

EUCLID OBSERVER

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Mayor calls on faith leaders for support and to build bridges to the Euclid community



Reverend Denisse Cunningham-Gogget of Lake Shore Christian Church performs a musical number after delivering a homily. She was one of several pastors who spoke to the audience at Ss. Robert & William Catholic Church.

by Kurt Steigerwald

On a rainy Sunday afternoon pastors and faith leaders from several Euclid places of worship gathered to pray and appeal for a stronger more peaceful community. Joined by local political leaders and members of the community, the event would seem unique in some cities. In Euclid these type of gatherings have become the norm over the past three years as Mayor Kirsten Holzheimer-Gail searches for ways to bring

Euclid together as a community.

Billed as the Euclid Faith in the City Thanksgiving Prayer Service, Ss. Robert & William parish hosted the event November 18. Over 100 participants attended the event. Faith in the City is a collection of approximately 10 faith communities that are committed to engaging with city officials about matters that impact Euclid. The group gets together on a quarterly basis to discuss a variety of topics, most of which



Over 100 attendees join hands in prayer at the Faith in the City Thanksgiving service.

are rooted in making Euclid a better place for its citizens regardless of faith.

“I love coming together as a community. I was a little leery at first because I’ve never really participated in these type of community groups,” said Father John Betters, pastor of Ss. Robert and William parish. “But the faith and learning from these other pastors in the community has been great.”

The group meets on a quarterly basis and serves as a way to connect faith communities and its participants with the current administration. “The mayor shared her vision in the community with us and looks for feedback from the group on topics of concern,” said Reverend Denisse Cunningham-Gogget of Lake Shore Christian Church who offered a homily focusing on developing ‘An Attitude of Gratitude’.

In creating Faith in the City, Mayor

Holzheimer-Gail envisioned a platform for connecting with the community on a broad basis. In times of crisis she uses the group of pastors and active participants as a way to hear how the community is reacting to a particular issue. Citing the time last year when a shooting occurred in Euclid, Holzheimer-Gail said, “We met almost immediately to get (the pastors) involvement in the community to help listen and react.”

Holzheimer-Gail added that relying on the Faith in the Community participants gives her a sense of comfort knowing she can come to the group with issues of importance to better connect with the greater Euclid community. “People are comfortable with their faith community and developing strength in this network gives me a great sense of support because I know I have them to call on.”

Euclid Waterfront Construction Continues



Euclid’s vision to provide unprecedented public waterfront access, habitat enhancements, and upland stability is underway!

Mark Haynes Construction began mobilizing on November 1, 2018 with the current phase of work expected to reach

substantial completion by October 31, 2019.

Regular construction updates can be viewed by clicking the “Construction Project Update” tab on the City of Euclid’s main webpage at www.cityofeuclid.com

Fr. John D. Betters was presented the 2018 Euclid Hospital Community Service Award



by Ellen Ivory

Congratulations are extended to Fr. John D. Betters, Pastor of Ss. Robert & William Parish, who was presented the 2018 Euclid Hospital Community Service Award on

November 14, 2018 by Dan Napierkowski, MD, President of Euclid Hospital. This annual award is given to someone who makes contributions to ensure Euclid is a vibrant and sustainable community.

Dialogue

From the desk of the Mayor



Happy Holidays to you and your families! As we prepare for holiday gatherings and celebrations, I know I will be thinking of all those who helped to move our community forward this year.

I am proud of the progress we have made this year and the resiliency that our community has shown when faced with challenges. The work to build a strong community continues to bring me joy in so many ways!

I hope you will take some time to connect with your neighbors and enjoy our many community assets during the holidays. Take a walk down to Sims Park to see the progress being made on the new shoreline improvements as part of our Waterfront

Improvements Project. Stop at Shore Cultural Centre to see the holiday light display and hear the Euclid Symphony Orchestra on 12/2 or Singing Angels on 12/16. Take a walk through the Euclid Creek Metro Park and enjoy the natural beauty. Visit the Euclid Historical Society and Museum for their holiday party on 12/9 and learn more about Euclid's history. Enjoy the many holiday decorations throughout our neighborhoods and visit a neighbor who may not get out. Visit one of our faith communities for a holiday service or event.

We all can help to support thriving neighborhood business districts. As you prepare for the holiday, please remember your local stores, restaurants and entertainment establishments. By keeping your dollars local, you are helping to improve our local economy while supporting small, resident owned and operated businesses. Please take special effort to support our E.

222nd Street businesses who are being impacted by the road construction. Please eat local and shop local whenever you can!

During this season of giving, if you are able to make a charitable contribution please give locally. Our local organizations and community groups truly make a difference everyday right here in our community and they depend on the generosity of time and resources from all of us. Thank you to all who give so much!

On behalf of the City of Euclid, I wish you and your family many blessings and much joy this holiday season! Thank you for your continued support and commitment to our community. Merry Christmas! Happy Hanukkah! Happy Kwanzaa! Best wishes for a very happy, healthy and prosperous New Year!

Mayor Kirsten Holzheimer Gail

Recycle Today for a Better Tomorrow: Holiday Edition



by Linda Beck

Keep Euclid Beautiful often gets questions about recycling. The Do's and Don'ts are different in each State and sometimes vary from city to city. This can make recycling a bit confusing. In this column, Keep Euclid Beautiful will do our best to answer your recycling questions based on the guidelines for the City of Euclid and the Cuyahoga County Solid Waste District.

Dear Keep Euclid Beautiful, Can I recycle wrapping paper?

No, plastic ribbons and bows will tangle and damage machines at local recycling plants. These items go in your regular trash and will end up in a land fill. To make a gift package look more festive, consider using cloth ribbon that can be reused and flowers, sprigs of greenery or cookies instead of plastic bows.

Dear Keep Euclid Beautiful, What can I do with my leftover Holiday cards, bows and ribbons?

A fun activity to for all ages to try is "Junk

Journaling". Junk Journals are super fun to make and keep. You can make them out of anything. Start with a clean composition notebook that costs less than \$1.00. Then collect, add, glue and write whatever your heart desires. Use old buckles or ribbons to fasten the journal. Use cardboard to make pockets to stash secret treasures. Some things to put in your journal are: Ticket stubs, holiday cards, magazine photos, playbills, business cards, quotes you like, children's artwork, decorative tape, and absolutely anything made from paper that comes your way. The idea is to have fun and make it your own.

Remember when in doubt, leave it out.

Please forward your recycling questions to keepeuclidbeautiful@cityofeuclid.com. We will do our best to answer your questions. Some questions may be featured in our next column.

Also consider reusing wrappings to cut down on waste or using unconventional methods of wrapping such as cloth material, newspaper or baskets. A fun activity for children could be to decorate the boxes with crayons and markers instead of using wrapping paper. This reduces the amount of waste and creates a more personal touch.

Dear Keep Euclid Beautiful, Can I recycle ribbons and bows?

No, plastic ribbons and bows will tangle and damage machines at local recycling plants. These items go in your regular trash and will end up in a land fill. To make a gift package look more festive, consider using cloth ribbon that can be reused and flowers, sprigs of greenery or cookies instead of plastic bows.

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Euclid Recreation

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December 28	2:30 pm - 5 pm
December 28	7:30 pm - 9 pm
January 2	2:30 pm - 5 pm
January 3	2:30 pm - 5 pm
January 4	2:30 pm - 5 pm
January 4	7:30 pm - 9 pm

Thankful for Donations



by Hannah Zavorek
Thank you to those who donated milk jugs and canned goods to the Euclid Recreation Department over the past few months. There were over 350 milk jugs donated to

create luminaries for our October events. In addition, we received 60 canned goods during our Turkey Skates at C.E. Orr Arena. They were delivered to the Euclid Hunter Center just in time for the Holidays.

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Gardening

For Everything There Is a Season



by Deborah Kramarz

The Shade Tree/Municipal Beautification Commission is taking a seasonal break. By our last article you can tell we keep ourselves busy. We are not alone in our efforts for the city of Euclid. Did you know that our Euclid City Service Department hosted training groups in various tree steward training projects; planting and pruning trees. Some visiting volunteers were from the Holden Forest and Garden Tree Core. Our city's assistant arborist and Shade Tree Commissioner Andre Trapp helped deliver city donated mulch to the Euclid Creek Tree Planting at Community Christian Church project. This project was possible because of a 2017 WRLC-Dominion Mini-Grant Program which will benefit our city. The project was organized by Elizabeth Hiser, the Euclid Creek Watershed Program Manager of the Cuyahoga Soil & Water Conservation District. It was hosted by Pastor Banks and Kenyette Adrine-Robinson and The Friends of Euclid Creek. Twenty local volunteers showed up on a rainy day to do the planting, including me, the assistant chair of the Shade Tree Commission - Deb Kramarz. Now's the time new trees take root and

mature trees store up nutrients for next year's healthy growth. By the way, if you have newly planted trees in your tree lawn, street salt can be stressful on them. To help keep them healthy, Chris Grant our city arborist says you'll want to surround their roots with rich compost in the spring.

Also, coming next season, save the date for next year's Arbor Day Celebration on April 26th and the Pond & Garden Tour on July 13th and 14th. We look forward to seeing you in the new year.

Gardening Tips for Fall Leaves

How about the leaves you just raked?

Make use of them, advised Bob Rensel a professional gardener at the Cleveland Botanical Garden. They are landscaping gold. Use them to fertilize your grass by running over them with your lawn mower a few times or until they are ground fine Rensel suggested. If your leaf carpet isn't too thick you can just leave the leaf pieces on the lawn. Over the winter they will decompose and work their way into the soil. This adds composted material to the lawn thereby enriching it.

The excess leaves can be used for mulch in your various planting beds to moderate soil temperature in the winter as well as adding composted material for next year. "It's a great thermal blanket," Rensel said.

