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NEIGHBORS

BUILDING COMMUNITY, **ONE NEIGHBOR AT A TIME.**

NOVEMBER 2020

**FROM
RAMSHACKLE TO
BEAUTIFUL
RESTORATION -
BARTHOLOMEW
HOUSE WITH
PAT COZZENS AND
BRIAN WYNNE**



Welcome NEIGHBORS

November has always been one of my favorite months because Thanksgiving is my favorite holiday. My husband and I have hosted it at our house for over twenty years, and everyone shows up from across the country to be together. The amount of food is unreal, and I think that we have at least one of every pie in existence! This year will be very different, with many of our loved ones attending by Zoom. Nonetheless, it is a time to be thankful for the things that we have and the people in our lives that are so important to us, even if we can only share the day together over the internet. Hopefully, next year we will all be crowded elbow to elbow again in our home eating and hugging. Happy Thanksgiving!

Amy Until next month,
 Amy Sonia Richards
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CORRECTION: In the October issue of NEIGHBORS Magazine, we misspelled our Feature Family's name. We apologize to the Zakrajsek Family and to our readers for this error.

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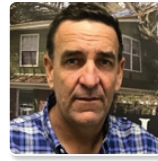
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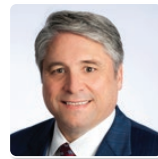
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FROM RAMSHACKLE TO BEAUTIFUL RESTORATION - BARTHOLOMEW HOUSE WITH PAT COZZENS AND BRIAN WYNNE

Every day there's time for a walk in the pasture with Gladys and Jed



By Amy Sonia Richards, Content Coordinator | Photos by Dan Patchin

Tucked away on six acres in Auburn Township lies the Bartholomew House, which Pat Cozzens and Brian Wynne have brought back to life with creativity, vision, planning, and hard work. The farmhouse is surrounded by beautiful vistas from every direction, including abundant gardens full of yellow beans, tomatoes, peppers, summer squash, zucchini, strawberries, and an apple orchard.

When Pat first heard about the farmhouse, he went to take a peek on a very cold February day in 2005. It looked nothing like it does today. An 1850 colonial, originally built by John Palmer Bartholomew, it had been vacant for 18 years, except for the bats, raccoons, rodents, starlings, and other critters that called it home. "It was untouched, but I had a vision," says Pat. "It still had its original wainscoting, doors, windows, floors, and staircase." Brian smiles as he chimes in, "It was a disaster!"

It took them 2 1/2 years to bring the original beauty back, Pat doing most of the work with a crew, as Brian helped with the planning and envisioning. "It took a lot of work," recalls Pat. "The barn alone required 80 gallons of paint!" Doing all of the repairs and finish work took Pat countless hours, all while working full time as a flight attendant for American Airlines, where he worked for 32 years before retiring in 2008.

The Bartholomew House wasn't Pat's first renovation or his first farm. "Before the farmhouse, I had restored

a few homes," explains Pat. "I was born and raised in Russell Township. By the early 1990s, however, I had a farm out in Parkman, but it was a lot of work and too far out, so I built a reproduction farmhouse in Bainbridge," he says.



Coco and Sampson

The farmhouse on Bartholomew was a labor of love and a way to get back to farm life. "It was in my blood. I enjoy agriculture and just like to be outside," Pat says. It was also a way to get back his horses which he sold after selling the Parkman farm. He knew that to be able to care for the horses he needed a property with a barn. Although one of the horses had died shortly before he could get

them back, he purchased a companion horse, and they both occupy the spacious barn on Pat and Brian's property. Besides giving his old horse a home, the farmhouse gave Pat a project outside of his work at the airline. "I wanted a challenge. I knew I was going to retire, and this would keep me busy. I like the challenge of restoration," he explains.

His love of restoration and preservation didn't die out after finishing the farmhouse. "I still had the itch to do something else," he admits. "I came across a Greek revival in Mantua that was scheduled to be bulldozed. I looked at it, and it was beautiful, old and tired, but completely intact. I made the decision to take on the project of dismantling its timber frame structure and rebuilding it on a two-acre parcel that was originally a

part of this farm. I started that project in February of 2014, and, after completion, it was sold in December of 2016.”

Besides renovating, Pat is a farmer. “I farmed 1/2 to 3/4 of an acre for over 12 years, and in 2005 I planted an orchard at the Bartholomew House with 25 apple trees,” he states. His vegetables have won numerous awards at the Geauga County Fair, and he is a sought-out vendor at various local farmers markets. Pat is starting to cut back on his produce production. “I want some free time,” he admits. Although Brian, a medical doctor and research scientist, doesn’t have time to help with most of the planting and harvesting, he is said to be an excellent weeder, especially of the strawberry beds, when time permits.

Brian’s career is in medicine. Raised in Akron, he attended St. Vincent-St. Mary High School and the University of Cincinnati before studying medicine at the Medical College of Ohio in Toledo, now called the University of Toledo Medical School.

After graduating from medical school, Brian became a resident in Internal Medicine at Akron City Hospital/ NEOMED. He then practiced as an internist until 1995. “In 1995, I went to the Medical College of Pennsylvania to do research in infectious disease. I have been doing research ever since,” he explains. Brian maintained a home in Philadelphia until recently.

