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APRIL 2020

STOP THE PRESSES - JOANNE AND RON HUMPHREY

Humphreys cozy at home when they are not traveling.

Cover photo by Jeniffer Clement

 Best Version Media

Welcome NEIGHBORS



The last few months have been stressful. The next few months will most likely be stressful as well. It is in times like these that we need to come together as neighbors and support each other, even if from arm's length. It is amazing how much a kind word or a nice gesture can mean to someone. Spring is on its way, bringing with it warmth and sunshine. Until then, maybe we can spread a little bit of warmth and sunshine in our neighborhoods through our actions.

Until next month,

Amy Sonia Richards
Content Coordinator
arichards@bestversionmedia.com

Local Publishing Team



Christi Z. George
Publisher
cgeorge@bestversionmedia.com



Amy Sonia Richards
Content Coordinator
arichards@bestversionmedia.com



Jeniffer Clement
Contributing Photographer



Christine Weiss
Contributing Writer

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PUBLICATION TEAM

Publisher: Christi Z. George
Content Coordinator: Amy Sonia Richards
Designer: Glenn Chandler
Contributing Photographer: Jeniffer Clement
Contributing Writer: Christine Weiss

ADVERTISING CONTACT

Email: cgeorge@bestversionmedia.com
 Mobile: 216-526-2726
 Office: 440-543-7983

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EXPERT CONTRIBUTORS

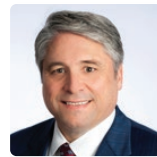
To learn more about becoming an expert contributor, contact BVM at cgeorge@bestversionmedia.com or phone 216-526-2726.


TREE SERVICE

Eric Eckard
Mr. Falls Tree Experts
 877-MR FALLS (673-2557)
fallsland@aol.com


REALTOR

Michael Henry
Henry Real Estate Group, EXP Realty
 216-973-1402
michaelhenry@hgagents.com


HOSPITALS

Alan Papa, President
Ahuja Medical Center
alan.papa@uhhospitals.org


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Chad Kane
Highway Garage
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ckane@highwayautocenter.com


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Dr. Astrid Moise
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Ron and Joanne surrounded by the books they publish; some they write, edit, and print.



STOP THE PRESSES – JOANNE AND RON HUMPHREY

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

Ron and Joanne Humphrey lead an exciting life, and every inch of their 90-year-old Chagrin Falls home reflects it. Entering through the colorful stained glass front door, you immediately see walls and shelves filled with mementos of their travels around the world—an Eskimo mask from Alaska, a carved duck from Spain, a mask from the Amazon, a wooden Pinocchio from Italy, bowls from Guatemala . . . the treasures abound. The back door of the house enters into Windjammer Adventure Publishing, the thriving printing and publishing business they started together in 2006.

Ron grew up in San Jose, California, and Joanne grew up in Cleveland. They were both creative and adventurous from the day they were born.

Ron was always musical, playing the saxophone in the high school band and the clarinet for the San Jose Symphony and the Santa Clara Philharmonic. He started at San Jose State University. “I was a music major,” he remembers, “but I hated it because it was too restrictive.”

When Ron decided that a career in music was not his future, he chose to follow in the family footsteps. He came from a long line of printers. His grandfather was foreman of the Stanford University Press. His father was also a printer and, after he returned from World War II, started a printing business

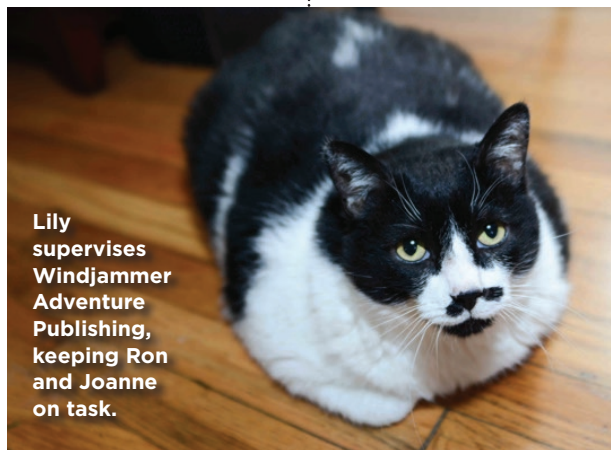
in San Jose. Ron transferred to California State Polytechnic University in San Luis Obispo and earned a degree in Printing Engineering and Management.

Although he was working on his future career, he didn’t leave his love of music behind. While at Cal Poly, he played jazz in coffee shops and played for a few years with the famous Little Willie Littlefield, who is known for crooning “Kansas City.” He reminisces, “It was wonderful. It was a kick! Famous musicians would come to sit in with Little Willie all of the time.”

