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NEIGHBORS

BUILDING COMMUNITY,
ONE NEIGHBOR AT A TIME.

MARCH 2020



**SPEAKIN' EASY
WITH JIM MACMILLAN
AND LYNN YOCUM**

Cover photo by Jeniffer Clement

 Best Version Media

Welcome NEIGHBORS



March is a favorite month for a lot of people because of March Madness and St. Patrick's Day. What I most like about March, however, besides corned beef and cabbage, is that feeling that I get when I know that spring is on its way. March gives me a feeling of anticipation and promise as winter melts away bit by bit, and spring slowly starts to bloom. The colors of spring begin to come alive once again after a long and dreary winter. The sky, which has been overcast and gloomy for so long, will be blue much more often. The ground, which has been soggy and brown and oftentimes snowcovered and white, will start to get green. The spring flowers will begin to shoot through the barren earth, spreading a blanket of much needed color. The trees will begin to quiver with newborn leaves. Flower boxes which have sat empty and front porch pots that have been deserted will be filled with pansies. March is the anticipation of color, the expectation of warmth, and the promise of spring. Enjoy it!

Until next month,

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TABLE OF CONTENTS - MARCH 2020

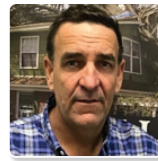
- Resident Feature – Speakin’ Easy with Jim Macmillan and Lynn Yocum..... 4
- Health..... 6
- Chef’s Corner 8
- Vascular Health..... 9
- Empowered Aging..... 10
- Real Estate..... 12
- Dental Care..... 13
- Community 14
- Calendar..... 15
- Advertisers Index..... 16

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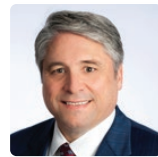
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SPEAKIN' EASY WITH JIM MACMILLAN AND LYNN YOCUM

By Amy Sonia Richards, Content Coordinator

Photos by Jeniffer Clement

Looking around, the setting is certainly unique. A soft, brown leather couch sits in the center of the room beckoning for interesting conversation. Deep leather armchairs flank the couch. Nearby, a table made from a whiskey barrel is surrounded by tall stools. The walls are dark emerald green with a brick accent wall. The mahogany bar is heavy with coffee and tea selections and couldn't look any more inviting. Rustic hanging shelves are loaded with hardbound leather books and vintage bric-a-brac. The lighting, mainly provided by Edison bulbs and Tiffany-style lamps, is purposefully dim, creating a mood of relaxation and an ambiance of mystery. Ollie, a two-year-old Goldendoodle mix, makes himself at home on the floor. This unexpected space is in Solon, Ohio, but it feels more like a secret speakeasy tucked away in New York City or Chicago during Prohibition.

Through the viewing window above the barrel-shaped table, however, is a very different scene—a brightly-lit commercial space that is efficient, professional, and busy.

Jim Macmillan and Lynn Yocum have built this cool space in

Solon to house Jim's business, The Shredeasy, a retail shred store offering secure document shredding and hard drive destruction. Since they are rehabbing their home in Bainbridge, this cozy area of The Shredeasy seemed like the perfect place for an interview. Lynn manages the day-to-day operations at the business. Opened in 2019, 8-10 tons of paper are shredded monthly as customers sit and enjoy a hot beverage in the speakeasy while watching through the viewing window as their documents get shredded.

The speakeasy, which they rent out for functions such as retirement and birthday parties and corporate meetings, is a natural extension of their love for swing dancing.

Jim, who occasionally competes in swing dancing competitions worldwide, has always been competitive and athletic. He was born in Surrey, England, but was raised in Wales. "Wales is very rural, mountainous, and rugged. I used to do a lot of mountain biking competitions," he explains with an awesome accent. In addition, he played roller hockey. "It was brutal," he



Hanging at the coffee bar

admits. After college at Southampton, where he focused on business studies, he did what he always told his teachers he would do despite their warnings, he became a professional ski instructor. "I did that for five years," he says, "and it was epic. I traveled from the northern hemisphere to the southern hemisphere." After five years of chasing winter,

however, he was ready to move onto something different. "I opened a business as a tree surgeon in Wales and became a certified arborist. It was a passion," he says.