Brian has done research on various infectious diseases with a few biotech companies, including GlaxoSmithKline, one of the world’s largest vaccine producers, and, most recently, with ViiV Pharmaceuticals, a London-based company dedicated to HIV research and cure. “For the last ten years, I have been doing HIV research,” he says. “I lead the teams that design, execute, and analyze clinical studies in humans and present the data to the FDA and other agencies worldwide. When you hear of drug study results in the news, our work is those types of studies.”

Covid-19 put all of the clinical trials that he was overseeing into turmoil. “Covid changed everything,” he explains. “We enroll participants from China to South Africa to Europe to the Americas. When all of the clinics closed due to the pandemic, we really had to be adaptive to ensure the drugs got to our patients. To keep the integrity of the studies, we don’t know who the patients are or where they live. Each patient is just a blind number to us. It was bedlam for four months as our team worked with clinics, government agencies, and dedicated shipping companies. I spent



The challenge of a lifetime, built in 1850, purchased in 2005 after sitting dormant for 18 years, and rehabbed into its glorious state as it sits today

those four very long months sitting at my desk at all hours.”

Although Brian regularly swims for exercise, that too was put on hold due to the pandemic. “I felt trapped. I used to run half marathons, so in March I started running five miles a day just to get out, but now my hip hurts, and running is on hold!” he says.



Pat’s produce is some of the most sought after at market



Pat prefers driving to swimming or running any day! He has two 1955 Cadillacs, a 1956 Mercury, a 1979 Pontiac Safari Wagon, and a vibrant canary yellow 1970 Buick convertible, and he is looking to getting back to car shows after the pandemic ends. Pat and Brian, who have known each other for 25 years, are also hoping to travel again soon. Until then, they are content to be in

their incredible farmhouse surrounded by their two dogs, Coco and Samson, and their menagerie of seven outdoor cats and horses, looking out at some of the most beautiful vistas in the Chagrin Valley.



Reliving the DISASTER rebuild



There’s always a four-legged farmhand ready to help Brian with flower pruning

HARVEST BELL FARM THANKSGIVING TURKEYS



Lillian Mushrush and daughter Tiffany Mentzer

By Halle Snavelly, photographs by Halle Snavelly

This Thanksgiving will probably be different for many of us. Less travel. Smaller gatherings. But in a year that has thrown us all for a loop, being thankful for the good things is exactly what we need.

Food gives us many reasons to be grateful. Nourishment. Time spent

with loved ones. And if you source your food locally, knowing that your turkey was raised humanely and fed a nutrient rich diet makes that time even better.

Tiffany Mentzer, who raises turkeys at her farm on Bell Road in Newbury, says that "Covid-19 has given us an opportunity to educate the community on how farming and health go hand-in-hand. Our community wants to put a face to the farmer and know where their food comes from. During this time of thanks, we're grateful to those who support our family farm."

As food is really the focus of Thanksgiving, here are some tips for preparing a fool-proof turkey and farm-fresh sides.

1. Buy a farm-fresh bird

Harvest Bell Farm's turkey's feast on 20 acres of pasture, gobbling up all the insects and grasses they can. They are supplemented with non-gmo feed and are never given antibiotics. These turkeys live a pretty nice life.

2. Brine your turkey

A good brine is the key to a juicy (ahem...not dry) turkey. A brine can be done dry or wet. Dry brines are a mix of salt and dried herbs such

as rosemary, thyme and sage. Season the turkey liberally and let it sit in the refrigerator. This can be done days in advance and will season and tenderize the bird.

For a wet brine, boil 3 quarts water, stir in 1 cup kosher salt, and let it dissolve. Add any other ingredients you like such as herbs, garlic, whole peppercorns, orange or lemon peels, apple juice, or honey. After adding the additional ingredients, bring to a boil, then remove from heat. Let the brine cool, then dilute with 3 more quarts of water. Place the turkey in a large container and cover with the brine. Let sit in the refrigerator for at least 12 hours and up to 24 hours.

3. Don't stuff your bird.

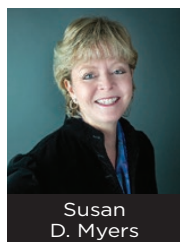
Stuffing your bird produces a delicious stuffing. But it also pulls moisture from the turkey, leaving it dry, with no amount of gravy capable of salvaging any hint of juiciness. Instead, stuff your bird with aromatic vegetables and herbs like onions, carrots, apples, thyme, and rosemary.



FARM-TO-TABLE SIDES

Spinach gratin. The is my favorite time of year to buy farm-fresh spinach. The cool weather produces a hearty and sweeter spinach than usual. My favorite spinach gratin recipe is from Smitten Kitchen. It's always a hit!

Sweet potato and carrot puree. Root vegetables from local farmers are almost always sweeter than their grocery store counterparts, so you don't need a ton of added sugars. The Silver Palate cookbook has an excellent recipe that is rich without being overly sweet.