After graduating in 1965, he went to work for Zellerbach Paper Company in San Francisco, selling paper to printers. After two years, he began selling equipment in San Francisco for Harris Seybold, a Cleveland company. Two years later, he joined Dahlgren Manufacturing and traveled the U.S.

introducing their method of lithographic press dampening that revolutionized the offset press industry. Although the company was based in Dallas, Ron was based near Columbus, Ohio.

He stayed with Dahlgren until the recession hit in the early 1970s. “When the recession hit, I was hired to set up the largest Title I program in the U.S. at Dos Pueblos High School outside of Santa Barbara,” he recalls. The Title I program provided federal funding to the school based on financial need. “I always wanted



Lily supervises Windjammer Adventure Publishing, keeping Ron and Joanne on task.

to be a teacher, so I taught the vocational printing program for 8 years." When the federal funding ran out, he knew he had to make a change. "I started looking for college teaching jobs. I accepted the offer from Cuyahoga Community College because Cleveland's printing industry was one of the strongest in the U.S." He stayed for 27 years. "I became department head of the Digital Publishing Department which prepared me for what we do now at Windjammer Adventure Printing."

Joanne also grew up in a creative environment. As a child, she was surrounded by books and interesting artifacts, including the floor-to-ceiling, brightly colored wood totem pole and the life-size carving of a Native American that now sit in her living room. As a little girl, she spent hours listening to her grandmother's stories from her own childhood. "Books and stories were very important in my household," she recalls. "Reading is what I did."

Besides a love of reading, she loved to write. "I was writing when I was four years old. My father was starting a business in a storefront on Kinsman. Mom would send me with him on weekends to get me out of the house. There was a giant wooden desk there. Dad would give me paper and a pencil, and I would scribble. As I got older, I graduated to black and white composition books," Joanne remembers.

Joanne studied romance languages with a minor in archaeology at Arizona State University for two years before transferring to the University of Washington where she finished her undergraduate degree and earned a master's degree in Special Education. While a student, she spent a summer in Dijon, France, and one at the University of Monterrey in Mexico, where she was fortunate enough to see the ruins of the town of Tajin as they were being excavated.

Love of travel and adventure led Joanne to Annette Island in Alaska after graduation. She recalls, "It was the job of a lifetime." It wasn't an easy job, nor an easy life, however. "I would fly to logging camps and Indian village schools as a special education resource person. In fact, one of the logging camps was a floating camp built on rafts. It was bush country, and it was rough. I traveled all of the time in float planes, and we were socked in by weather a lot." She stayed for a year.

After Joanne's Alaskan adventure, she returned to Cleveland and took a job with the Cuyahoga County Board of MRDD, teaching special education, multi-handicapped, and medically fragile children at Green Road School. She stayed there for



Ron entertains his employees on the pressroom bed.



Ron takes on a serious demeanor when scrutinizing a print job result.

30 years. "I loved the kids and did a lot of crazy things with them, such as cross-country skiing and indoor camping. I tried to bring some happiness into their lives," she says.

Since those days as a four-year-old scribbling at her father's wooden desk, Joanne had always dreamed of becoming a writer. "Always, in the back of my mind, I wanted to have the time to write books and to make books. It was a romantic notion," she admits.

Fate lent a hand when Ron walked into her life. "I met this printer who was very creative and had blue eyes that were killer. I felt that it was really all meant to be," she recalls with a smile. That was in 1980. "We were introduced by mutual friends and had our first date at Gamekeeper's Taverne in Chagrin Falls. Our second date was at his printing lab at Tri-C. He put me to work rubbing printing plates," she remembers. Within

two weeks he proposed, and they were married three months later by the mayor in front of the Chagrin Falls bandstand.

The next year, their son Bob was born. He and his wife, Lisa, live in Chagrin Falls also. They are expecting a baby girl, and Ron and Joanne couldn't be more excited to be grandparents.

In 2006, they both retired from teaching, Ron two weeks before Joanne. She came home from work one day to find their back room set up for printing. She looked around and said to him, "So, I guess we are doing this!" she recalls.

It was the beginning of Windjammer Adventure Publishing. Their mission is to produce high-quality books for first-time and previously-published authors. In addition, they print materials for local businesses and groups such as the Chagrin Valley Chamber of Commerce, the Bainbridge Civic Club, and the Chagrin Documentary Film Festival.

Ron manages the printing component of the business, a pro at designing, printing, and color matching. Joanne does the editing and proofreading. She is also an accomplished author, having written numerous books about historical subjects and her and Ron's many adventures. Her latest work, *Life Flows Like a River, The Elsie Ober Diaries, January 1876-January 1897*, is based on diary entries that she discovered at the Chagrin Falls Historical Society. Lily, their almost 20-lb black and white cat, loves to just sit around and watch all of the action.