You don't have to chop the leaves before putting them on the beds, he said. But the smaller pieces decompose faster because



there is more surface area for the bacteria and microbes to cover. (This is especially helpful if left to decompose in the lawn.)

In the spring you can pull the leaves away from the emerging plants if a thick mass remains he said or dig the leaves into the top layer of soil. Don't worry; they won't rob the soil of nitrogen as they decompose the way grass clipping and fresh wood chips will Rensel said.

Composting your leaves is another good option, Rensel said. A compost pile needs 95% brown matter, so all you need is to toss in some green material such as grass clipping of green kitchen scraps (no meat, dairy products or fat!) and you will get the makings of a nutrient packed soil additive.

Making your own compost lets you control what goes into it, he noted. Compost made from community collections of yard waste can contain road salt from leaves left at the curb or diseased plant material.

Besides, Rensel said why give away the raw materials and pay for the same product in the spring.

When you're done with your raking and composting duties, pat yourself on the back. You've benefited your own health and the earth's.

By Mary Beth Breckenridge of the Akron Beacon Journal and Bob Rensel of the Cleveland Botanical Garden and The Gardeners of Greater Cleveland.

'Tis the Season



by Deborah Kramarz

The Lake Shore Garden Club members wish to thank the many visitors to our "Deck the Halls" flower show. Coletta Bauer did such a lovely job organizing the event. Consequently, all our members were full of cheer when sharing our efforts with family and friends. The club members were also joyful to host first time guests. I don't exaggerate when I say the goal of the creative floral decorations and exhibits was to fill everyone's hearts with holiday magic.

Everything about the show was magical. The location at the Henn Mansion provided a perfectly beautiful setting. The sky was sunny both days, which lite up the brilliantly colored trees in Sims Park. In addition, Lake Erie provided a shining lakefront backdrop to the stunning architecture of the lovingly restored mansion. Inside the elegant historical details of the rooms added to the ambiance.

Besides the fresh botanicals and holiday standard floral arrangements on display,

the club added an annual tradition to the show. Each year the members celebrate the season by decorating little holiday trees to send to the local hospice, to decorate their clients' meal trays. This year, those gifts of love, added cheer to the sunroom's shelves.

Much more was to be seen and enjoyed. Educational exhibits added another dimension to the show. They provided gardening tips for protecting regional wildlife in winter. Also, a beautiful quilt that had been made and raffled off by the club, many years ago, was on loan to us for display at our event.

Something else of note, don't miss our 10 foot decorated tree in the "Glow" event at the Cleveland Botanical Garden. Our tree is the one featuring "Mr. Jingling".

If you're interested in learning more, contact our membership chair, Sandra Brochak, at sanjb@sbcglaobaal.net.

In conclusion, from our club to you, have a wonderful holiday season.

Euclid's 'Faith in the City' Churches Have Much to Celebrate

by Ellen Ivory

The doors of our member churches have been opened to all and these significant events have taken place this fall.

On Sunday, November 10, 2018, Ss. Robert & William Parish hosted members of all faiths to the annual Thanksgiving Ecumenical Service. Pastor, Fr. John D. Betters, began the service by welcoming the guests. Leaders of the faith community, city administration, and community leaders offered prayers for the following: In thanksgiving for all that we have, to our founding fathers/mothers and indigenous peoples, the City of Euclid, family, and peace. The homily, 'An Attitude of Gratitude' was delivered by Pastor Denise Doggett of Lakeshore Christian Church. A collection of toiletries was taken for

the indigent and the incarcerated and will be distributed locally. The celebration concluded with a social.

Celebration Methodist Church hosted their first 'Pre-Thanksgiving Dinner' on Monday, November 20, 2018. Pastor David Whitt opened the dinner with prayer and guests were treated to a fabulous feast by church volunteers. Dessert followed and all guests were sent home with a goodie-bag. It was an evening of quiet reflection and warm fellowship.

SAVE THE DATE: Euclid-area churches will pay tribute to Martin Luther King Jr. and his message of social justice at Lake Shore Christian Church in Euclid. All members of the community are invited to this celebration on Sunday, January 20, 2019. Additional details to follow.



Euclid's Leaders worship together at the annual Thanksgiving Ecumenical Service.

Community



In the heart of downtown Euclid!
291 East 222nd Street
216-289-8578

December at Shore

The Singing Angels

Sunday, December 16, 2018 2:00 PM
\$10 general admission, 2yr and under free

In the new year...

Community Dance

Friday, February 22, 2019 7:30-10:00 PM
An evening of squares, contras, and waltzes!

The Lake Erie Folk Fest

Saturday, February 23, 2019
Workshops are free during day.

Concert Featuring:

Richie & Rosie, Shri Kalaa Mandir
and the Chardon Polka Band

Evening concert ticket information
available soon!

VISIT OUR WEBSITE: www.shoreculturalcentre.com

Check our website for more information,
tickets, and to view our
schedule of classes and services.

Free Healthy Living Resources



Barbara Liddell worked as a registered nurse for more than 40 years.

by Sarah Gyorki

The holidays are here, and we're already starting to think about how all those treats are going to hit our waistlines – and our blood pressure, and our cholesterol, and so on. Go ahead and enjoy yourself – a healthy life is all about balance. But as we go through the holiday season enjoying those treats, and that time with friends and family, we also have to realize the greatest gift we have is our health. So with this coming new year, make a gift to yourself – and make some plans to really care for your own health and wellness.

Barbara Liddell at Bari Beauty & Health has a gift to offer you as you start this new, healthy lifestyle. She wants to help you live on purpose, with a better balance of nutrition, exercise and healthy habits. After working more than 40 years as a registered nurse, there isn't much Barbara doesn't know about health and wellness. So when she hung up her nursing hat, she launched a new mission to bring wellness resources to the community, and help people understand



beauty from the inside out.

When Barbara opened Bari Beauty & Health, she had a vision for something much more than a storefront – she wanted to help her friends and neighbors live better lives. “These days” Barbara says, “I’m all about the quality of life. Live on purpose. We make choices every day that can help us live well. We just need help making those good choices.”

Now she's offering that help for free to anyone interested in taking charge of their own wellness. Join Barbara for a special series of free classes on Living on Purpose: Taking Charge of Your Health that will cover topics from managing your diet to making exercise easier. You can bring your questions about healthy foods, nutrition supplements, living with diabetes and other chronic illness and more. The first class will be held Monday, January 7, from 6:00-7:00pm at Bari Beauty & Health, 637 E. 185th St. For more information, call (216) 481-8676 or visit the Bari Facebook page at BariBeauty&HealthPlus.

Public Input Needed for Euclid Creek Watershed Plan

by Elizabeth Hiser

Public input is needed to help update a watershed plan for the Euclid Creek watershed. A watershed plan is a comprehensive plan for achieving water resource goals for a geographically defined watershed. The Euclid Creek Watershed encompasses 23.3 square miles in northeastern Cuyahoga County and a part of Lake County. It covers portions of 12 communities including Beachwood, Cleveland, Euclid, Highland Heights, Lyndhurst, Mayfield, Mayfield Heights, Pepper Pike, Richmond Heights, Shaker Heights, South Euclid, and Willoughby Hills. Euclid Creek watershed includes 40+ miles of stream, 30 miles of which is open channel and 10 miles of which is culverted or buried, as far as 8 miles away from the Creek's confluence with Lake Erie, our source of drinking water, at Wildwood Park in Cleveland. The watershed is nearly 85 percent developed. Non-point source pollution challenges include stream sedimentation / siltation, habitat alterations, stream ditching or channelizing, and other flow regime alterations stemming from high levels of impervious cover such as roads, driveways, and rooftops. Updates to this plan are led by Cuyahoga Soil and Water Conservation District with funding from Euclid Creek Watershed Council and Friends of Euclid Creek through a Northeast Ohio Regional Sewer District grant.

We are seeking input on the following:

- Eroding sections of streams
 - Areas for improved management of stormwater and flooding
 - Areas to protect for public greenspace and wildlife habitat
 - Anyone can provide feedback by attending an open house or emailing input to ehiser@cuyahogawcd.org.
- Open houses are from 6:30 to 8:30 p.m.

with a short presentation at 7:00 pm.

Thursday, December 6, 2018 Mayfield Library 500 SOM Center Rd Mayfield, OH 44143

Monday, December 10, 2018 Beachwood Community Center 25325 Fairmount Blvd Beachwood, Ohio 44122

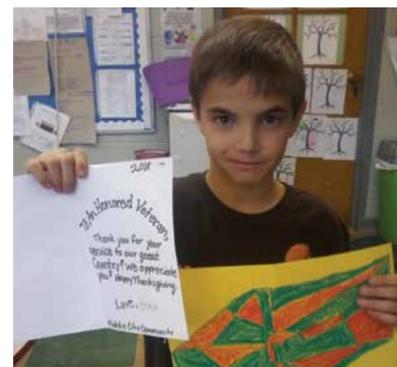
Please RSVP by calling Elizabeth Hiser at 216-524-6580 x1002 or emailing ehiser@cuyahogawcd.org

As part of the Ohio Environmental Protection Agency's nonpoint source pollution control program, plans are being developed at the subwatershed level. These plans are called nine-element nonpoint source implementation strategy plans (NPS-IS Plans). Projects addressing erosion and water quality concerns need to be included in these plans to be eligible for some sources of federal funding such as grants awarded under the Clean Water Act S and the Great Lakes Restoration Initiative. Major benefits of creating NPS-IS plans include 1) improved planning for watershed restoration and protection, 2) building consensus by collecting and analyzing data and information together, 3) identifying the most needed projects, and 4) developing grant-eligible projects with the components necessary for the greatest long-term benefits.