In 2001, Jim and his family moved from Wales to Cleveland, and he began working at his then father-in-law's business, Andrews Moving. "I started working in the record center schlepping boxes," he says. "As the company grew, we developed software to track the activity of the boxes." Jim's skills grew along with the company. "I learned the business operationally, and when it became a software business, renamed Andrews Software, I became Vice President of sales, responsible for all business development." Although he divorced, he stayed with the company and in Cleveland. Working to develop software for a shredding component of Andrews gave Jim the idea for The Shredeasy.

Where does swing dancing and the speakeasy lounge come into the story? "I was watching a video online of a couple doing the Charleston, a type of swing dance, and I wanted to do that," he explains. "I went to take a free class. I told myself just to do it. I hadn't done any dance. I got the bug. It took over my life." That was five years ago.

Enter Lynn. To set the scene, Jim says, "I had been swing dancing for a few years, teaching regularly in the Cleveland swing scene."

Lynn had never tried swing dancing before, but she is a very accomplished dancer. She grew up in Hubbard, Ohio, outside of Youngstown. She began to dance at four years old. "I danced my whole life. I was classically trained. I did everything—ballet, tap, jazz, modern, kickline, pointe, and Italian ballet," she reminisces. "It was a great outlet as a kid. You are always surrounded by such great people, and I had wonderful friends because of it. I get shy speaking, but when you dance no one is listening to you."

Lynn never wanted to dance professionally, so she went to Youngstown State to study nutrition, one of her passions. "I've always wanted to go into dietetics to help people live better and healthier lives," she says. After graduation, she took a gap year. "I joined City Year, an



Relaxing in the shreds after some hard swing dancing

Americorps program, where I worked with underprivileged children at John Adams High School," she says. "The experience was very rewarding and also extremely mentally challenging, but I wanted to give back."

"After that, I needed a break, so I went into management for Starbucks," she explains. Lynn really enjoyed that because

she loves talking with people. "It was fun. You have people who come in every day. You know about their lives, and they know about yours. I like people, and I like to hear what they say. The free coffee also was nice!" she says.

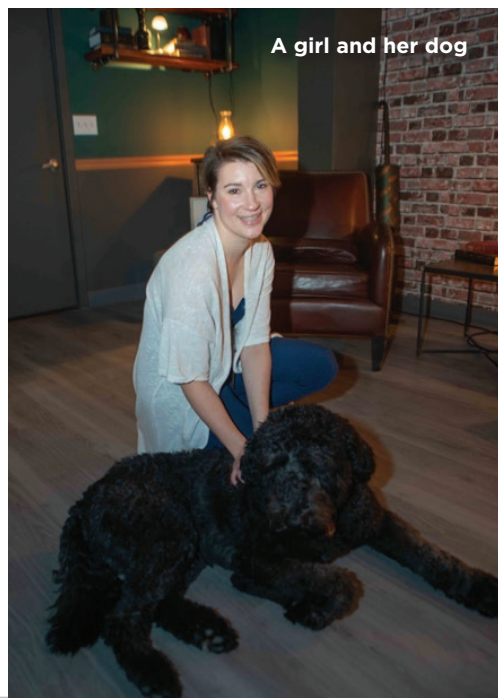
So, one night after work in 2016, when her neighbor invited her to tag along to a free swing class, she did. This is where Lynn's and Jim's stories differ. Jim tries to save himself as he says, "I was teaching, and Lynn likes to tell the story that I was disinterested and gave her a pity dance. But the truth was, the floor was sticky from spilled beer, and I was supposed to be somewhere else that night, so I wasn't at my best." Lynn interjects with a smirk, "He was so rude!"

Lynn continued to take lessons. "After a month of weekly lessons, we had an actual conversation at the monthly Cleveland Museum of Art Mix event where Jim was performing, and the relationship evolved from there," Lynn explains.

Now, Jim and Lynn travel the world swing dancing. They've attended dance events in New Orleans, California, Australia, Spain, England, and France. They also have a lot of fun swing dancing in Cleveland. "Cleveland is home to All Balboa Weekend, the premiere Balboa swing dance event in the world," Jim explains. "It attracts the best dancers from around the world. We compete and have fun, but we never win and rarely make the finals." Last

year, Jim and Lynn performed at CMA as part of the Jazz Era exhibit. Jim has also created Swing Island, a local event which takes place at Forest City Brewery the first and third Thursday of every month. In addition, there is a swing dance the first Friday of each month at the Bainbridge town hall. Lynn says, "It is always packed and has live music. It is a really fun one!"