Although Ron and Joanne say that they are retired, there doesn't seem to be anything retired about them. They are as busy now as they have ever been.



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Submitted by University Hospitals



Caroline Soyka, DO

Colorectal cancer is the second leading cause of cancer deaths in the United States, among cancers that affect both men and women. Every year, about 140,000 Americans are diagnosed with colorectal cancer, according to the Centers for Disease Control and Prevention. In addition to regular checkups with your gastroenterologist, there are a number of ways to invest in your digestive health, prevent disease and stay healthy.

“One of the things that I love about the gastroenterology medical field is that there are so many different therapies that exist to help people, and many more being developed in the pipeline today,” says Caroline Soyka, DO, gastroenterologist at UH Geauga Medical Center. “These therapies not only help people treat diseases they currently have, but give us physicians the ability to prevent cancer from developing altogether.”

Unlike other screening programs for breast and prostate cancer, colorectal cancer can be prevented by removing precancerous growths called polyps. “We recommend patients have a colonoscopy every ten years starting at age 45, or earlier if you have a family history of colorectal cancer,” Dr. Soyka explains. “During a colonoscopy procedure, I’m able to remove polyps and reduce the risk of cancer development in the colon right away.”

Home-based tests, while usually covered by insurance, are not the best route to take for all patients. “If you have a history of colon cancer in your family, home-based tests will not be as sufficient as a colonoscopy,” she explains. “Home-based tests don’t always find

actual polyps, which when removed reduce the risk of cancer.”

In addition to routine screenings, Dr. Soyka says it’s important to be physically active, keep a healthy weight, and don’t drink too much alcohol or smoke in order to prevent disease. Colorectal cancer risk increases with age, and more than 90% of these cancers occur in people 50 years old or older.

Having regular screenings and seeing your gastroenterologist is vital, as precancerous polyps and colorectal cancer don’t always cause symptoms, especially at first. Symptoms may include blood in or on the stool; stomach pain, aches, or cramps that do not go away; and losing weight without reason.

The UH Digestive Health Institute is a national leader in the prevention, diagnosis and treatment of digestive and liver diseases, and U.S. News & World Report consistently ranks the program as one of the best in the country for treating gastrointestinal disorders. The Institute is dedicated to providing high-quality digestive health services through our integrated system of academic and regional medical centers.

The Institute offers direct colonoscopy scheduling for healthy individuals 45 years or older, and is composed of gastroenterologists, hepatologists and surgeons working with nurses, dietitians and other providers—all committed to digestive health. Expert medical and surgical teams collaborate to provide comprehensive, compassionate care for each patient. Programs range from essential preventive screening and wellness initiatives to the most complex care for advanced diseases.

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To learn more, visit: UHhospitals.org/Colonoscopy.

For more information about health and wellness events in your community, visit UHhospitals.org.

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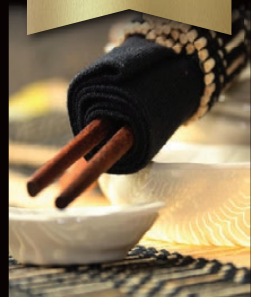
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THIEVES' OIL FOLKLORE

By Mark George

Essential oils have been used for thousands of years for a variety of purposes including physical and emotional health, fragrances, cosmetics, and observances. Thieves' oil folklore dates back as far as the 14th century and remains one of the most popular essential oil blends, especially considering our current events.

There are many variations regarding the origin of thieves' oil. The bubonic plague ravaged Europe and Asia on and off for over 500 years, peaking in the mid 1300s, causing a four-year pandemic. It seemed impossible to avoid contracting the highly contagious disease if in the vicinity of the bubonic plaque. That is, unless you were the four thieves from Marseilles.

The four thieves robbed the sick and deceased bodies of anything of value and managed to avoid the bubonic plague despite repeated exposure. The thieves were eventually captured and sentenced to be burned at the stake. The judge offered to spare them from their sentence if they shared their secret for avoiding the plague. The thieves explained that they were spice and perfume merchants that lost their livelihoods because of the results of the plague. They infused vinegar with a mix of garlic and spices, specifically cloves, lemons, cinnamon, eucalyptus, and rosemary. They applied the infusion to

their ears, temples, hands, feet and a mask that they wore over their mouths.

After learning their secret, the judge held true to his word and did not have the thieves burned at the stake; instead they were hanged for their crimes. Soon after the secret was out, doctors, undertakers, and grave robbers used the infusion as their first line of defense, and the recipe ultimately became known as "thieves' oil." Doctors actually wore masks resembling beaks that were stuffed with cloths soaked in the thieves' oil which resulted in the long-lasting nickname of "Quacks."