More info about the Ohio Environmental Protection Agency's Nonpoint Source Pollution Control Program is available here: <https://epa.ohio.gov/dsw/nps/index>. This page includes a list of all subwatersheds that currently have plans. For more information, contact: Elizabeth Hiser Euclid Creek Watershed Program Manager Cuyahoga Soil and Water Conservation District ehiser@cuyahogawcd.org 216-524-6580 x1002 cuyahogawcd.org

Community

Kiddie City School Age Program Creates Thanksgiving Cards for Veterans



by Jennifer Morrison Garza

Kiddie City Childcare Community is dedicated to helping its students give back to the community through simple service projects.

Recently, students in the School Age program learned about veterans and their service to our Country. The youth were challenged to create a Thanksgiving “thank-you”

card for the veterans at Haven House, located on East 142nd St. in Cleveland, using the basic art tools of crayons and construction paper. The message to each veteran read “To

An Honored Veteran: Thank you for your service to our great Country!” Check out some of the students’ creations for our vets!

Streamside Tree Planting at Community Christian Church in Euclid



22 volunteers helped dig holes, plant trees, and add mulch on a cold, wet, muddy morning. Volunteers included Friends of Euclid Creek members, Tree Stewards, Church Members, Cuyahoga SWCD staff, Cleveland State students, and family and friends.



Thanks to Pastor Banks for supporting the project. CSWCD staff Justin Husher and Friends of Euclid Creek member Chris Vild were happy to have his help setting out the trees and shrubs.



Claire Posius the previous Euclid Creek Watershed Program showed up to help as well as Friends of Euclid Creek and church member Kenyette Adrine-Robinson.



Friends of Euclid Creek members made the best of a rainy day and even had a little fun.

by Elizabeth Hiser

The Euclid Creek Tree Planting at Community Christian Church project enhanced 155 lineal feet of forested riparian buffer along Euclid Creek, and an additional 261 lineal feet of turf grass with 80 native trees and shrubs on October 13, 2018. Trees and shrubs were planted on a cold rainy morning by 22 Friends of Euclid Creek and Community Christian Church volunteers. The conditions were less than ideal for humans, but perfect for the trees and shrubs to get in the ground. Thanks to all our tree stewards, church members, Friends of Euclid Creek members, and family and friends who chose to come out on a cold, rainy, muddy day, and get the job done. Thank you to Madelon Watts for bringing the much needed donuts and coffee. Thank you to the City of Euclid for providing mulch! Thanks to Dominion and Western Reserve Land Conservancy for providing the funding!

Expanding the riparian buffer along Euclid Creek will help reduce erosion along the Main Branch and resulting sedimenta-

tion as this section of Euclid Creek has steep streambanks. The site is adjacent to a heavily used road by automobiles and pedestrians, so educational signage will be placed spring of 2019 by the sidewalk and by the parking lot to educate the public and members of the church congregation about the project. As part of the project, two educational presentations were given to church members at their annual bazaar and picnic about the project and the benefits of trees and shrubs. In spring of 2019 a presentation will be given to church members about the watering equipment purchased and how often to water.

Plant species for the site were chosen based on their soil moisture preference and height restrictions due to utility lines on the property. Species used included: Allegheny serviceberry, American Hornbeam, American sycamore, Buttonbush, Pawpaw, Silky dogwood, Swamp rose, Winterberry, and Witch hazel. 15 yards of mulch was donated by the city and was spread around each of the trees and shrubs. Our watershed pro-

gram manager got out and added cages and deer netting to protect the trees and shrubs from the deer November 2nd and 4th.

Partners on the project were the Community Christian Church, Friends of Euclid

Creek (FOEC), Cuyahoga Soil & Water Conservation District (Cuyahoga SWCD) and the City of Euclid, a member of the Euclid Creek Watershed Council.

2018 Euclid Holiday Celebration Thank You!

by Chris Cipriani

The festive beginning to the holidays, the 2018 Euclid Holiday Celebration, was held on November 30th. The City of Euclid and Shore Cultural Centre would like to thank our sponsors: Presenting Sponsor: Moore Counseling and Mediation Services, Star Sponsor: K & D, Holiday Concert Sponsor: Euclid Hospital, Santa and Mrs. Claus: Infield Chiropractic Clinic and GDP Group, Horse Drawn Wagon Sponsor: Sims Buick GMC, Bell Sponsors: Ss. Robert & William Catholic Parish and Manzanec, Raskin, and Ryder Co., L.P.A., Holly Sponsors: Kiddie City Child Care Community, Independent

Energy Consultants, Great Scott Tavern, The Fedeli Group, Chagrin Valley Engineering, The Help Foundation, Our Lady of the Lake, Gift Sponsors: Sievers Security, Church of the Celebration, and, a very special thank you to Emser's Power Air Duct Cleaning, ParkerFotos, Jen Hearn Photography, Euclid Symphony Orchestra! We also would like to thank our many volunteers, staff members, and community members for their attendance and participation. The event would not have been possible without you. We appreciate all the support, and wish everyone a Happy New Year!

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City of Euclid

The Euclid CommUNITY Relations Task Force



able. Look for the save the date announcement, more details, and official event title...coming soon.

ABOUT US:
The Euclid CommUNITY Relations Task

by Marilou Myrick and members of the Euclid CommUNITY Relations Task Force

In the midst of the first snow, and heading into the festive holiday season in Euclid, members of the Euclid CommUNITY Relations Task Force are joining in the festivities and greeting neighbors – old and new. Look for us at Euclid events. We'll be wearing our CommUNITY Relations nametags and we like nothing better than hearing from you. You can also find info and updates on the City of Euclid Neighborhood Engagement/ Community Relations page: <http://www.cityofeuclid.com/residents/NeighborhoodEngagement#Relations>

Meanwhile, we're time-travelling to May, planning for the May "We are Euclid" event – a great opportunity for the whole family to enjoy learning about more ways to have fun. Representatives from a number of sports, recreational, and leisure groups and venues will provide info and demonstrations on all the great leisure time activities available in Euclid.

The date and location have been finalized: Saturday, May 18, 2019 from 1-4pm

Sticks Restaurant at the Briardale Golf Course.

The patio, shelter, and restaurant itself provide great space to have fun for the whole family. Food and beverages will be avail-

EPD Receives Traffic Grant



by Kate McLaughlin

The Euclid Police Department has been awarded a grant from the Ohio Traffic Safety Office that provides 420 hours of impaired driving enforcement and 280 hours of selective traffic enforcement. The goal for implementing these two programs is to

reduce traffic fatalities from impaired driving, speeding, and unrestrained vehicle passengers. This grant allows Euclid Police additional officers to enforce traffic safety violations during peak accident times such as News Year's Eve, Super Bowl, St. Patrick's Day, and prom season. This federal grant program provides federal funds administered through the Ohio Department of Public Safety (ODPS), Ohio Highway Patrol (OSHP)/Ohio Traffic Safety Office (OTSO) to be used for traffic safety education, enforcement, and awareness.

The most wonderful time of the year



Pam, a member of Imani serving the Euclid community on Thanksgiving day.



Preparing the meals that will be delivered to the elderly and the sick that could not leave home.



by Taneika Hill

We have entered in that time of year where both sweet and savory aromas are filling each house and holiday tunes old and new are playing on the radio. That time of year where people are more giving, little ones are on their best behavior and people are expressing their gratitude and thanks to one another. As a councilwoman there are many things that I am thankful for as I look back over the year. I'm thankful for the many ways that I have been able to serve the people of Euclid. Whether it was volunteering for the annual big clean event, helping to solve the many problems of residents big and small, or the many opportunities to volunteer with the schools and work with the youth, either by speaking at an assembly, career day or being a mentor through the Always a Panther program. I'm thankful for the many relationships that have been built with residents that have agreed to be my eyes and ears in the community, ensuring that I don't miss a beat when it comes to the ward. I'm just as thankful for the partnerships that have been formed with local businesses that seek to give back to the community. Like Mitchell's Ultra Lounge who was a sponsor for the free summer movie nights for the past two summers, Simon's supermarket who has on several occasions donated fruit to community events such as the 1st annual Ward 1,2,3 Community fair held back in September. This holiday season I am especially thankful for Nager, Romaine and Schnei-

berg Law firm located at 27730 Euclid Ave., who donated 125 turkeys to families in need. They served hot chocolate and donuts and even had Brutus the Buckeye to stop by wishing everyone a happy Thanksgiving. I'm also thankful for B Stone bar and grille who stepped in and donated 15 turkeys with all the fixens to families in need. Imani church who for the last 12 years fed hundreds of people at their annual Thanksgiving Day community meal. It is these things that I am most thankful for. People coming together to touch the lives of others in a positive and sometimes lifechanging way. It is my hope that you take the time this holiday season and look back over all the things you can be thankful for as well as look ahead to the holiday to come and think of the many ways you can give back or pay it forward. Take advantage of this time, whether you brighten someone's day with a song, by going caroling with your neighbors, or sharing a sweet recipe in a cookie exchange, maybe even adopting a family in need and purchasing a few gifts. It's the most wonderful time of the year, but its you that can make it wonderful for someone else. I hope your holiday is filled with joy peace, love and hope and the kind of happiness that spills over into the lives of everyone you meet. So, whether you celebrate Christmas like my family, Hanukah, Kwanza or you jut love the holiday songs, food and decorations, make it a great one for you, yours and someone else's.

Euclid pride is the community coming together and showing that love is real!

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City of Euclid



Almost A Year



by Brian Moore

December! It's hard to believe that I've been a Councilman for almost a year. It has been a busy year to say the least! Back in February my assistant wrote an article on "A Day in the Life of a New Councilman". I am writing this one as an update.