In addition to dancing, they are both avid hikers and runners. They have hiked Whiteface, the second highest peak in the Adirondacks. Lynn and a friend started Chagrin Valley Runners. So, if they aren't busy working, hiking, or running, you'll probably find Jim and Lynn either in their speakeasy or swing dancing someplace around town.



A girl and her dog

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GET TO KNOW YOUR UNIVERSITY HOSPITALS AHUJA MEDICAL CENTER PRESIDENT

Submitted by University Hospitals



Alan Papa,
President of Ahuja
Medical Center



Q&A WITH ALAN PAPA

Alan Papa, FACHE, recently joined University Hospitals Ahuja Medical Center and is looking forward to serving the community as hospital president. We sat down with him to learn about what he hopes to accomplish in 2020, and how he plans to lead the expansion of healthcare services throughout Beachwood and surrounding communities.

Q: HOW DID YOU GET YOUR START IN HEALTHCARE?

A: I'm an Ohio native and grew up in Youngstown. I went to Youngstown State University, and after I graduated, I was looking for a position in which I could work closely with people and manage a team. I went to Mt. Sinai as Director of Transport Services and ran the transportation department. It was a great experience because I was able to learn a complex organization from the inside, and get to know how hospitals and the healthcare industry work. I've been in the healthcare business now for more than 30 years and have worked within hospitals in and outside the Cleveland area, most recently in Akron.

Q: WHAT DREW YOU TO UNIVERSITY HOSPITALS?

A: I've admired University Hospitals for a long time. It's really a dynamic, progressive healthcare system with a wonderful reputation. UH has also done an excellent job integrating other healthcare organizations into its mission. One of the main things that attracted me to UH was Ahuja Medical Center. I watched as it was being built over the years and, once I got to know more about it, I was amazed at the patient acuity, and the physicians and clinicians

that are here. It's really an amazing place for its size, and it's going to expand even more. UH Ahuja has really been able to add to the University Hospitals Health System as a whole and help it grow.

Q: DURING YOUR TIME AT UH AHUJA THUS FAR, WHAT HAVE YOU ENJOYED MOST ABOUT YOUR EXPERIENCE?

A: I've mostly enjoyed the people. I've been incredibly impressed with the staff here. In healthcare systems we all do similar work, but HOW you do that work is what's most important. Many hospitals compete with the same metrics...we're all looking to make care better and have patients leave with a better quality of life. It's clear that the patient experience is what sets us apart from other healthcare systems, and our caregivers provide compassionate care.

Q: WHAT ARE YOU LOOKING FORWARD TO IN YOUR NEW ROLE?

A: I'm most looking forward to continuing to develop the quality of the services we provide and improve our patient experience. Patients are top priority here. We want them to feel safe and receive high-quality care. Our patient experience is already at a very high level, but we want to make sure we're always performing at our best. I'm also looking forward to adding and growing our service lines with Ahuja Phase II. Ahuja Phase II is going to be an amazing expansion project for the medical center. It will bring new and expanded service lines to campus this year, including the largest sports medicine complex in Northeast Ohio, a mother and baby unit, women's health and men's health services, expanded heart and vascular services, and much more. UH Ahuja is becoming a true healthcare hub for the community, and I'm excited to be a part of it.

To learn more about health and wellness events in your community, visit UHhospitals.org.

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Adam Lapsevich

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COOKING HEALTHY, MOST OF THE TIME!

By Adam Lapsevich

I love to experiment when I cook.

This month's contribution is something I created using my new zoodle spiralizer. If you're not familiar with a spiralizer, they are awesome, especially if you're trying to eat healthier.

While searching on Amazon one evening, I discovered a Hamilton Beach "3-in-1 Vegetable Spiralizer and Slicer," and it was only \$40 (<https://www.amazon.com/Hamilton-Beach-Electric-Spiralizer-70930/dp/B06Y2GJ2WV>). It's a game changer! I love it so much that it resides in the high-rent district of permanent space on my countertop. Only my favorite gadgets get countertop treatment!