Susan D. Myers

CELLAR NOTES

By Susan D. Myers, Publisher, *The Wine Buzz Magazine*

November is a month for all senses. The beautiful sight of vibrant fall colors against bright blue skies, the crunching of leaves beneath our feet as we take a brisk walk in the park and of course the unmistakable smell of Thanksgiving turkey roasting in the oven.

Friend and family gatherings may be a bit more intimate this year, but the celebrations won't be any less special. And what is a celebration without a toast or two?

When shopping for your Thanksgiving feast, be sure to include a trip to your favorite wine retailer for suggestions that will pair perfectly with your menu. One standard bottle of wine is 750 milliliters, or about 25 ounces. One bottle will serve 5 guests.

Tables and plates are overflowing with many flavors and textures, so

choosing wines that pair with a variety of foods is a better approach than trying to pair with individual dishes.

Pinot Noir is versatile, lighter in body, and packed with berry, cherry and Red Delicious apple notes that bring out the flavor in cranberry sauce and sweet potatoes. Dry Riesling is a good choice for white wine lovers. Stone fruit and delicate citrus, complemented by bright acidity will help cut through the richness of holiday side dishes.

Big, bold Chardonnay and Cabernet Sauvignon are favorites among many, but heavier oak tends to overpower the delicate flavor of turkey. These "big boys" are better paired with roasted red meats.

Pumpkin pie for dessert? Lush, figgy, spicy Tawny Port for the wine! What a way to end a meal.

Be well. Stay safe. Happy Thanksgiving!

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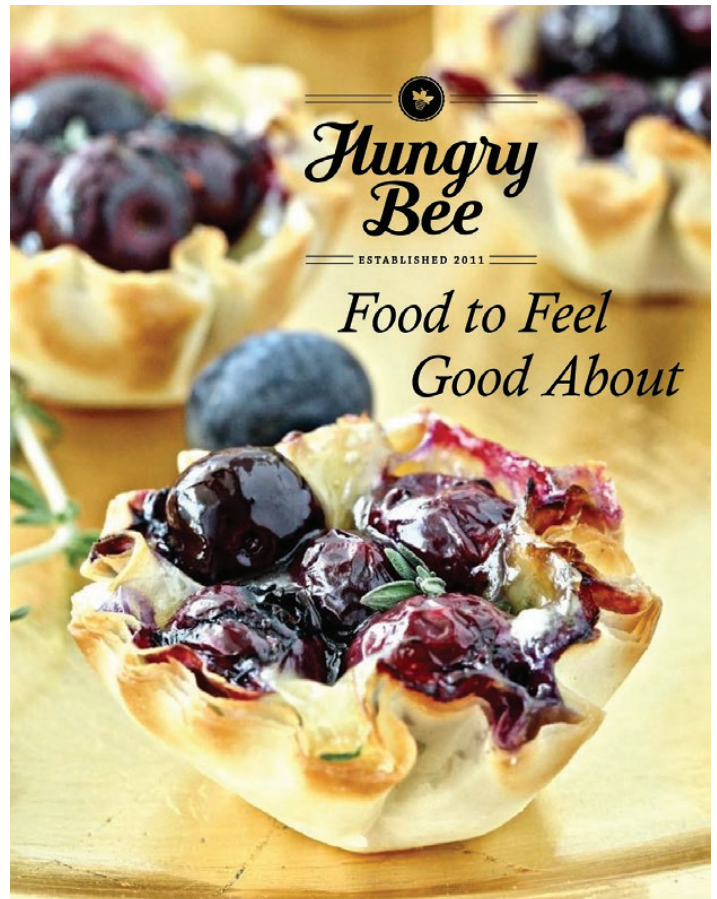
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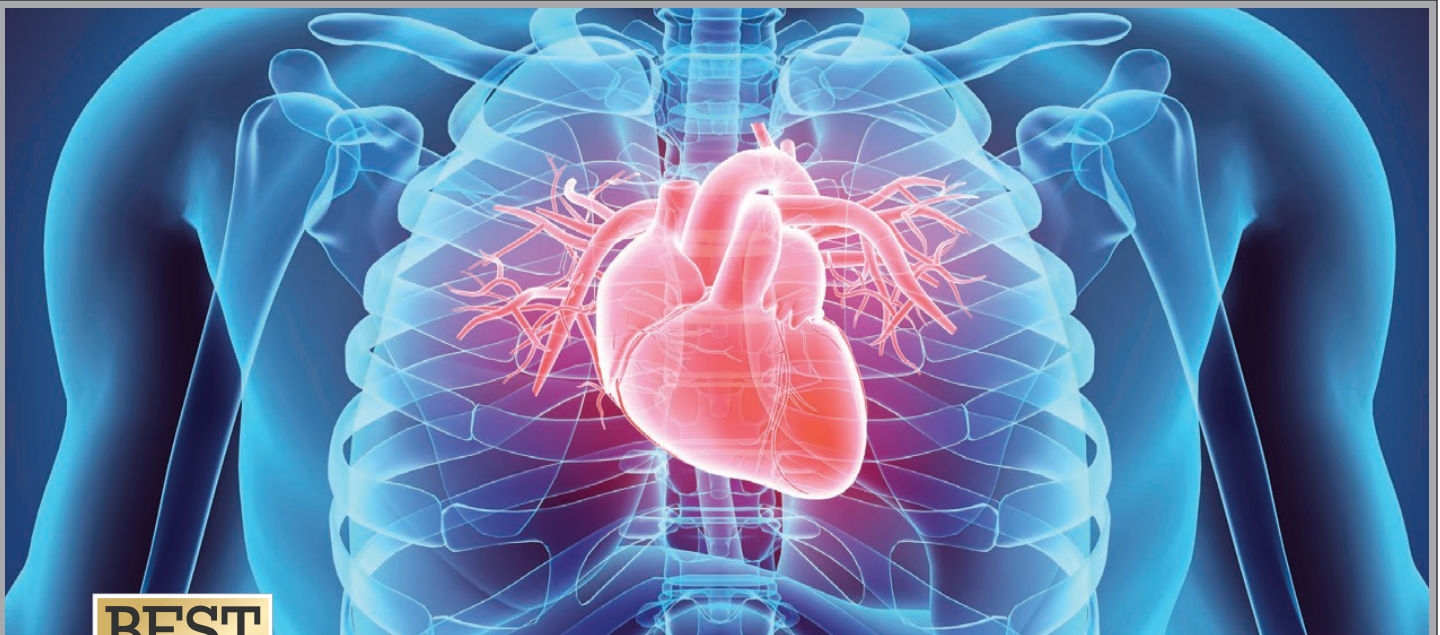
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Cardiology care is always close to home at UH Ahuja Medical Center