There are many recipes for thieves' oil which is most often formulated using a blend of five essential oils: clove bud, lemon, cinnamon bark, eucalyptus, and rosemary.

Visit the following websites for thieves' oil recipes:

<https://www.healthline.com/health/thieves-oil#uses>

<https://oresta.ca/products/marseilles-remedy-traditional-thieves-oil>



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LUSCIOUS LAMB - A SIGN OF SPRING

By Chef Holly Strauch



Chef Holly

Many years ago, lamb was mainly a spring delicacy because lambs born in the winter had a low chance of survival. Although that is no longer the case, and lamb is available all year, many people still associate lamb with spring. It is a traditional Easter meal for many families.

The three major regions for lamb are America, New Zealand, and Australia. Most American lamb

is raised in the Midwest and Colorado. Because it is considered to be the highest in quality, American lamb is the most expensive. By comparison, since New Zealand and Australia breed their lambs primarily for their wool, their lamb meat is often inconsistent and of lesser quality. It is, as a result, also considerably less expensive.

The following are two of my favorite lamb recipes. I hope that you enjoy them!

GRILLED LAMB "LOLLIPOPS"

(12 chops)

These chops look similar to lollipops and are so much fun to eat. Frenching the chops gives you a cleaner surface to hold. The recipe can easily be doubled, tripled, etc. These also make a great appetizer.



- 12 lamb rib chops, Frenched (remove fat and clean cartilage off of at least 2-inches of bottom of bone)
- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 2 cloves garlic, minced
- 2 teaspoons Dijon mustard
- 1 tablespoon chopped fresh rosemary
- 1 tablespoon honey or brown sugar

Place lamb in shallow baking dish or resealable plastic bag. Combine all marinade ingredients; add to lamb. Marinate for at least 2 hours or overnight. When ready to grill, remove from marinade. Grill to desired doneness.

ROAST BUTTERFLIED LEG OF LAMB

(8-10 servings)

This crispy, juicy lamb makes a delicious showpiece for a special meal. The spice-infused oil won't scorch under the broiler.

- 1 6-8 pound butterflied leg of lamb, preferably American, pockets of fat and connective tissue trimmed from underside

- Kosher salt
- 1/3 cup vegetable oil
- 3 shallots, thinly sliced
- 4 cloves garlic, peeled, smashed
- 1 tablespoon coriander seeds
- 1 tablespoon cumin seeds
- 1 tablespoon mustard seeds
- 3 bay leaves
- 2 strips of lemon zest each 2 inches long

Trim fat cap to 1/2-1/4-inch thick; pound leg to 1-inch thickness. Cut slits, 1/2-inch apart, in fat cap in crosshatch pattern, being careful not to cut into meat. Rub 2 tablespoons salt over entire leg and into slits. Let stand at room temperature for 1 hour.

Adjust oven racks to 4-5 inches from broiler element and to middle position; heat oven to 250°F. On baking sheet, stir together oil, shallots, garlic, seeds, bay leaves and lemon zest; bake on middle rack until spices are softened and shallots and garlic are golden, about 1 hour. Remove sheet from oven; discard bay leaves.

Thoroughly pat lamb dry; transfer, fat side up, to sheet on top of spices. Roast on middle rack until lamb is 120°F, 30-40 minutes. Broil lamb on upper rack until surface is well browned and charred in spots, and lamb registers 125°F, 3-8 minutes for medium rare.

Transfer lamb to carving board; tent loosely with foil; let rest 20 minutes. With long side facing you, slice lamb with grain into 3 equal pieces. Turn each piece; slice across grain into 1/4-inch thick slices.



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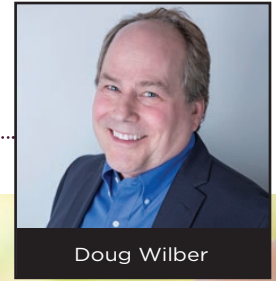
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Jeniffer Clement
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HOW TO TALK TO YOUR PARENTS ABOUT THE POSSIBILITY OF HOME CARE;

PART 1 OF A 3-PART SERIES by Doug Wilber, Owner of Cherished Companions



Doug Wilber



Have you begun to notice signs that your parents can no longer care for themselves the way they used to? Perhaps you've seen expired food in the refrigerator or empty shelves in the pantry. Maybe you've noticed that your mom's clothes haven't been washed in a while, or your dad isn't taking showers. Or, maybe your parents have gotten more feeble and you worry about them falling.