I wanted to be a Councilman to see how I might be able to have a positive impact on the city of Euclid. I wanted to work with Mayor Holzheimer Gail, her staff and my council colleagues to build a better Euclid. I have enjoyed working with the Mayor and her staff and have found that they have been very helpful in addressing any issues that I have brought to them. We are fortunate to have many very knowledgeable and dedicated employees. I have also enjoyed getting to know my council colleagues and learning what is important to them. We are dedicated to making Euclid a great place to live.

As I look back at this past year, I think we've been able to do some of that. We are moving ahead with the Waterfront Project that has been in the works for a very long time. This project highlights one of Euclid's most important resources, our lake. We hope that by going ahead with this project other positive additions will follow.

This also provides a great opportunity for all Euclid residents to enjoy the lake.

We've welcomed new businesses to my ward and to the city. I have tried to be supportive as businesses contemplate opening in my ward, helping them answer questions and navigate through some of the issues that may occur. I attend as many ribbon cuttings in the city as possible. I want new businesses to feel welcome and supported. I have reached out to some of the businesses in my ward and will continue to do so. These have been great experiences for me. The owners have been very appreciative. They usually start out by asking what I want and are a little surprised to find out that I just want to get to know them and see how things are going. Although I especially look out for my little corner of Euclid, I realize that it's important to work together to make the whole city a better place to do business.

Anyone that knows me at all knows one of the most important things for me is creating relationships. As I talk about what has gone on during the last year, you may wonder about actual numbers. I wondered too so I have been keeping track. Through November 30th, I have attended almost 200 meetings/events. I have also had just over

100 contacts from constituents/citizens. These events have included several Ward Meetings, several Conversation with a Councilman events, a Fireside Chat at the library, several "Keep Euclid Beautiful" Clean-ups and a large Community Resource Event that was planned and sponsored by the Council people in Wards 1, 2 and 3.

One of the most satisfying parts of being a councilman has been getting to know my constituents and other citizens of the city. I have found them to be caring, hard working and very hardy! I appreciate both their support and their honesty in sharing their concerns. Even the staunchest Euclid supporter has concerns and the best way to deal with them is through respectful dialogue. I always welcome these opportunities and look forward to more of them in the future.

For the most part, being a councilman has been a very satisfying experience. There have been difficult times, challenges that cause me to lose sleep like the closing of the YMCA and some of the EPD issues that have been in the news. I know there will always be challenges and I will continue working hard to prevent them whenever possible and will deal with them once they occur.

During the next year, I look forward to more of the same. I will continue with emails and Newsletters. If you want to be included on my email list, please contact me. If you live in Ward 2 and have any concerns, ideas or thoughts for improvements, I want to hear from you. You can reach me at (216) 860-1734 or bmoore@cityofeuclid.com. If you own a business in Ward 2 or in Euclid and would like to me to visit, please email or call. Together we can continue working to build a city that we will be proud to call home.

EUCLID CITY SERVICES	
Animal Control	289-2057
Briardale Golf Course	289-8574
C. E. Orr Ice Arena	289-8649
Euclid City Hall	289-2700
Euclid City Schools	797-2901
Euclid Court	289-2888
Euclid Creek Resv	440-473-3370
Euclid Family Y	731-7454
Euclid Police Non-Emergency Block Watch	731-1234
Euclid Library	289-8449
Euclid Neighborhood Engagement	261-5300
Henn Mansion	289-826
Housing Dep't. Housing and Property Conditions	731-5060
Lakefront Sr. Community Ctr.	289-8127
Recreation Dep't. Youth, Adult and Family Pgms	289-2985
Service Dep't. Street Conditions	289-8114
Sim's Park	289-2701
Shore Cultural Ctr.	289-2700
Domestic Violence	289-8578
Ward 1 Council Stephana Caviness	391-HELP
Ward 2 Council Rev. Brian T. Moore	240-0901
Ward 3 Council Taneika Hill	860-1734
Ward 4 Council Kris Jarosz	609-4609
Ward 5 Council Christine McIntosh	401-9413
Ward 6 Council John M. Wojtila	333-8601
Ward 7 Council Daryl Langman	288-4698
Ward 8 Council Laura Gorshe	731-2345
Council President Charlene Mancuso	744-8988
	731-5952

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<p>United States Senator Rob Portman (R-OH) (202) 224-3353 448 Russell Senate Office Building Washington DC 20510 www.portman.senate.gov/public/index.cfm/contact?p=contact-form</p>	<p>State Senator Ohio Senate District 25 Kenny Yuko (D) (614) 466-4583 1 Capitol Square Ground Floor Columbus, Ohio 43215 Contact http://ohiosenate.gov/yuko/contact</p>
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Community

EUCLID CHAMBER OF COMMERCE

Euclid Chamber of Commerce | 20150 Lakeshore Blvd, Euclid 44123 | Ph 216.731.9322 | info@euclidchamber.com



Join our e-news mailing list! Go to the link on our Facebook page @ChamberEuclid

THANK YOU RENEWING MEMBERS!

- LaunchVector
- Eaton Family Credit Union
- Dille Road Recycling
- Tizzano's Party Center
- Atlas Cinemas Lakeshore 7
- BWX Technologies, Inc.
- Shore Cultural Centre
- Euclid Observer
- Cuyahoga Community College
- HELP Foundation, Inc.
- Stanco Industries, Inc.
- Sims Buick GMC

WELCOME NEW MEMBERS!

Yvonne Leduc, Realtor at Berkshire Hathaway Home Services

Dobbs Communication

Proud Member



euclidchamber.com/join



Did you know....

- we held a total of 29 luncheons, workshops and other events in 2018
- we offered 12 free networking events this year
- we presented 10 free workshops in 2018
- we welcomed 41 new members so far this year
- 45% of our members are small businesses with 5 or less employees

Who's hiring in Euclid?

Find out at the Euclid Works Job Board!
facebook.com/groups/euclidworksjobboard
Free postings for Chamber members

EuclidWORKS! JOB BOARD

Registration and additional information at euclidchamber.com/events



Bite Sized Business Workshop Design Thinking

Presented by Matthew Selker
Moore Counseling & Mediation Services
22639 Euclid Ave, Euclid

December 13th, 8:30 am - 10:00 am
Free to attend. Registration required at euclidchamber.com/events



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Euclid's Shade Tree Commission, Giving you Something to Look Forward to

by Taneika Hill

While the Euclid Shade tree commission is known for its wonderful Arbor Day celebrations, a day that began back in 1872 in Nebraska City, Nebraska, encouraging people to plant trees, a day that became nationally recognized in 1970, a day where local Euclid humanitarians are honored by the planting of a tree in their name, it's so much more than that. Even though the April holiday kicks off the season, the commissioners work hard year around planning for other events for the upcoming year. As we bring 2018 to a close, we would like for you to prepare and mark your calendars for the events to come in 2019. They are sure to be a real treat and an exciting, educational and an enlightening time for the city of Euclid. Starting with Arbor day, April 26, 2019 where two new honorees will be honored with the planting of a tree and the installation of a plaque. Who will it be this year? You never know it just might be you.

You won't want to miss the 2019 Euclid Pond and garden tour, a self guided tour that highlights the hidden treasures, gems if you will, of Euclid. Some of these gardens will have you double checking your GPS to make sure that you are still in Euclid. The tour will be held rain or shine, Saturday and Sunday July 13th & 14th. If you have ever

gone on the tour you know that it is both beautiful and unique. I have seen everything from decked out back yards to beautiful side yards. Maybe this year we can come and see how your garden grows. Hundreds of people come from all over north east Ohio to see the beautiful ponds and gardens that are cultivated by our very own Euclid residents, it is truly a highlight for the city.

If you would like to have your garden considered applications will be available soon. If you would simply like to enjoy the tour, tickets can always be purchased at the Lakeshore Coffee house once they go on sale, while you're there grab yourself a scoop or two of Mitchell's ice cream. As you look forward to these two wonderful events, keep an eye on our other Shade Tree news on the city's website and of course right here in the Euclid Observer. In addition to the events hosted here in Euclid, the commissioners also represent the city in other events such as the annual and esteemed Tree City USA event where Euclid receives the honor of being named a Tree City because of the work that the Shade Tree Commission does. So, while Arbor day is a major event, it's a leaf off the many trees that make up the Euclid Shade Tree Commission.



Faith | Academics | Community

OLL School Gives Back With Food Drive



The theme at Our Lady of the Lake School is "We Are Called" -- and the students put it into action every day. Recently, they planned and organized a food drive, to help provide meals for hungry people in the community

who might otherwise go without during the holiday season. By living their faith and answering the call, OLL students learn to be thoughtful and caring citizens.

OLL Produces Christmas CD



Members of the OLL choir rehearsed for months to create their first Christmas CD.



Music Minister Melissa Gali-Bird was the guiding spirit behind the CD project.

people to share in the gift of music, and the very special message of Christmas.

To buy your copy, or learn more about music ministry at Our Lady of the Lake, visit www.OLLEuclid.org or email Melissa Gali-Bird, Music Minister: Melissa@OLLEuclid.org.

Christmas CDs Make Great Gifts!



Our Lady of the Lake has produced its first CD of classic Christmas music, and for a limited time you can order copies for only \$5. Great as Christmas gifts for the music lovers in your life, or as a special treat for your holiday season, this album brings you all the Christmas classics you love, performed with love and beautifully recorded.

The recording process was a labor of love for the adults and children who make up the OLL Choir, and another way for them to give something special to the community. Each year, the music ministry performs at community events and gives special outreach concerts throughout the parish. They hope the CD will be a chance for more

Order your Christmas CD today!
Just \$5 -- limited time only!
Visit www.OLLEuclid.org

Elf Jr a Big Success for OLL Parish Players



Every year, Our Lady of the Lake produces a show featuring the talents of students and parishioners, and each year their production draws big crowds. Their recent presentation of Elf Jr! was no exception, bringing in record audiences and raising nearly \$10,000 to support the theater program.