Submitted by University Hospitals

Your heart is a part of an electrical system that needs to stay in working order to keep you at your healthiest. Blocked arteries can result in chest pain or a heart attack, and electrical irregularities can cause abnormal heart rhythms, resulting in very fast or very slow beating.

Fortunately, Antonio Sotolongo, MD, a cardiac electrophysiologist at University Hospitals Ahuja Medical Center, and his skilled team are able to safely perform many corrective electrophysiological procedures comfortably close to home.

Electrophysiology refers to the study of the heart's electrical activity, and is a relatively new field in cardiology. The UH Electrophysiology Center, a part of University Hospitals Harrington Heart & Vascular Institute (HHVI), is one of the first specialized centers of its kind in the county, Dr. Sotolongo explains.

"We have a longstanding tradition of teaching and practicing electrophysiology, as UH and Case Western Reserve University established one of the first cardiac electrophysiology fellowship programs," he says.

The Electrophysiology Center offers the latest medical and technological advancements, such as:

- 3-D mapping systems that use advanced technology to track the exact location and movement of catheters for the evaluation of a heart's electrical activity;
- Cardiac computed tomography (CT) scans that produce detailed pictures of a beating heart;
- Intracardiac echocardiography (ICE), which provides advanced monitoring and real-time three-dimensional imaging to prepare and guide interventional procedures;
- Cardiac magnetic resonance imaging (MRI), which produces detailed pictures of a heart's anatomy or structure to evaluate issues and function;
- Stereotactic magnetic navigation, which is used for the accurate diagnosis and treatment of heart arrhythmia and to guide catheters into the hard-to-reach areas of the heart.

"One of the most interesting things about electrophysiology is the variety of patients we see, from very healthy to very sick," Dr. Sotolongo says. "We see everything from young patients with supraventricular tachycardia (an abnormally fast heart rhythm) to older or sicker patients with heart failure who need cardioverter defibrillators, with or without cardiac resynchronization therapy. We also see patients with bradycardia (an abnormally slow heartbeat) who need a pacemaker. We also specialize in the diagnosis and treatment of atrial fibrillation, a leading cause of stroke worldwide."

Chronic conditions like diabetes, obesity, hypertension or sleep apnea may sometimes be related to cardiac arrhythmias. In addition, cardiac arrhythmias can be the result of previous heart issues like heart attacks or heart failure. Sometimes, however, the cause is undetermined.

"Some rhythms are not associated with anything particularly wrong with the heart and can happen to somebody with a completely normal heart," he says. "It's just a premature beat coming in at the wrong time and causing these short circuits."

At times, Dr. Sotolongo cautions, people may experience arrhythmia without having symptoms. Others may experience modest to life-threatening symptoms that can include low energy, heart palpitations or shortness of breath during exercise or exertion, he says.

Dr. Sotolongo advises that patients contact their physician or a cardiologist to schedule an examination if they are experiencing symptoms.

"Typically, a patient will get an electrocardiogram or some form of monitoring to diagnose the condition," he says. "If an arrhythmia is found, the patient will be referred to an electrophysiologist. We also receive referrals from patients who go to the emergency room."

Unlike some health conditions that can only be treated or managed, Dr. Sotolongo says some arrhythmias can actually be cured. "It's very rewarding to actually be able to fix a problem," he says.

Pacemakers, which regulate the electrical pulses in the heart, are commonly implanted to correct abnormally slow heartbeats. Other arrhythmic conditions are treated with medications or cardiac ablations, which use a catheter, fed through a vein or artery, to treat heart tissue that is causing the abnormal heart rhythm.

