPONDS QUICKLY TO STUDENT NEEDS

Press Release from Hope for Kids Geauga

Hope for Kids Geauga acted swiftly and diligently to identify and respond to a need caused by one of the unfortunate impacts of COVID-19. The Hope for Kids board of directors allocated \$15,000 to fund Wi-Fi hotspots for Geauga County K-12 students who do not have internet access at home.

The mission of Hope for Kids Geauga is to raise funds and awareness to improve the lives of abused, neglected, and at-risk children in Geauga County. The board agreed that funding this need falls within their goal of leveling the playing field for the area youth. "The board was able to communicate quickly and vote to proceed with this project through email communication," said Engelina Koberna, board member who took the lead in contacting the schools.

For questions, please contact Engelina Koberna, 440-552-0224.

COMMUNITY SERVICES STILL HERE AND STILL GOING STRONG

Compiled by Christine Weiss

Many of our seniors rely on community entities for daily meals. This most vulnerable population is still being cared for by the organizations that have been there for years.

Gauga County Department on Aging has pivoted to serve their vulnerable population. The department is offering To-Go Meals at each of the Senior Center locations, currently every Monday through Friday. Geauga County residents, age 60+, who are interested in receiving a To-Go Meal can call their local Senior Center by 9am daily. Curbside pickup is between 11-11:30am.

Chardon Senior Center: 440-279-2126

Middlefield Senior Center: 440-632-0611

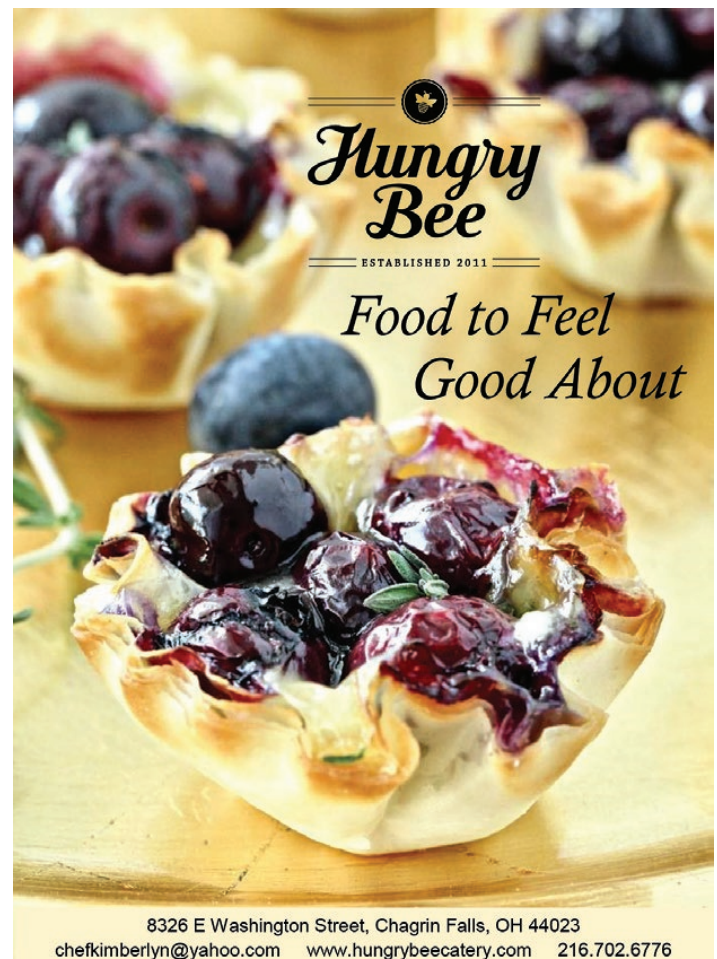
West Geauga Senior Center: 440-279-2163

Bainbridge Senior Center: 440-279-1313 or 440-226-1396

Meals on Wheels has also taken precautions but keeps cooking and delivering. During the coronavirus crisis, Meals-on-Wheels is considered an "essential business" and will continue to deliver meals. Meals will be delivered to coolers outside residents' homes, and drivers are asked not to enter people's homes unless there is an apparent emergency. Drivers are sanitizing their hands before and after each delivery, and kitchen personnel are also taking added precautions.