These concerns can raise some difficult questions, and they can cause a lot of stress as you consider the best way to broach the subject. As you think about discussing the topic with your mom or dad, you want them to know that you love them and respect their wishes while also communicating your concern for their well-being. It's a difficult conversation to have, but there are some meaningful ways you can help soothe emotions as you talk to your parents about getting the help they need.

1. Start before help is needed.

Broach the subject of additional care before your parents need it. Ask your parents open-ended questions such as:

- Where do you see yourselves in five years?
- How would you feel about getting some help with housework?
- How can I help make you more comfortable?

Questions like these encourage your parents to start thinking about the future, especially if they are already experiencing some difficulty in keeping up with household responsibilities. It's a great way to open the conversation without causing your parents to feel incompetent or vulnerable.

2. Probe for underlying issues.

If you hear some resistance in your mom's or dad's answers, probe for the deeper issues that may be causing concern for them. For example, why do they

refuse to consider a caregiver? Are they afraid they will have to give up their independence? Are they afraid you're trying to push them toward a care facility?

3. Take their concerns seriously.

The most important thing you can do for your parents as you discuss their feelings and needs is to listen to them. Don't brush aside their concerns or make them feel bad for voicing their emotions. Instead, offer validation and show understanding. For example, say something like, "Mom, I understand how important staying home is to you. I want to do everything I can to help you stay comfortable and make sure you are safe."

4. Include them in the decision.

As you talk with them, discuss various options and ask for their opinion. When they tell you what they think, listen. Remember that your parents may be struggling with the idea of having their son or daughter lead the discussion. They are used to being the parent, and it may be difficult for them to allow you to take the lead. You can alleviate some of the awkwardness by indicating that you are offering help and support rather than taking charge of the situation.

5. Understand their viewpoint.

Try to view the situation from your parents' perspective. The more you can empathize with the emotions they may be feeling, the better you will be able to identify solutions with which they are comfortable.

6. Ask your siblings to help.

If you have siblings who also want to be involved in your parents' care, ask them to help you communicate the right message in the right way. When your mom or dad receive support from multiple sources, they may be more open to considering a change in their current situation.



REAL ESTATE 2020: IN LIKE A LION...

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

The residential real estate market kicked off with a bang in 2020. All data suggested one of the most competitive home buying seasons in recent years . . . enter the coronavirus.

At the time of writing this article, a mandatory 3-week school shutdown has been issued by the State of Ohio; the NCAA has canceled both men's and women's championships; toilet paper has become a hot commodity; and economists and investment bankers are predicting a recession.

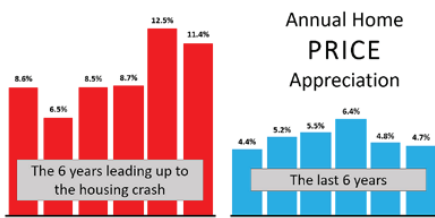
This is all scary, there is no doubt about that, and the health risk is not something to ignore. At the same time, it is important to remember that our economy goes through a downturn or recession of some kind every 3-4 years. So, if it hadn't been the coronavirus now, it would have been something else in the near future.

What does this mean for real estate? In short, we expect to see a slowdown. Compared to other industries like manufacturing, distribution, entertainment, and travel, however, the impact will likely be far less and the rebound much faster. Why? Because real estate is local—local decisions and local economies. If you look at areas that were hit 60 days ago, they're already back operating at 70% of their normal production. Are they still working through problems? Yes, but things are getting better. The next 6-12 months will indeed bring new challenges in the real estate business. Agents and their clients will need to adapt. Instead of meeting in person to discuss your needs, perhaps you'll have a virtual consultation or home tour instead. Whatever the case may be, we will be ready.

So, where is the conversation about real estate headed?

Before the coronavirus took over in the news, the major conversation in real estate was whether or not we were headed for another housing crash. This concern was a result of homes flying off the market, mortgage rates dropping to 3.5% at the time of writing this article, and the projection that home prices would appreciate from 3.7% to 4.7%, and all of that was sounding eerily familiar.

The pain felt during the last housing crash scarred us all deeply, so whenever we see home values increasing and loan rates declining, people tend to fear history repeating itself. The good news is that if you take a look at the numbers, you will see that the current situation is nothing like it was then. The following graph compares appreciation values in the six years leading up to the housing crash and the most recent six year period:



As you can see, there is a big difference between those two time periods. Are values appreciating faster than what is considered normal (3.6%)? Yes, but the

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acceleration is certainly not beyond control as it was leading up to the housing crash we all remember. In fact, the strength of the housing market is helping prevent potential issues rather than create them. The only problem is a lack of inventory!

What does all of this mean for buyers and sellers?