"These procedures are safe, with a very low complication rate, and have a very high probability of correcting the problem," Dr. Sotolongo assures. "Depending on the procedure, patients typically go home the same day, or may stay in the hospital overnight."

"A lot of patients like to be as close to home as possible," Dr. Sotolongo says. "Some of these procedures need to be done in a time sensitive manner, so having the ability to fix the problem right here, very quickly after diagnosis, is a big advantage. The team here at UH Ahuja Medical Center is wonderful. We've had a lot of experience performing cardiac implantable procedures."

Having the support of HHVI, a nationally recognized leader in heart and vascular care, is another benefit offered at UH Ahuja Medical Center. HHVI includes more than 1,700 experts across 26 locations.



Antonio Sotolongo, MD

You can schedule an appointment with a cardiologist or learn more about the Electrophysiology Center at UH Ahuja by calling 216-595-7969, or by visiting UHHospitals.org/for-clinicians/specialties/heart-and-vascular/centers-and-programs/electrophysiology-center. UH Ahuja Medical Center is located at 3999 Richmond Road, in Beachwood.



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THE FALL FOUR: IMMUNITY HACKS TO TRY THIS SEASON

By Katy Zaller Murphy, Certified Holistic Health Coach



Katy Zaller
Murphy

Fall is here - a time for apple picking, pumpkin spice everything, crisp days, cool nights, and the dreaded "cold and flu" season. This year, let fear take a back seat as you bolster your immune system with some simple, everyday habits to help fight those germs and keep yourself healthy.

Sleep - Experts agree, we need our sleep! Here's how to get good sleep every night:

- Be consistent with your bedtime and waking schedule
- Avoid screen time one hour before bed
- Limit caffeine and alcohol

Stress reduction - Uncertain times can create stress, which negatively affects your immune system.

Try these tips:

- Enjoy nature - even a short stroll in one of our wonderful local parks can make a difference
- Meditate
- Practice yoga and/or breath work
- Focus on gratitude

Exercise - Exercise helps with stress reduction and sleep, plus it boosts your immune system. There's a reason for the phrase, "Movement is medicine." Here's how to incorporate it:

- Move, at least a little, every day and make a plan to stay active as the colder weather sets in. Try virtual classes

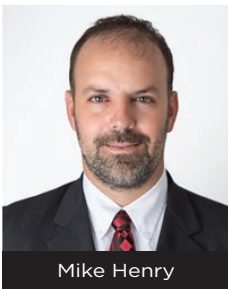
on Zoom - you can interact with a live instructor, work out with a community, and have variety in your fitness routine. Or, try walking with friends and family.

- Find something you enjoy doing and will do consistently.
- If you are new to exercise, start slowly to make it a daily habit.

Nutrition - Your immune system depends on healthy, nutrient-dense foods to function well. Remember these guidelines:

- Protein is especially important; it nourishes every cell in the body and is used to repair damaged tissues and fight infections. Choose lean protein sources, including plant based proteins, such as beans and legumes.
- Eat fruits and vegetables at every meal -- they contain vitamins, minerals and antioxidants. Think: "eat the rainbow," and choose foods that have rich, dark, varied colors. Protein smoothies make great breakfasts - it's an easy way to load up on immune-boosting foods early in the day. Try one with berries, broccoli, cauliflower, and spinach or other leafy greens.
- Include other foods that benefit the immune system, such as mushrooms, garlic, onion, turmeric, and ginger.
- Avoid sugar, sugary drinks, and fast foods. These suppress your immune system.
- Consider supplementing with immune-supporting nutrients such as B vitamins; vitamins C, D3, and E; and minerals zinc, copper, and iron.

MIKE'S REAL ESTATE TIPS



Mike Henry

THE MARKET IS HOT, SO BE PREPARED!

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

This is a hot and highly competitive market, so be prepared! Sellers, have a plan (or contingency) in place for where you will go when your home sells quickly so you don't wind up homeless! Buyers, be ready with pre-approval, see homes ASAP after they hit the market, and come in with a strong offer right away!