I spiral veggies for omelets, salads, side dishes, and main courses. Hence, this month's heart-healthy dish features my zoodle spiralizer.



SAUTÉED SHRIMP WITH ZOODLES, VEGGIES AND MORE

INGREDIENTS:

- 10-12 raw 16-20 count, peeled and deveined shrimp
- 1/2 cup white wine
- 1 medium zucchini
- 1 medium yellow squash
- 1/2 bell pepper (red, orange, or yellow)
- 6-8 brussels sprouts, thinly sliced (optional, but very good!)
- 1 small purple onion, thinly sliced
- 1 large carrot
- Divina roasted tomatoes
- Green olives, pitted (optional)
- Kalamata olives, pitted (optional)
- Marinated artichokes (optional)
- Lemon half
- 1 or 2 garlic cloves, pressed
- 1 tbsp oregano
- 1 tbsp fresh or dried thyme
- 1/2 cup shaved Pecorino Romano cheese
- Salt and pepper to taste

Spiralize the zucchini and yellow squash using a "linguini" or "spaghetti" blade.

Spiralize the carrot using the same blade or a "ribbon" blade.

Chop the pepper into 1/2" square pieces.

Slice brussels sprouts and onion thinly.

Zest a lemon, then juice 1/2 of it.

Open a jar of Divina roasted tomatoes. Pour a few tablespoons of the olive oil it's packed in into a frying pan and heat. (You can also just use a few tablespoons of your favorite olive oil.)

Once the oil is hot, add the pepper, brussels sprouts, carrots, onion, and garlic cloves and sauté for about 5 minutes. Allow the vegetables to char a little. Add salt and pepper and stir until the vegetables are somewhat charred. Add 6-8 Divina tomatoes, some olives, and marinated artichokes, and toss. Reduce heat to a low simmer.

In a separate pan, add a touch of olive oil, juice of 1/2 lemon, 1/4 cup water, and 1/2 cup white wine. Add the shrimp and sauté 2-3 minutes until pink, turning once or twice.

Remove the shrimp and add them to the pan with the vegetables and toss. Sprinkle with oregano and thyme.

Add the spiralized zucchini and

yellow squash to the other veggies and toss for only about 30-60 seconds. Otherwise, it will become too mushy.

Sprinkle with freshly grated Pecorino Romano cheese and a bit of fresh lemon zest and serve immediately.

This dish tastes great with an arugula salad with lemon olive oil and either a fig balsamic or white balsamic vinegar, caramelized walnuts, crumbled blue cheese, French endive, and lemon zest.

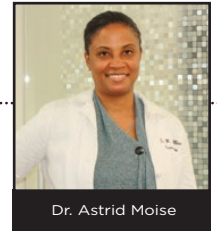
This meal pairs perfectly with a champagne flute of LaMarca Prosecco with a healthy dash of PAMA Pomegranate Liqueur added.

ENJOY!



VARICOSE VEINS ARE NOT JUST A COSMETIC ISSUE!

By Dr. Astrid Moise, Owner of Solon Vein Clinic



Dr. Astrid Moise

Varicose veins are often misunderstood as simply a cosmetic issue, but they can cause real symptoms and are reflective of advanced venous disease.

Healthy leg veins have one-way valves that keep blood flowing upwards from the legs to the heart. Vein disease develops when the valves stop working properly and allow blood to flow backward (i.e., reflux) and pool in the lower leg veins causing dilated, distended, bulging veins.

SIGNS AND SYMPTOMS

- Aching or pain
- Swelling
- Cramping
- Heaviness or tiredness
- Itching
- Restlessness
- Skin changes
- Brown, colored skin
- Open sores or ulcers

With those symptoms, people can find it difficult to engage in hobbies such as gardening or other activities that require them to be on their feet. Long days at work can also be difficult.

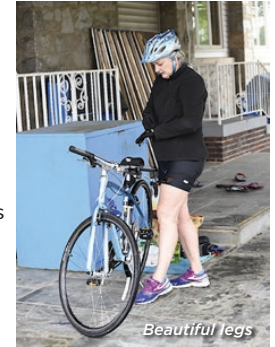


Varicose veins are common, affecting 1/3 of people over the age of 45, but certain groups of people or certain lifestyles will have a higher risk of developing varicose veins.