Buyers: Start your search early and be patient while looking for the right house. At the same time, BE READY to act when you find what you want. The competition is fierce and if you sleep on it, you might not sleep in it! Get pre-approved before you begin your search and make sure your first offer is strong.

Sellers: Don't wait! As the months grow hotter, so too will the competition for buyers. With high demand and low supply, now is the time to sell if you want to get the greatest dollar value and least hassle out of the process. If you're worried about finding a home before yours sells, there are plenty of negotiation options and contingencies that can be put into place so you're not left without a plan and new place to call home.

The Bottom Line:

From SARS to Bird Flu, and now the coronavirus, there is a long list of pandemics that have threatened to change the world forever, that eventually fade away, and hopefully the coronavirus will soon join that list. Moreover, our economy is cyclical—fluctuations are to be expected. What happens over the coming months in real estate will depend on how quickly the outbreak spreads, the duration of the outbreak, and its overall impact on local economies. My team and I are here to help navigate these troubling times for anyone looking to buy, sell, or invest in real estate. We are just a call away!

MEALS ON WHEELS SEEKS CHEF

By Christine Weiss | Photos by Christine Weiss



Chef Rick prepares crab cakes with stuffed baked potato, a side of peas, and lemon dill sauce.

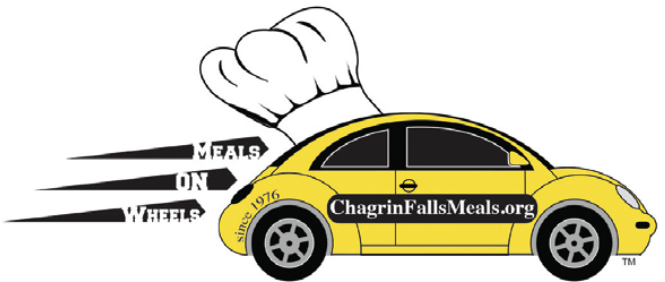


Volunteer driver Frank Jacobson returns from his shift.

Chagrin Falls Meals On Wheels is looking for a new chef. The growing organization will be bidding farewell to current chef, Ric Hales. Hales has run the kitchen, created recipes, and provided great tasting meals to recipients for about five years. "I'm heading to Hawaii where I used to live," he said. "But I want to get a new chef comfortably in place here before I go." Hales expects to leave in June, and Marketing Coordinator, Nancy Adams, says the group is looking for a new team member that has experience running a kitchen and can work part time weekdays from about 7am-1pm. The position is the only paid position in the organization, recognizing the importance of finding a high-quality individual who can carry on the tradition of creating tasty food.

Chagrin Falls Meals On Wheels is a non-profit organization that accepts no federal money and runs entirely on donations. An annual fundraiser mailing of about 8,000 letters soliciting monetary donations goes out every year with help from area high school students. A volunteer board, led by Kris DuBois, develops and coordinates clientele lists, maintains volunteers, and oversees the background work of preparing and delivering meals. Bakery items are donated by Giant Eagle and Panera for distribution to clientele. Everything else is planned and prepared by the chef and packaged and delivered by about 100 volunteers five days a week, all year. To inquire about the chef position, contact DuBois at 440-220-0871. Those interested in volunteering or signing up for meals can call Sue Mansour at 440-668-9399. Visit the organization online to learn more or donate financial support at chagrinfallsmails.org.

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.

CHAGRIN FALLS HISTORICAL SOCIETY AND MUSEUM COMPLETES GRANT PROJECT

By Christine Weiss

The Historical Society has completed a digitization project which was afforded through a special Ohio History Fund grant. The award, which was received in 2019, allowed for the preservation of *The Exponent*, once the sole newspaper for Chagrin Falls and vicinity. *The Exponent* was well represented in the book *Life Flows Like a River*, written by Joanne Fenton Humphrey, April's featured resident. Digitized newspaper issues from 1874-1883 are now available online on the Ohio Memory website, <https://ohiomemory.org/digital/collection/p16007coll107>.

Joanne Fenton Humphrey's book can be found at our own Fireside Book Shop Inc. in downtown Chagrin Falls. Six copies left!

PRODUCE TIME

By Christine Weiss

The Geauga Fresh Farmers Market opens for the 2020 season on May 9th. This local market is a producer-only market and provides local farmers and producers a venue to sell their yield directly to consumers. Local residents find a convenient outlet to buy the freshest seasonal produce each week. As in years past, the market is looking for volunteers to provide recipes and help with special events. For information about the market, visit geaugafarmersmarket.com or contact Market Manager Audre Hylton at geaugaffm@gmail.com.