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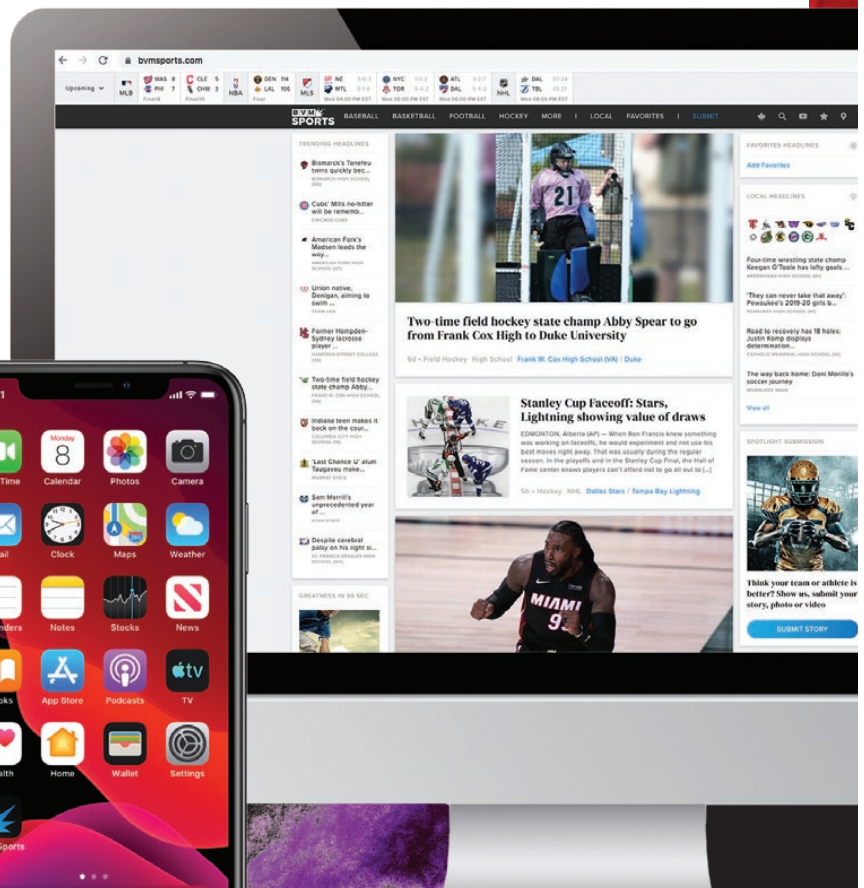


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VARICOSE VEINS ARE NOT JUST A COSMETIC ISSUE

By Dr. Astrid Moise, Owner of Solon Vein Clinic

When people think of varicose veins, they typically envision the large bulky ropes of veins that they have seen on their grandmother's legs or on an unsuspecting stranger. And while they may look unsightly, that is just the tip of the iceberg. Inside those veins, the red blood cells are acting in a state of chaos. Their ultimate goal is to get back to the heart but with gravity pushing them down against a leaky valve, they remain in a state of chaos, traveling back up and down the vein but making little progress towards the heart. This is called venous reflux, and it results in stagnant flow. One potential complication of venous reflux arising from this state of chaos is a blood clot. These blood clots are in the superficial venous system and do not pose a threat like a deep venous thrombosis (DVT) would, but they are troublesome nonetheless. Superficial venous thrombosis or SVT cause a painful tender red lump on the legs which can take several weeks to resolve fully.



While his leg looked better, it is important to note his legs felt better. And the end result is that his likelihood of developing another SVT went down close to zero. If you have suffered from blood clots in the past, or have varicose veins, feel free to come down to the office and learn more.

One patient, a 60-year-old male, came into the office to see me on the recommendation of his wife. He had varicose veins, chronic swelling, and brownish discoloration in his legs. He had had two episodes of SVT which were very painful and concerning. He was not keen to have another episode. After an ultrasound documented venous reflux in his legs, he proceeded to have an endovenous radiofrequency ablation performed on his veins. The before and after photos are shown here.

Do you suffer from **achy, heavy legs** in the evening?
 Did you experience **varicose veins** during **pregnancy**?
 Do you have **spider veins** in your legs?

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ROCKY G LOVES HOUSEPLANTS

By Donna Weyburne Koch



Rocky G. wants you to know that houseplants have numerous benefits including acting as a natural air filter and adding moisture to the air. It's even thought that they can help raise your test scores (yes, I am talking to you virtual learners), make it easier to concentrate on your tasks, and strengthen your memory! Seek out some of your favorites at one of the valley's nurseries!

- Petitti Garden Center - 18548 Chillicothe Rd
- Breezewood Gardens - 17600 Chillicothe Rd
- Lowe's Greenhouse - 16540 Chillicothe Rd
- Bremec Garden Centers - 12265 Chillicothe Rd
- Chagrin Pet and Garden - 188 Solon Rd
- Auburn Pointe Greenhouse - 10089 E. Washington Street

WHAT LEGENDS ARE MADE OF

By Christi Z. George, Publisher

Few companies can boast 107 years of on-going business. Along with that type of longevity comes unmatched generational trust. In 1913, Andrew Stupjansky (St. John) founded St. John Funeral Home in the Buckeye-Woodland neighborhood of Cleveland.

St. John Funeral Home's core values have remained constant since day one. Since its opening by Andrew Stupjansky (St. John), his son, grandchildren, and great grandchildren have made compassion in accommodating families of every faith, ethnicity, and race throughout Cuyahoga, Geauga, Portage, and Summit counties their standard.

Full service is available from pre-need planning to shipping in or out of the state or the country, as well as customary burials to cremation. The care and kindness provided to everyone who crosses their threshold is renowned. Chuck, Sue, and Chris hold undergraduate degrees and are licensed funeral directors.

In 1959, John E. St. John built the funeral home that is currently in Bedford, Ohio. It is a large facility with three spacious chapels and can accommodate up to 90 cars. This is their home base.