VALLEY ARTS CENTER OPENS VIRTUAL DOORS

Looking out for the hearts and minds of our younger citizens, Valley Arts Center is offering free online art instruction to kids. Instruction is through ARTLIVES, the Center's newest platform for visual arts instruction. The platform offers a range of virtual classes and exhibits and includes free online demonstrations by VAC instructors that patrons can complete at home with minimal equipment.



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SCHOOLS UNITE TO FIGHT FOR OUR KIDS

By Christi Z. George, Publisher



Superintendent Nancy Santilli

“We have never worked so hard,” says the intrepid Nancy Santilli, superintendent of the Kenston Schools. The onset of Covid-19 has forced these top Ohio schools to do things for which they weren’t ready. The list is endless, but these items top the list:

1. Schools are closed and teaching and learning are being done exclusively from home. “We were in the middle of a five-year technology cycle to achieve one-on-one carry home devices from secondary down to primary. Primary wasn’t complete,” explains Nancy. “This forced an instant need to complete that enormous task,” continues the superintendent. “Our technology department and our elementary teachers have made heroic efforts to learn a new way of teaching to our youngest students.”
2. Preparation for a pandemic was a subject that continued to appear on the planning docket but was not an urgent priority. It became one in a hurry. Currently, a new landing page on the Kenston Schools’ website exists that contains local and state government notifications, parent and teacher surveys, cleanliness and health information, emotional and social resources, food pantry resources, and many other pertinent subjects.
3. Seniors are enduring the heartbreak of not experiencing closure to academic, athletic, and social achievements. As a result, however, these seniors will gain maturity as they find ways to adjust to these and other new challenges resulting from the pandemic.
4. Students of all ages were not prepared to be separated from their groups, friends, favorite teachers, and friends’ families. They will learn new ways to communicate, however, some hopefully more endearing and meaningful than in the past. Perhaps some of the best parties and laughs will have occurred on Zoom.
5. New alliances have developed between the superintendents of the school systems in Geauga, Lake, and Chagrin Falls. Weekly Zoom meetings are taking place insuring that all school systems are providing like answers and programs so the schools can work in tandem.

These are just a few of the advancements and answers that have come from a crisis that has affected our educational systems, administrators, technology experts, teachers, parents of our students and, of course, our children. “One of our newest educators sent a message that made me very proud of what we are doing during this difficult time,” mentioned Superintendent Santilli. “The message said, ‘Providing the best education is still our focus and hasn’t suffered,’” Santilli said.

Crisis brings challenge. Oftentimes, it brings heartache and even tears, but it also brings growth, teamwork, and uniting for a cause, which in this case is our kids. Perhaps this is the greatest challenge that most of us can remember, but not one of us will forget the experience nor will we forget what we learned along the way to victory. “BOMBERS FLY TOGETHER!”

“WE ARE OPEN FOR BUSINESS BUT OPERATIONS HAVE CHANGED,” says Chief of Bainbridge Police Jon Bokovitz

By Christi Z. George, Publisher

And changed they have!”

- Eight-hour shifts have moved to twelve-hour shifts with two to three days in between shifts.
- Non-violent crimes are handled by phone.
- Accident report? Hold up your driver’s license, no contact please.
- Patrol officers share desks, so they are cleaned upon arrival, throughout the shift, and when the shift is over.
- Lobby is cleaned twice daily.
- Cars are completely disinfected by a professional service every other week and by the patrol officers throughout the shift.
- Patrol officers are out of their cars far more than ever before - they want citizens to feel secure about their presence in the community.

“Historically we don’t take time off,” says Chief Bokovitz with pride. “But this team has gone over and above, staying healthy and taking care to make sure they don’t infect their co-workers.” The department has 23 people in uniform, 5 civilians, and 1 administrative person, and they need all hands on deck!

Thank you from the residents that you keep safe!

Hyce



Ozzie

DOUBLE DUTY IN A PANDEMIC CRISIS

By Christi Z. George, Publisher

“We have had a general infection control plan in place for years,” says experienced Fire Chief Lou Ann Metz. “OSHA (Occupational Safety and Health Administration) drafted the protocols in the early ‘90s and we are in compliance with the federal and state governments.”