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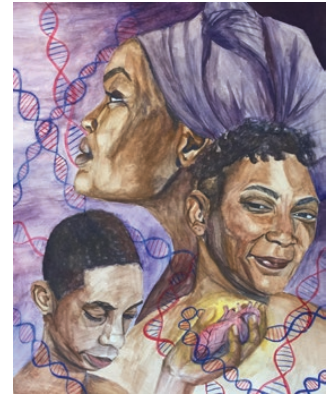
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KENSTON STUDENTS RECOGNIZED BY CLEVELAND CLINIC PROGRAM

By Christine Weiss

Six Kenston High School art students were among area students recognized for their submissions to the Cleveland Clinic eXpressions program. The program is an educational initiative for middle and high school students. It is designed to engage students in the creative exploration of science and medicine. Through project-based, peer-to-peer learning, students translate research studies conducted by Cleveland Clinic summer interns, producing artistic, literary, and mathematical interpretations of the science. This year's theme and research addressed five community health topics: heart disease, obesity, infant mortality, opioids/pain management, and diabetes. Anya Parson and Grace Geisler received blue ribbons. Red ribbons went to Margaret Eibler and Kira Weber. Kennan Garceau received a white ribbon, and Grace Spehn got an honorable mention. The students worked with art teachers, Mr. Todd Malkus and Mrs. Andie Quinn.



Blue ribbon winner Grace Geisler's "At the Core"

CHAGRIN FALLS HIGH SCHOOL RECOGNIZED FOR CLOSING THE GENDER GAP IN COMPUTER SCIENCE EDUCATION

By Christine Weiss

Chagrin Falls High School has earned the College Board AP® Computer Science Female Diversity Award for achieving high female representation in AP Computer Science A. Schools honored with the AP Computer Science Female Diversity Award have increased young women's access to AP computer science courses. Recognized programs have either had 50% or higher female representation in one or both of the AP computer science courses, or the percentage of female computer science examinees meets or exceeds that of the school's female population. Principal Monica Asher recognized the work computer science teacher Carolyn Petite has achieved with her students. "(She) has positively impacted the trajectory of not only young women, but men, into this field, and they are lucky to have a role model like her in their lives," she said. According to Stefanie Sanford, College Board global policy chief, Chagrin Falls Schools are leading by example. "Chagrin Falls High School is empowering young women to see themselves as creators, innovators, and problem-solvers. We hope to see even more high schools inspire female students to harness the potential of an AP computer science education," she said.



Chagrin Falls High School student Anais Levi has been selected as a National Honorable Mention winner by the National Center for Women and Technology (NCWIT)

KENSTON SCHOOLS RECOGNIZED BY STATE

By Christine Weiss

Kenston High School has been selected for the third time in as many years to receive a Momentum Award from the Ohio Department of Education. The Momentum Award recognizes a select group of schools that are "exceeding expectations in student growth for the year." Criteria for the award requires districts and schools to "earn all A's on all applicable, value-added measures on the Ohio School Report Card in 2019," and to have "at least two of three graded value-added subgroups, which includes gifted students, students in the lowest 20 percent in achievement and students with disabilities." KHS is one of 174 of the state's over 3,300 school buildings to be honored with this award in 2019.

PARK DISTRICT WRITING CONTEST ANNOUNCED

By Christine Weiss

The Geauga Park District has announced its 25th Annual Writing Contest and is accepting applications. The contest features nature themes, and submissions can be either poetry or prose. Winners will be notified by mail and will be announced June 1st on the park district website. So, if you feel inspired by nature, put that inspiration in writing and enter for a chance to win cash prizes and notoriety among the nature-loving community.

This contest is not sponsored by or endorsed by Best Version Media in any way.

Happy Easter

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Due to many closures and shutdowns because of the coronavirus, please check event websites for the most current information. Some events may have been postponed or cancelled.

NOW THROUGH MAY 2
Innovations:
Changes for the Better
Time: Wednesday, Friday and Saturday 11am-3pm; Thursday 2-7pm
Location: Chagrin Falls Historical Society and Museum
 Take a walk down memory lane and marvel at the history and innovation that has taken place. Admission to the museum is free, but donations are appreciated.

APRIL 15, 29 AND MAY 13
Cats on Mats Yoga
Time: 8:15-9:15am
Location: Rescue Village (15463 Chillicothe Road)
 This yoga class will feature lots of cat/cow poses, down dogs, and kittens.... and KITTENS? Yes, you'll actually be joined in your yoga session by some very furry and adorable friends. So, come do some downward dogs with the fuzzy felines at Rescue Village!