RISK FACTORS

- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

The good news is that varicose veins can be treated allowing relief from troublesome symptoms. Minimally invasive treatments such as endovenous ablation involving the use of a catheter inserted into the vein can close off the troublesome vein allowing the blood to be re-routed into normal, flowing veins. After demonstrating that conservative therapy such as compression socks have failed to relieve the symptoms of varicose veins, most insurance will cover the cost of the procedure. Recovery is quick with little or no downtime. After treatment, people can often resume their normal activities and experience relief from their symptoms within days.



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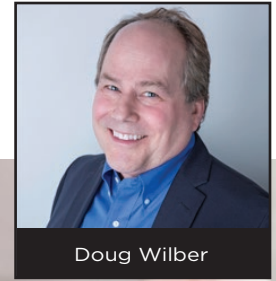
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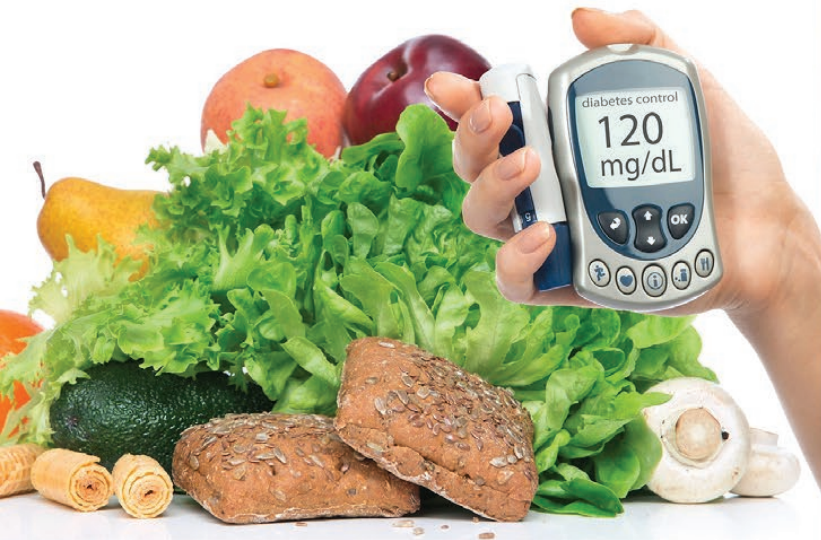
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CARING FOR SOMEONE WITH DIABETES

by Doug Wilber, Owner of Cherished Companions



Doug Wilber



Diabetes is a complex disease. More than 30 million Americans live with its symptoms and complications, and another 1.5 million are diagnosed every year. Type 2 diabetes is the type that most frequently affects middle-aged and older people, and it is common among seniors over the age of 65.

Chances are good that someone you know will be diagnosed with diabetes. The good news is that the medical profession understands much more about care options and long-term treatment than they did in the past. Still, helping an individual enjoy a good quality of life requires careful management of the care plan, especially during advanced stages.

To provide the best possible care, it is important to understand how diabetes affects the body and how needs change over time.

HOW DIABETES CARE DIFFERS FOR MANAGED AND ADVANCED DIABETES

Diabetes treatment usually includes oral medications, insulin injections, or insulin pumps. Both type 1 and type 2 diabetes may also be treated with careful attention to diet, physical activity, weight management, and medications other than insulin. The goal of these treatments is to maintain a healthy blood glucose level, which will reduce the risk of complications.

Once the disease reaches an advanced stage, diabetics may begin experiencing additional symptoms such as hyperglycemia, frequent thirst, fatigue, and more frequent infections. Continuing insulin treatments and blood glucose testing can help avoid serious complications, such as nerve damage, cardiovascular complications, and kidney and eye damage.

HOW TO HELP MANAGE ADVANCED DIABETES

It's important to know not only what type of diabetes someone has, but also how advanced the disease is.