Under the guidance of Youth Minister Rita Testa, and a dedicated team of volunteers, more than 40 cast members really had a chance to shine onstage at Shore Cultural Centre. Director Bonnie Frye did a wonderful job cultivating the talents of the full ensemble, and audiences gave rave reviews.



Join us for Christmas!



Join us for Christmas at Our Lady of the Lake. All are welcome!
Evening Prayer Sundays 6:30pm beginning Dec. 2
Dec 7: Vigil Mass 6:00pm
Dec 8: Feast of the Immaculate Conception 10:00am
Dec 24: 4:00pm, 7:00pm and Midnight
Dec 25: 10:00am
Dec 31: Vigil Mass 6:00pm
Jan 1: 10:00am

Our Lady of the Lake | 19951 Lakeshore Blvd | (216) 486-0850
www.OLLEuclid.org

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Fall Festival



Time to get those costumes for the Fall Festival! Did you dare enter the haunted house?



Fun and Games at the Fall Festival! Face Painting too!

Muffins for Moms



Thank you Moms! We appreciate you!

On November 16th, Imagine Bella celebrated all the Moms with a special "Muffins for Moms" coordinated by the Imagine Bella

PTO. Thank you Moms for all you do to love and support your scholars!

Stuff the Turkey



Here is our chart for tracking our progress. We beat our goal!

Our Stuff the Turkey final count was 1,019 nonperishables! Thank you to all the families who were able to donate. Our class with the most donations was Ms. Biederman's class! Congrats to the third graders in Ms. Biederman's room for bringing in the most



Thank you families! Time to deliver our items just in time for Thanksgiving season!

items. All the items donated weighed in at 1,035 pounds! Thank you to everyone who helped us in reaching our school wide goal! #WorldChangers #GivingBack #RipplesOfKindness

Costume Parade



Time for the parade to begin!

On October 31st, students participated in a schoolwide costume parade. Thank you to all the families who donated candy to make this event possible! What a SWEET way to wrap up the month. Also, much appreciation to the families who helped things go

smoothly with costume changes before the parade and to pass out candy at stations to students. It was chilly outside so the parade went through the building. Check out some of the costumes in these photos.

V Villa Angela-St. Joseph High School
Faith. Family. Future.

VASJ honors veterans with all-school assembly

"We're here today to honor our service members and to remember the sacrifices they have made and the courage it takes to defend honor, duty, and country," VASJ President Bill Cervenik '72 said at the all-school assembly in honor of Veterans Day.

Student Council President Harrison McCreight '19 led all in attendance in the Pledge of Allegiance.

Mr. Jim Tobin recognized all military members, past and present, within the VASJ family and identified the veterans who were in attendance.

"Take a moment to think about Veterans and their families, and what they have sacrificed in their lives to give us freedom," Tobin said.

Memorial candles representing the various wars and conflicts in which our veterans have served, were lit by our student government leaders.

Senior Class President Janessa White recited the Remembrance Prayer.

LTC Brian A. Ferguson served as the guest speaker. Ferguson has been active duty in the military for 19 ½ years and has deployed overseas three times.

"Tradition is about honoring



VASJ President Bill Cervenik '72 welcomes all in attendance at the school's 2018 Veterans Day Assembly. LTC Brian A. Ferguson, who has served active duty in the military for 19 ½ years deployed overseas three times, served as the keynote speaker.

and remembering," Ferguson said. "I jumped at the opportunity to come here today and speak about this tradition."

For Ferguson, serving in the military is a family tradition that dates back several generations, including his grandfather and his grandfather's grandfather.

You could hear a pin drop, and a few sniffles from those who were

overcome with emotion, during the playing of Taps.

VASJ President Cervenik asked for a show of hands from anyone who has family who has or is currently serving in the military. A majority of hands went up.

"Call them this weekend," he said. "Send them a note. Tell them, 'thank you.' And if you see a Veteran this weekend, go up to

them and tell them 'thank you,' too."

All students, faculty, and staff, remained silent while exiting the gym to show respect and honor to those who have served.

Many students stopped to shake the hands of the veterans who were sitting in the first row of the gym and quietly thanked them for their service.

VASJ to spread Christmas Cheer with collection drive



Each year, the VASJ community comes together for a 12 Days of Christmas collection to help people in the community who are in need of assistance.

This Christmas season, VASJ's Peer Ministers chose to support women and children in crisis and have selected five agencies that will receive the items collected.

The collection will take place from Thursday, November 29, through Friday, December 14, for the following agencies: Hitchcock

Center for Women, Family Promise of Greater Cleveland, WomenSafe, Laura's Home - Cleveland City Mission Women's Shelter, and Providence House.

The following products will be collected for the agencies: personal hygiene and hair care products, household cleaning products, baby wipes, diapers, paper products (toilet paper, tissue, paper towels), and disinfectant wipes.

For students, teachers, and

staff, there will be collection containers in each of the homeroom classrooms as well as in the faculty lounge.

For those in the community who would like to participate, there will also be a collection container outside of the main office.

If you are looking for ways to give back and do good this Christmas, please consider joining VASJ students and contribute to the collection drive.

UPCOMING EVENTS AT VASJ

VASJ Movie Night	December 15	Drama Club Spring Play	April 12-14
Founders Day Liturgy	January 22	Ladies Night Out	May 2
Scholarship Day	February 1	Awards Ceremony	May 9
Continue the Dream Benefit	February 23	Baccalaureate Mass	May 24
St. Joseph Day Mass	March 19	Class of 2019 Graduation	May 28
Admissions Open House	March 21	Alumni 2019 Golf Open	June 22
7th Grade Future Viking Day	March 28	Escape on the Lake 5K	July 13

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STUDENT ACHIEVEMENT. FISCAL RESPONSIBILITY. CREDIBILITY.

L.E.A.D. Scholars give back to Our Euclid families

This year, the L.E.A.D. Scholars (Scholars that Learn, Educate, Achieve, and Dream) hosted our 2nd annual Turkey Day Food Drive. This initiative is designed to provide families within the Euclid City School District with a little help for the Thanksgiving holiday. Families received a box full of sides (green vegetables, corn, yams, stuffing, mac n' cheese, gravy, cranberry sauce, cake mix, and icing) and a full size turkey. We even added a card to make sure they have a Happy Turkey Day and remember we (as a district) are family and here for support.

At the high school, each homeroom was tasked with bringing in as many donations (items were designated on a list sent to all homerooms) as possible in a quest for a free chick-fil-a breakfast (thanks Chick-fil-a!) Many teachers and the administrators who didn't have homerooms made significant donations that helped us purchase our turkeys and fill the boxes. In the end, the winning homeroom donated over 100 items and helped our initiative tremendously (Congrats to Mr. Davies and his homeroom).

Last year we helped 22 families so we set a goal of 30 families this year. We were able to exceed our goal and donate Thanksgiving boxes to 41 families in Our Euclid! Thanks to all that donated and we look forward to next year's drive.



College-bound and Panther Proud

Friday, November 16, was an exciting day for 122 seniors as Euclid High School hosted their Annual College Application Day. Representatives from Cleveland State University, Eastern Michigan University, Cuyahoga Community College, Lakeland Community College, Bowling Green State University, Ursuline College, Thiel College, Lake Erie College, Hiram College, and Youngstown State University came to EHS to instantly accept worthy scholars. Over 207 acceptance letters were presented on-site to our very deserving seniors. Students also earned over \$82,000 in scholarship dollars.

Many more college applications and letters will be awarded as the school year continues. This early application event is another way that Euclid High School provides students and families with unparalleled opportunities. Stay tuned for more information about the college and career ready seniors in Our Euclid High School Class of 2018!



www.euclidschools.org

Join the Discussion at: www.euclidobserver.com



STUDENT ACHIEVEMENT. FISCAL RESPONSIBILITY. CREDIBILITY.

Celebrate the holiday season in Our Euclid

Euclid High School's Symphonic Orchestra and Choirs will present their annual Holiday Concert on Wednesday, December 5, 2018, at 7:00 PM in the Euclid High School Auditorium. The concert will include the 8th-grade orchestra and Euclid Elite Show Choir followed by the traditional candlelight processional to "O Come All Ye Faithful" by Choral Masters, the Varsity Choral Competition Show, selections from Forte! Choir and the Symphonic Orchestra performing selections from The Nutcracker Suite, and Holiday Favorites. The program will culminate in a performance of "The Lord Bless You and Keep You," performed by the combined choirs and Alumni. Concert admission is \$3.00 per person.



WED, DEC 5 AT 7 PM
EHS Holiday Choir & Orchestra Concert
Euclid High School - Euclid

EUCLID SCHOOLS
Cocoa & Cookies with Santa Claus
Saturday, December 15, 2018
10:00 AM-12:00 AM
Euclid High School (Door 13)

The Euclid High School Criminal Justice program hosted its Annual Trick-or-Treat Event at Euclid High School on October 30, providing spooky, sweet fun for over 500 Euclid children. This was our biggest crowd on record, thank you to all who helped.



Our Euclid High School Art Club students volunteered at the Bluestone Elementary School's Family Night by providing a face painting station to some of our youngest panthers!



www.euclidschools.org

Join the Discussion at: www.euclidobserver.com

Events

Alumni Table on Wednesdays at Shore Cultural Centre's Euclid Culinary Bistro



Cherie Godnavec, James Tusoch '04, Greg Fondran '83, Ken Godnavec '83 and Chef Daniel Esquivel share a few laughs at the Euclid Culinary Bistro.

by Greg Fondran

Calling all Euclid Central, Euclid Shore and Euclid High School Graduates! In the spirit of the German tradition of "Stammtisch," or regular table, there is a table reserved every Wednesday at the Euclid Culinary Bistro at the Shore Cultural Centre for all graduates of the Euclid public schools. Please join us from 11:00 a.m. to 12:30 p.m. every Wednesday (when school is in session). See old friends and make new ones, while getting a great meal for your money and supporting Euclid's culinary arts program. See you there and Guten Appetit!