APRIL 17, 24 AND MAY 1, 8, 15
Spring Transition Friday Walks
Time: 2-4pm
Location: Sulphur Springs Picnic Area
 Naturalist Foster Brown will lead a weekly adventure through South Chagrin as we observe life's emergence from a hard winter. We will document the transition of spring through birds, insects, wildflowers and trees.

APRIL 22
Guided Meditation
Time: 7-8pm
Location: Chagrin Falls Library Branch
 Jan Webber of Holistic Life Solutions will lead a guided chakra meditation session at the Chagrin Falls Branch Library. No experience necessary. Registration requested for this free program. Call 440-247-3556.

APRIL 26
Opera Underground
Benefit for Chagrin Arts
Time: 5pm
Location: Paris Room
 Reservations only. Call 440-247-0444 or email smcherry99@hotmail.com.

APRIL 28
Yoga for Beginners
Time: 6:30pm
Location: Bainbridge Library Branch
 Join local yoga instructor Trisha

Kusner for Beginners Yoga. Each session, Trisha will be teaching routines with different poses and their benefits. Please bring your own yoga mat and any props you have or need (blocks, bands, etc.). Waiver required. Register online or call the library at 440-543-5611.

APRIL 30, MAY 1, 2 AND 3
Macbeth
Time: 7:30pm, Sunday 2:30pm
Location: Chagrin Performing Arts Academy
 Tickets can be purchased online at chagrinacademy.org.

MAY 1
Swing Dance with J. Scott Franklin Swing Band
Time: 8pm
Location: Bainbridge Town Hall
 The Swing Dance, with live performance, begins at 9:00 pm. It is preceded by a one-hour swing dance lesson at 8:00 pm. Experienced and non-experienced dancers are welcome. This public, family-friendly event is open to all ages. No partner is required for the lesson or the dance. \$10 for youth (9-17 years), \$15 for adults (18+ years), \$35 per family (not friends), free for 8 years and younger. Admission includes the 8:00 pm lesson and 9:00 pm live performance and dance.

MAY 1-17
Turn of the Screw
Time: Fridays and Saturdays at 8pm, Sunday, May 17 at 2pm
Location: River Street Playhouse, Chagrin Valley Little Theatre
 A young governess is charged with the care of two young children, but the specters of their previous caretaker and her sadistic lover begin to make their presence known. Are they real, or just a trick of her mind? One man and one woman bring this clever adaptation to life.

MAY 2
Plant Exchange (Spring Edition)
Time: 10am
Location: Chagrin Falls Library Branch
 Come to the library to meet other gardeners and to exchange surplus perennials. Please bring plants in starting at approximately 9:45am as the exchange will begin promptly at 10:00am. Registration requested for this free event. Call 440-247-3556.

MAY 4
Yoga for Beginners
Time: 9:30am
Location: Bainbridge Library Branch
 Join local yoga instructor Trisha Kusner for Beginners Yoga. Each session, Trisha will be teaching routines with different poses and their benefits. Please bring your own yoga mat and any props you have or need (blocks, bands, etc.). Waiver required. Register online or call the library at 440-543-5611.

MAY 6
Catfish Scam
Time: 7pm
Location: Chagrin Falls Library Branch
 What is catfishing? How do you know? An internet safety specialist will be at the Chagrin Falls Branch Library to provide answers to these questions plus share ways you can protect yourself from being catfished online. Registration requested for this free program. Call 440-247-3556.


MAY 8
Night Hike and S'Mores
Time: 8pm
Location: Holden Arboretum
 Connect with nature after the Arboretum's regular hours to experience a leisurely, family-oriented hike with plenty of stops for games and opportunities to see and hear the season's nighttime sights and sounds. Afterward, relax around a campfire with hot chocolate and s'mores. Wear sturdy shoes and dress for the weather. Visit holdenarb.org for info. & registration.

MAY 9
Geauga Fresh Farmers Market Opening Weekend
Time: 9am-noon
Location: South Russell Town Hall Parking Lot
 The market opens May 9th and will be open every Saturday through October 12th.

MAY 9
Chagrin Valley Herb Sale
Time: 9am
Location: Bainbridge Library Branch
 The Chagrin Valley Herb Society will be selling choice plants at reasonable prices just in time for spring planting. The sale lasts until all the herbs are sold.

MAY 13-16
Library Friends Book Sale
Location: Bainbridge Library Branch
 The Friends of Bainbridge Library and the Bainbridge Women's Club will be holding a used book sale. For information and hours call 440-543-5611.

MAY 14-16
Library Friends Book Sale
Location: Chagrin Falls Library Branch
 The Friends of the Chagrin Falls Branch Library book sale will be May 14-16. All the proceeds support the Chagrin Falls Branch Library programs and events. Call the branch library for more information at 440-247-3556.



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