Be sure you know about any dietary restrictions, and understand what symptoms may indicate high or low blood sugar. High blood sugar may cause confusion, shortness of breath, rapid heart rate, breath with a fruity odor, excessive thirst, frequent toileting, fatigue, and more frequent infections. Low blood sugar, less than 70 mg/dL, may cause shakiness, sweating, paleness, irritability, racing pulse, nausea, headache, clumsiness, extreme sleepiness or stupor, and tingling or numbness in the lips, tongue and cheeks.

Here are some questions that may arise as you care for someone with diabetes:

- **AM I DOING ENOUGH?** The individual's care team is in the best position to keep tabs on the care plan. Don't be afraid to ask questions if you don't understand something, or if the care plan has changed.
- **WHAT ARE THE BEST WAYS TO HELP?** Follow the care plan and be sure you know what symptoms may indicate a change in condition. Watch for indicators of high or low blood sugar and let someone on the care team know if you see a change. Remind the individual to take his or her medicine as prescribed, and follow any dietary guidelines carefully.
- **HOW DO I KNOW WHEN THE DIABETIC'S NEED IS OUTSIDE MY SCOPE?** If you notice a change in your loved one's health, talk to the care team. A change in medication, or assistance with administering insulin injections or other medical needs, may be necessary. This type of care should be brought to the attention of a professional who can step in to assist.
- **HOW SHOULD I ASK FOR HELP?** Don't be afraid to ask questions! The diabetic's health and safety are your top priorities, so take whatever measures are necessary to be sure you understand the care plan. Ask for additional help whenever needed.



Mike Henry

SUPPLY, DEMAND, AND SELLING YOUR HOME

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

The latest *Showing Time Showing Index* reveals buyer activity has increased for five months in a row. Meanwhile, numerous reports indicate a historic shortage of homes for sale. Because demand is high, but supply is low, putting your home on the market today could drive an excellent price and give you additional negotiating leverage when selling your home.

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Jeniffer Clement
jeniphotography247@gmail.com

ORTHODONTIC TREATMENT FOR ALL AGES

By Richard Slaten, DDS



Richard Slaten, DDS



Young 11-year-old patient, May 2019



Same patient, January 2020

It is never too late or too early to think about orthodontics. Whether your child is just starting school or graduating from college, or if you are considering orthodontic treatment for yourself, orthodontics will help give a gift that lasts a lifetime - a beautiful smile.

Orthodontic treatment can be started on certain types of tooth problems before all permanent teeth have erupted. Early treatment, usually begun after the four permanent front teeth have erupted (ages 7-9), is recommended for the following:

- Moving the front teeth back so they will be less susceptible to injury
- Improving the relationship of upper and lower jaws, allowing more normal future growth and development
- Improving facial appearance and self-esteem
- Possibly avoiding or reducing the need for further treatment when the patients are older

Orthodontic treatment can be completed in one full-length treatment or broken into two separate treatment phases with a maintenance phase between the two. During the time between the first and second phase, the patient may wear a retainer. As the 16 un-erupted permanent teeth grow in, further treatment may be required. This usually takes 12 to 18 months at 11-13 years of age.

Today, more than 30% of orthodontic patients are over 18 years old. Crooked teeth, improper bite, overcrowding, and "buck teeth" are now being corrected in many people regardless of age. Adolescents and adults have more choices than ever in creating a beautiful smile. From traditional braces to "invisible" braces, the number of effective and cosmetically pleasing treatment options is growing all the time.

Recent improvements in traditional braces have resulted in smaller, stronger, more efficient and less conspicuous brackets. Metal brackets are the most familiar, however clear and tooth-colored ceramic brackets are now available. Their clear or natural color gives these brackets a less noticeable look. Invisalign is a popular treatment option that involves wearing a series of clear, removable aligners that gradually move teeth without wires or brackets.

As soon as treatment is complete and braces are removed, patients are given retainers. A combination of fixed retainers behind a patient's front teeth and clear removable

retainers are favored by most of our patients. It is important to avoid certain hard and sticky foods during treatment. Brushing and flossing your teeth can be a challenge when wearing braces, but it is extremely important that it is done consistently.

For further information regarding improving your smile and how to get there, check information on our web site:

www.perfectasmile.com or call our office at 440-708-0900.