The Singing Angels at Shore on December 16th



The Singing Angels will be at Shore Cultural Centre on Dec. 16th, 2:00 pm.

by Chris Cipriani

The Singing Angels will be in concert on December 16th, at 2:00 pm, at Shore Cultural Centre, located at 291 E. 222nd Street, in Euclid. Tickets are \$10 general admission and can be purchased online at shoreculturalcentre.com, or in the Shore Cultural Centre office.

Interested in becoming a Singing Angel? Onsite auditions will take place after the performance. Open for 4th grade through age 16. Applicants can sing a song of their choice. For more information about The Singing Angels, and auditions, visit <http://www.singingangels.org/>

Euclid Cemetery Tour in Honor of Veterans Day



Headstone memorializing Euclid's first permanent European settler, Revolutionary War Veteran Lt. David Dille

(WAC). His father, also a Roy, served in the Navy.

Another couple who both served in WWII are Robert and Marie Holloway (LT and LTJG in the Navy, respectively). Mrs. Holloway continued her career as a Registered Nurse and Mr. Holloway went on to serve as a Euclid teacher and Assistant Superintendent and then as the Superintendent of the Beachwood City Schools.

A notable Vet from the First World War who lays at rest in our city cemetery is Clyde Woodmansee. Eventually, he came to serve as the City Building Commissioner, but after a dramatic return home from the war. He had been wounded in France and fell ill. As the story goes, his records were subsequently misplaced and the Army informed his family that he was presumed dead. Imagine their shock when he showed up at their door some months later!

Euclid Cemetery also contains headstones for Vets whose actual places of burial were unknown or unmarked. War Department records accessed on ancestry.com include applications made in 1942 by Mayor Kenneth Sims for headstones to honor four Revolutionary War Veterans including Lt. David Dille, who became Euclid's first permanent European settler. County Vet records show that Dille was buried at First Presbyterian, which was the family's church just down Euclid Avenue in what is now East Cleveland. See: <https://recorder.cuyahogacounty.us/veteran/gravesearch.aspx>. A fifth application in 1956 by a Wilson Crosier was made for a replacement headstone for John Crosier, which is now prominently displayed in the center of the four mentioned above. As his

headstone indicates, Lt. Crosier "Repulsed British at Lexington and Bunker Hill". For more information about the VA's headstone, marker and medallion programs, visit: <https://www.cem.va.gov/hmm/>.

There is some good news for anyone who was unable to make the tour - most of it was recorded using Facebook Live and the video can be accessed at: <https://www.facebook.com/AlisaBoles/videos/10216526380459329/>.

The handouts prepared by Dr. Larick for the tour can be viewed on his website at: <http://bluestoneheights.org/bsh/wp-content/uploads/2018/11/181117-Euclid-Cem-trifold.pdf> and <http://bluestoneheights.org/bsh/wp-content/uploads/2018/11/181117-Euclid-Cem-stories.pdf>.

Dr. Larick, the Cuyahoga Soil & Water Conservation District's 2017 Educator of the Year, has a Ph. D. in Archaeology and co-authored an Images of America book about the history of Euclid Creek. It is available online, e.g. <https://www.amazon.com/Euclid-Creek-OH-Images-America/dp/0738539538>, and also at the Euclid Library. Various books about local history can be purchased at the Euclid Historical Society, which is open on Tuesdays from 1-4 p.m. and located at 21129 North Street. Euclid Cemetery is accessible from Concordia Street, which is off of Grand Boulevard.

Mary Szekely, a retired school district employee, spent her lunch breaks documenting thousands of Euclid Cemetery graves on findagrave.com. She included information from various sources and uploaded pictures where possible. Check out her work at: <https://www.findagrave.com/cemetery/40739/euclid-cemetery>. I personally used ancestry.com and findagrave.com this past year to take my son to find the graves of my great-grandparents in rural Tennessee. Efforts of our local historians make it possible for others to do the same. Making this information accessible can mean a great deal to families in search of their ancestors or to anyone interested in history, generally.



Headstone memorializing Euclid's first permanent European settler, Revolutionary War Veteran Lt. David Dille



Give a Gift That Keeps Giving!

Consider a year-end gift to HELP Foundation and help provide people with intellectual and developmental disabilities quality care and compassion all year long.

www.helpfoundationinc.org or (216) 432-4810

Community

Lakeland Civic Association Greet the Christmas Season

by Kevin Jones

The Lakeland Civic Association, its members, and all residents of its neighborhood are celebrating the season with their annual holiday observances.

First up will be its annual Neighborhood Christmas Party Thursday December 6th at 7:00PM upstairs at the Ss Robert & William Church School.

Residents alternate each year between two categories of pot-luck contributions. This year the rotation turns to the odd-numbered households contributing savory snacks, and the even-numbered houses bringing sweets.

Party-goers are encouraged to bring items for the annual LCA Food Drive. They will enjoy games, music, and the pleasure of one another's company. Attendees should remember that the generously-donated

venue is served by an elevator.

The Lakeland Civic Association's Holiday season always includes the warmly-contested Decorations Contest. Each year judges award \$20 to each of the neighborhood's four best displays. Judges will tour the neighborhood's confines over several nights and will select winning yards according to size, neatness, and originality.

Santa's Parade is the traditional high-point of LCA's Christmas season. The generous fat fellow will cruise through the avenues of Lakeland Civic Association on Sunday December 16th between 2:00 and 4:00PM giving away gifts and treats to all the young ones who come out to greet him along the way.

Lakeland Civic Association wishes every member, neighbor, and citizen of Euclid, the best of holiday spirit.

2018 - A Year of Growth for HELP Foundation



by Stefanie Merkosky

As 2018 winds down and we enter the season of joy and cheer, we take time to reflect on all the wonderful things that HELP Foundation experienced this year.

The year started off with the exciting addition of the HELP Cornucopia vocational habilitation program. This program is designed for consumers who wish to work their way up a job skills ladder that will lead to successful and gainful community employment. This addition allows more consumers to live confident and independent lives!

All of HELP's signature events saw growth in 2018. From Fabulous Casino Night to the Annual Golf Outing and The Great Ice Cream Chase 5k, HELP staff, consumers and friends had a blast while raising funds to support our mission of

cares for individuals with intellectual and developmental disabilities.

We're incredibly grateful and thankful for all of the friends we've made in the community this year. The relationships we've built with our comrades at Euclid's Chamber of Commerce, HELP's Cornucopia and Shredding customers, generous sponsors, donors, and volunteers. And of course the many wonderful consumers and our dedicated, compassionate staff. Because of you, we continue to ensure that individuals of all abilities are valued and respected members of this great community.

Your contribution to our mission has a direct, positive impact on people who have intellectual and developmental disabilities; please consider making a year-end contribution to HELP Foundation by visiting www.helpfoundationinc.org.

Tips for End-of-Year Charitable Giving

by Dave Godek

While Americans eagerly embrace the spirit of giving throughout the year, a lion's share of donations are made in December.

Nonprofit Source, an agency serving the nonprofit industry, reports 30 percent of annual giving occurs in December and a whopping 10 percent of donations are made in the last three days of the year.

Why? "For some people, it's a business decision: December 31 is the deadline to maximize your tax deductions for the year," said Mike Losneck, CEO of Eaton Family Credit Union. "For others, they get swept up in the seasonal festivities and holiday spirit makes them more likely to give and to donate a larger amount."

According to Giving USA 2018, an annual report on philanthropy, charitable giving in the United States continued its upward trend in 2017, as an estimated \$410.02 billion was given to charitable causes. For the third year in a row, total giving reached record levels, the agency reports on its website.

Like in previous years, the majority of giving came from individuals. Specifically, in 2017 individuals gave \$286.65 billion, accounting for 70% of all giving and representing a 3.0% increase over the prior year.

Recent consumer surveys sponsored by the Ohio Credit Union League found Ohioans also embrace the spirit of giving during the holidays. As many as 55 percent of Ohio consumers made a holiday-related charitable contribution at the end of the year. Of

those contributions, 55 percent of donors said they write off the charitable donations on their taxes.

"Due diligence is as vital in charitable giving as it is in any other part of one's financial life," Losneck suggested.

For consumers to get the most out of their financial giving, the Ohio Credit Union League recommends they:

Plan ahead - Include charitable giving as a line item in your budget. As with most things, planning ahead makes the process easier. If you have a favorite charity you want to support, itemizing allows you to plan for giving without cutting into your regular monthly expenses.

Choose where you give carefully - Only donations given to qualified charitable organizations are deductible on your taxes. If you're not sure whether an organization qualifies, go to www.irs.gov and search "charities/non-profits."

Get a receipt - Cash contributions, no matter the amount, must be verified by a financial institution record or in writing by the recipient organization. The receipt should include the name of the charity, a date, and the amount given. Although a copy is only necessary in case of an audit, it's a requirement, since 2007, that all monetary donations be recorded.

Check with a credit union - If you can't decide how to give back to your community, contact a credit union. Many credit unions partner with local charities to support those in need, right in your backyard.

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It's Your Decision



Deb is a Communication Coach. She brings a unique blend of empathy and insight to situations to unravel conflict, enhance growth and isolate issues. Check out her website at: dobbscommunication.com

by Deb Dobbs

Choices. Life is full of them. In a world bubbling with technology and messaging, we are inundated with options -- choices. How do you sort them out? Are you happy with your decisions? Or do you dream of changing them? How do you decide? What process do you use to select a way forward? Then finally, when you make your decision, do you get what you want? Or do you find yourself faced with disappointment? Have you ever thought about how your decisions impact your work or home life? Let's take a closer look at what happens when you make

decisions.