Unlike the vast majority of residents and business owners who are completely unfamiliar with living through a pandemic, the chief and the 50 crew that she leads know exactly what to do and how to operate, but each circumstance brings its differences.

“We certainly have had to change our regular procedures,” says the chief. “We pay attention to how the disease is transmitted and start making adjustments. We follow the CDC (Centers for Disease Control and Prevention) guidance for EMS. Each person on our staff is EMS trained. Our Bainbridge medical director is Dr. Chris Randolph, an EMS physician at the Cleveland Clinic. “

Cleanliness has always been the law around the Bainbridge station, but now you can eat from any surface, and the staff decontaminate after every call. The transmission of this disease from surfaces and breathing droplets has made this activity paramount.

“We take this extremely seriously. Our staff is well educated and understands the potential of taking the disease home to their loved ones,” says Chief Metz.

To add to safety, the following protocols have been put in place:

- A disinfectant company comes in weekly to decontaminate our vehicles.
- Masks and goggles hang in the ambulances under UV lights which kills the germs.
- A “clean” driver has been added to every call. This individual has no contact with anyone on the call. There is a plastic panel behind the driver, separating the driver from the patient care compartment, keeping that driver “clean” for the next call.

- After each call with a suspected or confirmed COVID-19 case, the EMS/firefighter must personally decontaminate (shower and change clothes) and have the truck vehicle decontaminated, leaving it to dry for 30 mins.
- Residents are asked to come outside if they are able and are immediately given a mask.
- EMS/firefighters change clothes before going home; uniforms are washed at the station.
- The entire firehouse is disinfected twice daily; 4-6 hours are spent cleaning daily.
- Officer in charge inspects the station.
- Two hours of training is required for each person per shift.



Fire Chief Lou Ann Metz

“We have a very strong partnership with our police department and the board of trustees, for which we are grateful,” says Chief Metz. “Our citizens have been extraordinary. People have been extremely discerning about calling for an EMS unit; our calls average 4 a day, down from 5.5! We can’t express how we appreciate that.”



“The outpouring is remarkable; people are donating lunches to the station and asking what they can do to help us. We are hosting ‘drive-by’ birthday parties for kids who can’t have a party. It’s really been heartwarming,” expresses Chief Metz.

“Our job is to protect this community and we insist on being the best!” Chief Metz said with pride.

THE SERVICE DEPARTMENT CONTINUES TO MAINTAIN BAINBRIDGE

By Christi Z. George, Publisher

Coronavirus or not, the Bainbridge Township Service Department is there for our community. “We are public servants, and we will continue to provide as many of those services as possible, given the circumstances,” says veteran Bainbridge Township Service Department Director, Jim Stanek.

For the past eight years, Jim and his crew of 18 have made Bainbridge’s streets, public buildings, parks, and cemeteries safe and beautiful. Has the current situation necessitated change? In a word, yes, but they can roll with it.

“Because of the virus, building rentals are discontinued for the time being, and our Spring Clean-Up Days is on hold, but those are just temporary,” says Jim. “All our parks’ bathrooms are closed,” which only makes sense, “but they will be re-opened when this ends. We want people to visit and enjoy our parks; River Road, Heritage, Settlers, and Centerville. During this time, we just want people to practice safe distancing on the trails and follow the latest State of Ohio orders.”

“Our Shred date is scheduled for June 14th, and we intend to have it, but everything is subject to change depending on the virus,” continues Jim.



“We’ve had to adjust our operations, as we normally work in teams of two to a car,” Jim mentions. “Now it’s one to a car.”

Some things are subject to change and some things are not. “We continue burials, fixing potholes, berms, ditches, pipes, downed trees, and storm sewer maintenance, but we have changed the way we interact,” he explains.

“In the past ten years, we have had the opportunity to hire on some great young guys!” says Jim. “They have taken on the responsibility of this coronavirus like old pros. They understand their vulnerability, for themselves and their families, and the importance of protecting each other. I couldn’t possibly be more proud of this team!”

This is the team that serves Bainbridge Township well, virus or no virus. Thank you Township Services.

For total information, go to www.Bainbridgetwp.com which includes government updates on Covid-19.

CHAGRIN FALLS SERVICES UPDATE IN JUNE ISSUE

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