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TAKE A HIKE, PAL By Christine Weiss | Photo by Christine Weiss

The outdoors may not beckon loudly every day, but stop and take a listen. The Chagrin Valley and nearby beckons everyone, from the avid trekker to the new-to-nature explorer. Here are a few ideas to get your heart pumping:

GEAUGA GEMS

Geauga Parks District offers a variety of programming to engage everyone from the avid naturalist and trekker to the new-to-nature explorer. This year, the parks system launched the Geauga Gems Trekking Series. This Geauga Parks District program encourages participants to travel over 70 miles of trails in a series of 30 hikes throughout the year. Of 30 hikes, 24 are treks you'll plan and take on your own, and six are qualifying naturalist-led hikes, which will be identifiable in the quarterly Park Explorer Activity Guide. Although the program started in January, you can still participate by registering at West Woods Nature Center or Big Creek Meyers Center. You will receive a trekking card on which you can track all your hikes. Finally, at year's end, those who complete the series will receive a collapsible trekking pole and inaugural Geauga Gems 2020 hiking medallion sticker to be provided at an event in January 2021.

NOT SO TRIVIAL SENIOR PURSUITS

Geauga Walkers - This program, sponsored in conjunction with Geauga Senior Centers, encourages hikers to join other active seniors on weekly hikes of 1 to 1 1/2 miles in Geauga County and the surrounding area. These hikes are led by a naturalist. Call Geauga Senior Center for a full schedule at 440-279-2126.

THE SOUTH PARK

The Cleveland Metroparks' 18 reservation system is at our doorstep with South Chagrin Reservation Trailheads located throughout the Chagrin Valley. Multiple trails lead you through hemlock forests, sandstone ledges, coldwater creeks, and ravines. The scenic Chagrin River borders the eastern edge of the reservation. Places to explore include a 1930s log cabin named Look About Lodge, Henry Church Rock, Quarry Rock, the Polo Field, and the old Boy Scout Camp.



The Frohring Meadows shelter

SENIOR ART PROGRAM By Christine Weiss

Valley Art Center has been a mainstay of the area's art community for decades. The center not only offers a variety of classes to satisfy any level of artistic ambition, but it also provides a number of outreach programs to ensure that everyone that wants to can participate in quality art instruction. One of these programs is the outreach to our senior citizens who find it difficult to travel to the VAC. Each week, artists/teachers travel to Hamlet Village and Arden Courts senior living communities to provide lessons to residents. Lessons are tailored especially to the needs of the residents, as accommodations are made for vision, hearing, fine motor and memory challenges. Under the tutelage of Darlene Jackson and Victoria Wagner, seniors create and then display their works at their communities for others to appreciate. Valley Art Center is eager to expand the Senior-to-Senior Art program to other retirement facilities in the Chagrin Valley. To see how you can be involved, please contact Executive Director Mary Ann Breisch at 440-247-7507.



Darlene Jackson as she instructs at Hamlet Village

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COMMUNITY CALENDAR

MARCH 17

St. Patrick's Day
Primary Election Day

MARCH 18

Spring Wildflower Folklore
Time: 7-8pm

Location: Bainbridge Library Branch
A special look at the wildflowers that grace the forest floor each spring. Audiences are introduced to fascinating aspects of wildflower folklore, including the origins of their names and historical use as medicinal sources and folk remedies. Also includes such intriguing aspects of wildflower ecology as pollination and seed dispersal strategies involving insects and other wildlife.

MARCH 20

Campfire Grills: Pie Irons
Time: 6-7:30pm

Location: Holbrook Hollows, Geauga Parks

Learn a new skill and get inspired for your next camping adventure! Create tiny personal pizzas over a campfire using pie irons. Registration required at geaugaparkdistrict.com.

MARCH 20-APRIL 11

Pippen

Time: Fridays and Saturdays at 8pm, Sundays March 22 and 29 at 2pm

Location: Chagrin Falls Little Theatre, Main Stage
With pop-styled music and lyrics by Steven Schwartz (Wicked, Hunchback of Notre Dame) and book by Roger O. Hirson, this beloved, witty musical follows King Charlemagne's wayward son as he seeks an extraordinary life. Led on by a troupe of beguiling actors and their leading player, Pippin's quest for personal

fulfillment connects with the pragmatic dreamer in each of us. For more information visit cvlt.org.