Some people are direct and analytical. They look at situations, evaluate alternatives and move forward. They rarely if ever look back. Others reach out for confirmation from coworkers, friends or family. They may have their eye on a timeline. Yet they wait to get more information before they decide. While there are other people who wing it. They make decisions in the moment. They don't have concern for consequence or outcome. Then finally, there are some people who resist decision making. They avoid it. They make indecision their decision. Which category fits you? Do you prepare as best you can, then adapt as needed? Or, are you stubborn? Using some industry terms, are you nimble? Are you agile? Or do you procrastinate? Stagnate? Block change?

Today, take a step to make your decisions proactive. Like the rippling effect of water when a stone falls in it, your decisions influence the perceptions and reactions of others. Your decisions have consequence. Discover your decision-power! Examine your own perceptions. Be a forward thinker. Empower yourself to make quality decisions. Your results will manifest.

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Health

Prescription Drug Allowances

by *ginny calvey*

Dominic was prescribed a prescription by his doctor which retails for \$679 for a 30 day supply. This particular pill is not on his current plan so not subject to discounted pricing. There is a plan offered in 2019 which covers the pill at \$337 both before the deductible and in the initial period. Still, pretty pricey...Good RX has a coupon which allows him to purchase this drug for \$27.34 at Giant Eagle pharmacy.

Until recently, anyone participating in a federal health plan, like Medicare, was prohibited from purchasing with these programs. In fact, the disclaimer was printed prominently on both the websites as well as the discount card itself. This is no longer the case. You may purchase prescriptions outside of your contracted prescription drug plan.

Phyllis was prescribed medication for her bladder cancer of which the full cost is

\$534 for a 30 day supply. While it was not available at Good RX, her husband found it affordable through Sams pharmacy by subscribing to their premium membership which costs \$100 currently. With the membership, their cost for the drug is only \$250, less than half the retail cost through their prescription drug plan.

As this is the Annual Enrollment Period, AEP, the time for comparing your current plan with next year's offerings, take advantage of all your options. Augment your plan with cost cutting strategies. Google your expensive prescription for discount options available to you or ask your neighborhood pharmacist for assistance. You are now permitted to be proactive in purchasing prescriptions and not limited to procuring all your drugs from a single source.

As always, if you need help email calveyg@gmail.com or call 440-223-5437.

Don't be a Victim of Medical Identity Theft



Laura Mutsko.
Owner and Agent,
Mutsko Insurance Services.

that person's knowledge or consent. The theft occurs when unscrupulous people obtain medical services, or use another person's identity to make false claims. When a person's medical identity is stolen, incorrect information may become a part of the victim's medical records. This can lead to confusion and in extreme situations, it can be life-threatening if the wrong information gets mixed in with someone's a person's medical record.

You can help prevent this type of fraud by following some common sense practices, including the following:

Don't become an unwitting participant by responding to television, Internet, or print ads offering "free" or "no out-of-pocket cost" medical products. Refuse delivery of mailed items you did not order. In general, you should coordinate your medical care through your primary care physician and remember that if an offer sounds too good to be true, it usually is.

Guard your Medicare, Insurance and Social Security numbers. Treat them like you would treat your credit cards. Do not let anyone borrow or give you money to use your cards. This is illegal.

Report medical equipment suppliers that send you or bill Medicare for more products than you need, such as diabetic test strips or medications.

Check your medical bills, Medicare Summary Notices, Explanations of Benefits and credit reports on a regular basis. Watch for charges for medical services or equipment that you did not receive. Verify the dates of service, charges, or provider names and make sure you were not billed for the same thing twice.

If you spot questionable charges, contact your health care provider. It may just be a mistake. If your doctor, hospital or other provider cannot provide you with a satisfactory explanation, report the questionable charges to your insurance provider or Medicare.

If you suspect Medicare fraud, contact the Department of Health & Human Services Office of Inspector General. Phone: 1-800-447-8477 (1-800-HHS-TIPS) TTY: 1-800-377-4950. Reducing medical fraud is one way we can work together to keep our health care costs in line.

To learn more about medical identity theft visit: www.medicare.gov/fraud-medicare.

What is Assisted Living?

by *Jessica Orlic*

Assisted Living is an option for individuals who can no longer live independently. It is a phrase used to describe the concept of supportive services as well as a reference to a place that provides those services. You may have heard of an Assisted Living Residence or Community. In Ohio, these are facilities that are licensed by the Ohio Department of Health to offer services such as Meals, Personal Care, Medication Supervision or Administration, Activities of Daily Living, therapies and more. All Assisted Living Communities are surveyed by the Ohio Department of Health on an annual basis and must comply with strict guidelines written into Ohio Law. Assisted Living Communities are for adults of all ages, but it is primarily those over 65 who are residents. Some Assisted Living Communities are small, others large, some with all furniture included, others are unfurnished allowing a resident to bring their own personal furniture and belongings. All utilities and meals are typically included, except for a land line telephone. Satellite TV and Wi-Fi are often included. Lots of choices. A resident in an Assisted Living Community may come and go, may have a car and may even have a small pet, dependent upon the type of community chosen. Staff is on duty 24 hours per day and provides supportive services via tiered "levels of care". Some Assisted Living Communities offer "Respite Care". This gives a resident and family the opportunity to experience Assisted Living services without a long-term commitment. It is perfect for times when the family and/or caregivers need to be

away from out of town travel, medical care, or sometimes just needing a little break from caregiving. Respite Care is generally for a minimum three day stay and is scheduled in advance. Respite Care is Private Pay. This means that there is a daily rate and it is paid at the time of the stay, in advance.

Assisted Living is part of a continuum of care, between Independent Living and Skilled Nursing Care. Medicare does not pay for Assisted Living. Private Pay, Long Term Care Insurance and perhaps Medicaid may help to cover the costs. In order for Medicaid to pay, a resident would need to apply for the State of Ohio Medicaid Assisted Living Waiver program. Follow this link for more details.

<https://www.payingforseniorcare.com/medicaid-waivers/oh-assisted-living.html>

For older individuals who may be a Veteran or the spouse of a Veteran who served during specific War Times, there may also be another payment option...Aid and Attendance. To learn about eligibility guidelines, visit this link or your local Veterans Services Commission Office. https://www.benefits.va.gov/pension/aid_attendance_housebound.asp

Assisted Living can be a perfect option for individuals who may no longer be able to live on their own. It is a great solution for those who might be having shoulder replacement, elective surgery, etc. and in need of short term care, knowing that Medicare will not cover it.

To learn more about Medicaid and options for payment, contact Christine Barrows at Gateway Family House at 216-532-1125

Senior Page



Euclid Senior Center

All the programs listed are available at Euclid Lakefront Community Center
1 Bliss Lane, Euclid, OH 44123
216-289-2985 www.cityofeuclid.com



DECEMBER CALENDAR OF EVENTS

EVENT SPEAKERS:

Monday, December 10th @ 11:00AM, Don Rockwell and Independent Insurance agent will present a talk on Medicare Solutions.

Tuesday, December 11th @ 11:00AM— Get ready for another riveting talk from our very own Bob Payne. The title of this talk will be "Routine or Surprise".

Wednesday, December 12th @ 11:00AM— Dr. Jones, the Superintendent of Euclid Schools will come in and share news on any changes or updates to the Euclid Public Schools.

Monday, December 17th @ 11:00—Simone from Design for This will come in and share a little holiday cheer with us.

Monday, December 17th @ 11:00AM—The Mayor will come in and share .

FUN AND GAMES:

Pinochle Tournament

Friday | 1:00 PM

Computer Room

Open Card Play

Wednesday | 1:00 PM

Card games, Pinochle, Bridge & Rummy

Bingo

Monday, Wednesday & Friday | 12:45 PM

Pool Tournament

Friday, December 21, 2018| 9:20 AM

November winner John Rogoski

Adult Coloring

Tuesday | 1:00 PM

Education and Specialization:

Bible Study

The group meets Tuesday | 10:00 AM

Arts & Crafts

Wednesday | 10:00 AM

Sewing

Thursday | 10:00 AM

Art with Jack

Tuesday | 12:45 PM

Crochet

Tuesday | 10:00 AM

Quilting Class

2nd & 3rd Thursday | 12:30-2:30 PM

I AM A SEENAGER (Senior teenager)

I have everything that I wanted as a teenager, only 50 years later.

- I don't have to go to school or work.
 - I get an allowance every month.
 - I have my own pad.
 - I don't have a curfew.
 - I have a driver's license and my own car.
 - And I don't have acne.
- Life is Good!

Transportation Policies

Euclid Senior Programs can provide transportation services for Euclid residents who are Senior Center members on a limited basis. Contact Monica at 216-289-2985 for arrangements. We transport To/From the Lakefront Community Center, Monday – Friday (closed legal holidays) for a \$1.00 requested donation. (Please note – we do not transport to/from senior communities that have their own transportation)

SHOPPING SCHEDULE (Fee is \$3.00 Per Rider) - Shopping is limited to the following local stores: DAVE's, ALDI's, MARC's, Dollar General & Drug Mart. Please note – we will transport a MAX 8 BAGS

TUESDAY SHOPPING 8:30AM – 10AM

One hour at store

THURSDAY SHOPPING 1:30 – 3:00PM

One hour at store 1st Wednesday of every month (Senior Day at Drug Mart). We will transport to the store at around 9AM and pick up at 10AM

An Insider's Guide to paying for Nursing Homes

by *Jessica Orlic*

Long Term Care, Rehab Care, Skilled Nursing Care are all common terms for Nursing Home care.