An additional beautiful facility built in Bainbridge, Ohio, opened in March, 2014, and was a dream come true to the St. John family. It allows St. John Funeral Home to accommodate families with easy access from Geauga, Cuyahoga, Portage, and Summit counties - north, south, east, and west. This new state-of-the-art facility on Chillicothe Road houses two very large chapels, with coffee-tea facilities for the comfort of all.

One of the loveliest assets of this century-old business is the warm and heartfelt reception one immediately feels upon meeting any of the owners. This is what they know. This is what they have done for over 107 years. The expertise the St. John family offers is next to none.

**Chuck, Sue, and Chris St. John,
Co-Owners of St. John Funeral Home**



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SPOTLIGHT ON CLEVELAND SIGHT CENTER

Submitted by Cleveland Sight Center

Many people suffer from eye conditions that can result in partial or total loss of vision. Cleveland Sight Center (CSC), a nonprofit vision rehabilitation agency located in University Circle in Cleveland, is a resource for people with vision loss across Northeast Ohio. The agency's mission is to empower people with vision loss to realize their full potential and to shape the community's vision of that potential.

Losing vision can be hard to deal with. As vision loss progresses, many lose the ability to do everyday activities. Independence can disappear overnight. Loss of vision will change the way a person can live. Cleveland Sight Center is a local resource available to help people of all ages with vision-related needs:

- **Children (Age 0-18):** CSC offers programs and services to children and their families and caregivers, operates an on-site pre-school, provides itinerant vision services to area school districts and offers programs for teenagers including work opportunities and career exploration. Educational programs are designed to maximize a student's potential to grow and learn.

- **Adults (Age 18+):** CSC offers in-house and community-based vision rehabilitation services, employment services, technology training, social support and peer mentoring programs, as well as leisure and lifestyle activities and emotional support groups to adjust to vision loss. Programs and services are designed to empower adults and seniors to live more independently, confidently and safely in their community.

Cleveland Sight Center also has a Low Vision Clinic on site that performs low vision evaluations. Optometrists specializing in low vision work directly with patients to determine which low vision

aids and techniques will maximize their remaining vision. The occupational therapists on staff teach how to incorporate these aids and techniques into daily routines to improve quality of life. Opticians are also able to assist with any glasses needs (outside prescriptions are accepted).

Additionally, the Eyedea Shop is a retail store on site and online that features hundreds of products to live well with vision loss. Tools like lighting, high contrast items, magnification, tactile landmarks, talking products, braille and large print items are available that can improve independence at school, work and home. Visit www.eyedea.com to see helpful products available.

How You Can Help

Do you have a family member, friend or patient in need? Refer them by calling 216-658-4567. This simple act can change someone's life for the better.

Cleveland Sight Center teaches clients how to complete tasks in new ways when vision loss impacts their daily living. Staff will help put strategies, techniques and protocols in place with the correct tools that will allow clients to accomplish daily tasks and maximize vision.

Cleveland Sight Center also offers volunteer and service opportunities for individuals and groups.

For more information, call 216-658-4567 or visit www.clevelandsightcenter.org



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MEALS ON WHEELS ROLLS ON THROUGH COVID

By Donna Weyburne Koch

Volunteers like Marty Robertson help Meals on Wheels keep making their rounds



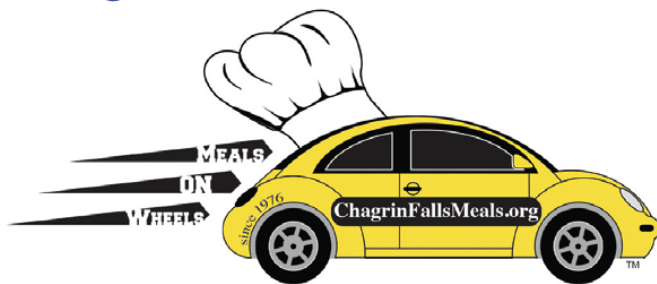
Wondering how volunteer delivery services go through difficult times? They don't miss a beat! Meals on Wheels switches it up and continues with uninterrupted service. But how?

Marty Robertson, driver coordinator for Meal on Wheels, credits the 58 dedicated drivers and 20 kitchen volunteers who beautifully orchestrated service to 60 thankful recipients. "There were a couple of volunteers that needed to step away due to COVID," he says. "But on the other hand, there were a couple more volunteers who joined our ranks, even with COVID's shadow hovering." He says even some high school students jumped on board to help make the wheels go 'round during the summer.

Do you know that MOW delivers meals Monday through Friday (with some holidays being the exception)?

Many of those students were from Kenston, and Meals on Wheels would also like to recognize students who stepped up to help with the upcoming MOW fundraiser mailing. "Kenston students are preparing about 8,000 mailers that will be sent to your house in early November -- so keep an eye out," says Robertson. "The mailer is

Chagrin Falls Meals on Wheels



To apply for meal service or to be a kitchen volunteer call Sue Mansour at 440-668-9399 or Meals on Wheels Kitchen at 440-543-1405.

our largest source of funding, since we don't have support from any level of government." Sure, some local organizations and foundations have made generous contributions, but MOW still relies heavily on the upcoming mailing fundraiser to continue serving their clients. Please consider helping to keep the wheels spinning.