MARCH 21

Lyrical Songs of the Irish

Time: 1-3pm

Location: Chagrin Falls Library Branch
Elise Panehal shares Celtic culture, accompanying her songs with piano and folk harp. The poetic lyrics paint the picture of how the Irish came to America.

MARCH 23

Age of Disinformation

Time: 7-8pm

Location: Chagrin Falls Library Branch
Dr. Thomas Froehlich joins us to discuss a variety of falsehoods that have entered the information marketplace including misinformation, disinformation, self-deception, doxing and fake news.

MARCH 23-27

Chagrin Falls School
Spring Break

Kenston Schools Spring
Break

MARCH 24

Spring Break Explorers

Time: 9am-1pm

Location: Look About Lodge, South Chagrin Reservation
Drop the kids off for a spring camp adventure with a naturalist. Meet live frogs and salamanders, make a take-home craft, and explore the forest. Second camp day offered on 3/26 at North Chagrin Reservation with all new activities. Fee: \$20. Register online by March 19 at clevelandmetroparks.com.

MARCH 25

Guided Chakra Meditation

Time: 7-8pm

Location: Chagrin Falls Library Branch

Jan Webber of Holistic Life Solutions will lead guided chakra meditation sessions. Participants will learn and practice. Beginners and experienced meditators welcome.

MARCH 26

MapleTown Tune Traders

Time: 7-10pm

Location: The West Woods
Come to play, sing, or simply enjoy as audience members. Musicians of all levels, genres, and instruments are welcome to these short performances followed by sharing of songs and tunes in the round. Snacks to share welcome.

MARCH 30

When Disaster Strikes

Time: 7-8pm

Location: Chagrin Falls Library Branch

The Cuyahoga County Office of Emergency Management will provide information on the types of incidents that could occur and what it means to be prepared. Plus, learn what to include in an emergency kit.

MARCH 31

Yoga for Beginners

Time: 6:30pm

Location: Bainbridge Library Branch

Join local yoga instructor Trisha Kusner for Beginners Yoga. Trisha will teach routines with different poses and discuss their benefits. Bring your own yoga mat and any props you have or need (blocks, bands, etc.). Waiver required.

APRIL 4

Kenston High School
Variety Show

Time: 7pm

Location: KHS Auditorium

APRIL 6

Yoga for Beginners

Time: 9:30am

Location: Bainbridge Library Branch

Join local yoga instructor Christy Rosneck for Beginners Yoga. Christy will teach routines with different poses and discuss their benefits. Bring your own yoga mat and any props you have or need (blocks, bands, etc.). Waiver required.

APRIL 6

Gauga Skywatchers Club:
The Moon

Time: 6:30-7:30pm

Location: Bainbridge Library Branch Meeting Room

Learn all about Earth's closest neighbor in the universe. From phases to eclipses to moonwalks, we'll explore the Moon in fascinating detail.

APRIL 8

Guided Chakra Meditation

Time: 7-8pm

Location: Chagrin Falls Library Branch

Jan Webber of Holistic Life Solutions will lead guided chakra meditation sessions. Participants will learn and practice. Beginners and experienced meditators welcome.

APRIL 9

Blood Drive

Time: 2-7pm

Location: Chagrin Falls Library Branch

Donate blood today. For more information or to make an appointment, visit www.redcrossblood.org or call the American Red Cross at 800-RED-CROSS (800-733-2767).

APRIL 14

World Series Champs
of 1920

Time: 7-8:30pm

Location: Chagrin Falls Library Branch

Learn about the first Cleveland Indians team to win the World Series 100 years ago. Players including Tris Speaker, Bill Wamby and others will be discussed. Rare World Series photos will be shared.

GEAUGA WALKERS

is a group of seniors that meet regularly for hikes with a naturalist. For details and a full list of walks, call the senior center at 440-279-2126.

UPCOMING WALKS:

March 17

Sunnybrook Preserve
1-2:30pm

March 31

Walter C. Best
Wildlife Preserve
1-2:30pm

AARP Tax Assistance

continues at the Bainbridge Library Branch until April 15. Call the library at 440-543-5611 for information and to register.

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