All nursing homes in the State of Ohio are licensed by the Ohio Department of Health. Each must abide by strict care guidelines and annual surveys to assess measures related to Quality of Care and Services. Nursing homes come in many shapes and sizes; small to large, privately owned, not for profit, etc. Rehab centers, such as those in local hospitals may be licensed as Nursing Homes.

Generally, there are four types of payment for Nursing Home care:

- Private Pay-The community will charge a daily rate and it is paid via personal funds
- Medicare/Medicare Advantage
- Medicaid
- Other-including Private Insurances

Long Term Care Insurance, VA payment, Aid and Attendance for veterans and spouses of veterans who served during times of war, etc. are all part of the Other

category.

People often believe that "Medicare pays for everything". A physician may have recommended a short stay for rehab care, or perhaps a respite stay or even hospice care. Medicare does pay for some types of care within a nursing home but not always. Certain guidelines must be met. With traditional Medicare the patient must also require skilled care services. A good rule of thumb to remember is Medicare will pay 20 days at 100% and 80 days at 80%. Supplemental "Gap" insurance may cover the balance during the first 100 days. There are several different Medicare Advantage Plans that all have their own coverage rules. For more information on both Traditional Medicare and Medicare Advantage plans visit: <https://www.medicare.gov>

Medicaid is the largest single payer for nursing home care. Medicaid requires an application process with eligibility guidelines based on income and asset limitations. To qualify individuals must meet

Banking – Members can be transported to a local bank based on the availability of drivers. Contact Monica to schedule a couple of days in advance. (Fee is \$3.00)

Medical Appointment Transportation – You must schedule medical appointment transportation at least one week in advance. Please note, we cannot transport outside of the listed times. If your appointment runs later, you need to arrange other means of transportation. Also, we are not a medical transport. If that is needed, please contact an ambulance service Medical Appointments within Euclid 9:00AM - 3:00PM Fee -\$3.00 Medical Appointments outside of Euclid 9:00AM – 2:30PM Fee -\$10.00

Medical appointment transportation service is limited to the following areas: East to Lake West Hospital South to Hillcrest Hospital West to VA Hospital, Cleveland Clinic and University Hospital. All of Euclid TRANSPORTS ARE NOT AVAILABLE BETWEEN 11am-1PM (the drivers are delivering meals to homebound seniors during those times).

Nutritional Programs

Euclid Senior Center offers a lunch program Monday through Friday at Noon. We serve a nutritious meal that supplies 1/3 of your daily nutrition requirements. Our menus are written by a licensed dietician to insure you receive a healthy lunch. The suggested donation is only \$1.00.

RESERVATIONS ARE TO BE MADE MONDAY, TUESDAY OR WEDNESDAY, BY NOON FOR THE FOLLOWING WEEK.

When reserving, please be conscientious and look ahead to make sure you reserve lunch for the days you know you will be here. We now have to report the number of no-shows and seconds. Please help us to lessen the no shows/seconds. You can help to make a difference.

What you, and I, need to remember is that everybody else is in this exact same situation as us. Maybe it's also a good idea to remind ourselves, often, that we are certainly not perfect, and to give others the benefit of the doubt. They are growing too.

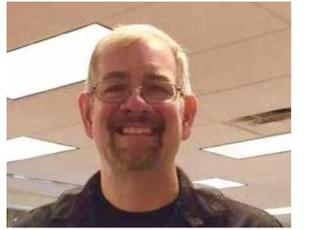
If you've got a problem with someone, it would be best to speak to the person instead of talking about it. If you can't say it to their face, you're better off not saying it at all.

Bob Payne, Manager
Bob also has a personal blog you can find at www.siftedsoul.com.

Persons with both Medicare and Medicaid may also be enrolled in a Medicaid Managed Care program. This payment source also has its own guidelines for coverage. For more information, visit <https://www.medicareid.ohio.gov/FOR-OHIOANS/Programs#623546-long-term-care>

Long Term Care Insurance is designed to help pay for Long Term Care (LTC) services provided either at home or at a licensed facility. A range of care options and benefits can be selected to fit the services needed by the individual. Long-term care insurance premiums are based on the age at the time of the application for coverage. Some nursing homes may have a contract or relationship with the local VA to provide services to veterans. Veterans and/or spouses of veterans may also be eligible for

Bob's Corner



by *Bob Payne*

You are not perfect. Even though you have the best of intentions, you still make the occasional mistake (and boy, some of them have been whoppers!). You know exactly what I mean. You can be moody and there are times when you act very edgy with others. And sometimes you say things that you know you shouldn't say, but you do it anyway. Let's just agree that you are often times very human, and leave it at that.

With that in mind, there's a group of people that I want you to reconsider. I say reconsider because you have already considered them, and have deemed them to be unworthy. They are the people that you gossip about.

We know we shouldn't do it, but there's something in all of us that likes to compare ourselves with other people. And, we will always spot those who don't live up to our standards. So, we talk about them. We draw other people's attention to their many, many failings. We talk about it and talk about it. In a sense, we feel that we are lifting-up ourselves by pointing out their shortcomings. Nothing could be further from the truth. You don't look good when you are trying to make someone else look bad. All you are doing is exposing yourself as a judgmental gossip. Is that who you are? Is that the real you? Are you that person?

Ok, before I act all holier than thou, I have to admit that I do it too. I could say that it's not really who I am, I don't do it often, or that I really don't mean to gossip, but I guess there is a part of me that must get some satisfaction out of it. Here's the rub. I know it's not right and it's not who I want to be, but I do it anyway.

So, how do we change?

This is going to sound outlandish, but bear me out. You don't need to change. You are okay just the way you are. But, before you get too comfortable let me remind you of this. Though you may be okay the way you are at this moment, you are not done growing into the person you will become (regardless of your age). We are always in the process of becoming something more. Its growth to live and learn, and it is always done imperfectly. So, let me ask you this. Do you really want to be a gossip?

What you, and I, need to remember is that everybody else is in this exact same situation as us. Maybe it's also a good idea to remind ourselves, often, that we are certainly not perfect, and to give others the benefit of the doubt. They are growing too.

If you've got a problem with someone, it would be best to speak to the person instead of talking about it. If you can't say it to their face, you're better off not saying it at all.

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financial assistance via a program known as Aid and Attendance. To quality, the veteran must have served during a time of war. To learn more, visit <https://www.vets.gov/pension/aid-attendance-housebound/>

For more information about resources available to assist with paying for nursing home care, contacting the Western Reserve Area Agency on Aging at <https://www.areaagingsolutions.org/contact/> Additionally, you may reach out to Gateway Retirement Community at. 216-532-1124.

Step one... Start Now!

by *Natalie-Jo Flynn*

HEALTH HUGS FROM MOVE THAT MOUNTAIN HEALTH COACHING, BY NATALIE

Hi There, as you are plenty aware, 2019 is coming soon! Many of you are glad to see 2018 go and start fresh and some of you are holding on for dear life as you scramble to complete all of the goals you set.

As our clocks tick away the seconds, anxiety can paralyze us into not doing anything right under this pressure, thus giving in to feeling like a failure, Good News, the fact that you had a goal to begin with omits you from being a failure whether or not you completed it the way you wanted. The truth is any step you took put you closer and that's not failure!

Inevitably we will start 2019 ready or not, so, Lets be ready.

As this New Year arrives we tend to think of all the ways we want to change and make this one our best year yet.

We think of the habits we will shift, the goals we will achieve and we visualize ourselves as the person we will be. Then fear of change creeps up and stops us from getting where we want to be. Maybe we fear not fitting in anymore, making others feel uncomfortable if we succeed, being ridiculed or not being loved. These are a few reasons we fall off track to success.

Health Hug:

I want everyone to Claim their health and live life knowing you are ultimately in the driver's seat to how you take care of yourself.

There is a wonderful shift in our society of people becoming curious about ways to maintain and improve health and wellness through better eating habits. More and more we are becoming aware of the foods that Make us feel better overall and those that make us feel UGGGH! (Examples: bloated, tired, stomach pain, gassy, irritable)

I am not here to be a drill Sargent or a perpetual lecturer however I will say that I want you to listen to and get curious about how you feel after you eat, this is step one to living healthy.

Our body is a powerful system that relies on what we feed it to function optimally.

When we feed ourselves right we have a better defense against illness and diseases.

A food diary is where I start with my

clients. We must know honestly foods and drinks taken in daily and how those foods made you feel. If you feel bad after a certain food, its likely not a good food for you.

Is 2019 the year you will face your fears and reach your dreams?

As A Personal Health Coach and advocate for success I am here to empower you to take back your life from whatever health obstacle that is holding you hostage and preventing you from getting closer to your better life. I will provide the tools and techniques you need to create positive, lasting change so you can feel better in your skin for good, not just for the first 2 weeks of the new year!

"Healthy isn't a Goal, It's a way of living. If weight loss, increasing energy, eating better, reducing pain, having better skin are part of your Need-to-do list than I have 100 diet theories for you to try! Or we could just make your current diet work for you.

So, keep a food diary starting now and you will have a jumpstart on feeling great before 2018 runs out.

Note: A food diary is a record of everything you eat or drink. Leave room for a comment to record any feelings or side effects of certain foods. If you feel bad after a food, make a note, see if you have a pattern of good or bad reactions with certain foods.

Feel free to contact me with any questions about this or any of the comments I have posted.

Feedback is welcome.

Also, just text, call or email to have a complimentary discussion session about your health goals. Easy and fun.

For more Inspiration to making healthy habits now to last through the Holidays and your lifetime, call me, and turn those plans for tomorrow into Done Today.

I provide one on one, group sessions, as well as educational wellness tips and talks for any size groups!

Let's Move That Mountain!
Natalie-Jo Flynn, RN, MSN, Personal Health Coach
216-406-0154
nataliejo@mtmcoaching.net



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