A big shout of recognition is due to all volunteers that have made Meals on Wheels run smoothly throughout the pandemic. If you would like to volunteer or learn more about receiving Meals on Wheels, please contact Sue Mansour, kitchen coordinator and recipient coordinator at 440-668-9399.

CALENDAR OF EVENTS.....

November 7 and 14 HOLLY DAYS ARTISAN BOUTIQUE AND MISTLETOE MARKET

Time: 10am-4pm
Location: The West Woods, 9465 Kinsman Road, Russell and Newbury Townships
Browse a premier selection of nature-themed holiday decor and gifts for sale by regional artisans! Mistletoe Market also features handmade gifts created by young artisans. This year, to observe social distancing practices, the event will be held two consecutive weekends with different artisans featured at each. Visit one weekend or both!

Millersburg, OH 44654
Each participant will purchase an empty box to be filled while visiting each shop - at each shop you will be given a piece of Coblenz chocolate. You will go home with much more than a \$15.00 box of chocolate! Stores will be decorated for the holidays and festive events will be taking place!
Tickets on Eventbrite.
Historicdowntownmillersburg.com

**November 21
THANKSGIVING DINNER WITH ABRAHAM LINCOLN**
Time: 3:30pm
Location: Hale Farm and Village, 2686 Oak Hill Rd, Peninsula, OH 44246
President Abraham Lincoln tells the story behind the national holiday of Thanksgiving, over a traditional dinner including turkey, stuffing, gravy, pumpkin pie and all the fixings. Coffee and juice are included, mulled wine, holiday beer and other beverages can be purchased. Reservations required.
Call 330-666-3711x1720, or email halereservations@wrhs.org

printed on it to decorate your tree. Call 800-277-6972 for reservations or visit ohiowines.org for more info.

**November 13
UPCYCLED RUNWAY:
A CLEAN WATER CAUSE**
Time: 7:30-11:30pm
Location: Ten Fifty Eight Event Center, 1058 Cleveland Road West, Sandusky, OH 44870
This upcycled design competition, complete with professional runway show, raises funds and awareness for a healthy and trash-free Lake Erie. The event showcases the creative designs of recycled/disposable items as fashion. Call 419-626-5211 or visit uprundesigner202.eventbrite.com.

**November 18
MASTERCLASS WORKSHOP - BUSINESS LEADERSHIP**
Time 6-7:30pm
Location: Virtual event on Zoom
Join Chagrin Valley Chamber of Commerce for a virtual MasterClass with former Starbucks CEO, Howard Shultz, teaching business leadership. Howard will share lessons from nearly 40 years of leading one of the world's top brands. Visit cvcc.org/events.

**November 27
TRIANGLE PARK TREE LIGHTING**
Time: 6:30pm
Location: Triangle Park
Every year on "Black Friday" Chagrin Valley Jaycees kick off the holiday season by turning on all the lights! Chagrin Falls residents gather around and celebrate the beautiful village as it's all dressed up for the holidays. Events start around 6:30pm. Village veterans know to stake out their spot early!

**December 9
MASTERCLASS: BUSINESS STRATEGY AND LEADERSHIP**
Time: 6-7:30pm
Location: Virtual event on Zoom
Join Chagrin Valley Chamber of Commerce for a virtual MasterClass with former Disney CEO, Bob Iger, teaching business strategy and leadership. Visit cvcc.org/events.

**November 13-14
HOLIDAY OPEN HOUSE AND CHOCOLATE WALK**
Time: 11am-6pm on Friday, 10am-5pm on Saturday
Location: Downtown Millersburg,

**November 20-22
"MATT'S FIRST (REAL) THANKSGIVING"**
Time: The video will be available for streaming at any time from midnight on Friday until midnight on Sunday.
Location: Virtual event
This play was filmed during its world-premiere run at Chagrin Valley Little Theatre's River Street Playhouse in 2019. For a pay-as-you-can ticket purchase, patrons will receive password access to view the show on cvlt.org. Visit <https://cvlt.org> for details.

**November 27-28
VINES AND WINES TRAIL TOUR**
Time: Noon-6pm
Location: Self-guided tour
A self-driving tour along the Vines and Wines Trail in Northeast Ohio. At each participating winery, you will receive complimentary appetizers and samples of wines along with a ceramic ornament with the winery's name

**December 12, 13, 19 and 20
ANNIE THE MUSICAL**
Time: The video will be available for streaming
Location: Virtual event
Chagrin Valley Little Theatre presents an online streaming encore of our 2019 winter musical "Annie." With ticket purchase, patrons will receive password access to view the show on cvlt.org. Visit <https://cvlt.org> for info.

**Now through December 15
HIGHWAY GARAGE IS A DONATION SITE FOR TOYS FOR TOTS THIS SEASON.**
Drop off NEW, UNWRAPPED toys in the lobby drop box at 8410 E. Washington Street, Chagrin Falls.
Toys will be distributed in December to Geauga and Lake county children in need.
Call Cheryl at 440-708-0600 for more information.

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