

January 2021 | A special supplement to the  
Perrysburg Messenger &  
Rossford Record Journals

# Health & Wellness

*Stay hopeful, be safe  
and always make sure to...*



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promoting local  
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# Wood County Park District: Walk your way to wellness

### Be well.

A journey to wellness includes many ways to invest in ourselves.

It's good to remind ourselves that we are important and it's okay to prioritize self-care.

Of course, it is healthy to eat a rainbow of fresh foods, get adequate sleep, and seek regular physician and dental care.

Nature is also an important part of our well-being.

Spending time in natural areas imparts a myriad of health benefits.

Enjoying time in nature helps to lower blood pressure, reduce stress levels, decrease anxiety and hyperactivity, improve mood, improve cognitive function, and it is fun.

### A walk in the park how-to:

Step 1: Find a park and trail.

Step 2: Stop, close your eyes, and look up at the sun (or where the sun should be). Smile. No one is looking. Open your eyes.

Step 3: Move along the trail. Are you perfecting a new dance move called the Duck? You do you. Enjoy and be courteous of others.

Apparently not everyone wants to be in a flash mob, and that's okay. Many park visitors seek solitude, or quality bird photographs. There's room for us all at the park.

Step 4: In a wooded area, stop and look up. Say something kind to yourself. Don't worry, it's okay to talk to yourself in the forest.

Step 5: Breathe. Think of three things you're grateful for in the universe. It's hard to stay mad in the woods.

Step 6: Find your merry way home. No offense, but you can't sleep here, it's preserved for wildlife.

### Learn about parks and activities

The Wood County Park District has 20 parks and preserves open daily from 8 a.m. until 30 minutes past sunset. The 'wc parks' app has details, activities and navigation.

The park district has limited capacity and socially distanced in-person programming.

### Register at [wcparks.org](http://wcparks.org).

Programs such as an evening Owl Hike,

Full Moon Walk, Bird Counts, Orienteering, Shelter-Building, and the Frozen Wildlife Safari are in-person.

Online activities include a Valentine's contest and cooking club with the Carter Historic Farm staff.

There's always something new to experience.

### Let nature care for you.

You can choose your own escape into nature with the Wood County Park District.

When there is snow, we offer pop-up snowshoeing programs; the Slippery Elm Trail provides a great cross-country skiing course, and with thick enough ice, there is skating at the W.W. Knight Nature Preserve pond.

Nature changes with surprising beauty in all seasons.

Appreciating the beauty of nature and allowing yourself to wonder are paths to delight.

*Choose to explore.*

*Choose good health.*

*Choose nature.*

Online Valentine's Contest with Carter Historic Farm

register at [wcparks.org](http://wcparks.org)

Wood County Park District

[wcparks.org](http://wcparks.org)

Frozen Walk-through Wildlife Safari  
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## *Dental care should continue during COVID pandemic*

Even during a pandemic, patients should rest assured that it is still safe to go to the dentist, according to the American Dental Association.

The organization recently published a study that reports that less than 1 percent of dentists nationwide have been found to be COVID-19 positive, which is far less than that of other health professionals.

The report includes data from nearly 2,200 dentists surveyed in June 2020. It was the first study of its kind to show U.S. dentists' COVID-19 rates as well as safety practices.

Based on the strict practices he is using, Rossford dentist Dr. Tim Fisher is confident in the health and safety at his office.

Following the Ohio Dental Association's guidelines, patients must wait their turn in their cars in the parking lot until, wearing a mask, they come into the foyer and have their temperature taken, before being shown back to a room.

Then they must rinse their mouth with Peroxyl, a diluted peroxide that kills any virus in the patient's mouth or throat. Air purifiers have been installed in each room to further enhance safety.

"I feel so safe with what we're doing and all the protocol," Dr. Fisher said.

At this time, the ADA believes dental care can continue to be delivered safely.

Guidance recommended by the ADA and the Centers for Disease Control and Prevention continue to safeguard the health of the public.

"Dental care is essential health care," Dr. Fisher emphasized. "Regular dental visits are important because treatment, as well as prevention of dental disease, helps keep people healthy."

The study published in the *Journal of the American Dental Association* found the prevalence of COVID-19 among dentists to be less than 1 percent.

Researchers from the ADA Science and Research Institute and the ADA Health Policy Institute are continuing to collect infection rate data among dentists and have added dental hygienists to the research as well.

The preliminary data suggest the monthly incidence rate among dentists has remained below 1 percent. Conclusive data from a six-month period will be part of an upcoming publication.

During last spring's state-ordered shutdown of dental offices, Dr. Fisher was only seeing patients for emergencies. But after being closed for about six weeks, he was more than ready to reopen May 1.

"I was thinking 'this is my home—I want to get in here,'" he explained. "Rossford's been so good to us for 50 years—we're so blessed. And our patients tell us they are so grateful we're open."

Dr. Fisher said his approach to dentistry in the midst of a health care crisis is to "remain calm in stressful situations, and trust in the Lord and he'll take care of things."

He misses his long-time colleague Dr. Bill Zouhary who retired last year, but has pledged to continue their philosophy of treatment that takes into consideration the physical, emotional and spiritual well-being of people.

"We offer excellent dental care, while making you feel welcomed and comfortable with every one of your visits," Dr. Fisher said.

The dental practice at 849 Dixie Highway, Rossford, is accepting new patients. For an appointment, call **419-666-3327**.

# Alternative Physical Therapy



2526 N. Reynolds Rd.  
Toledo, OH 43615

28442 E. River Rd., Suite 103  
Perrysburg, OH 43551

*People are curious about Alternative Physical Therapy in Perrysburg and Toledo.*

**About what makes them alternative, actually. So, here it is.**

**They listen** to your history and concerns. They provide a detailed movement and physical therapy evaluation, and they address pain and body alignment while teaching their patients progressive strengthening and positional corrections.

**They provide** a “**WHOLE BODY APPROACH**” to physical therapy services for injuries, muscle sprains/strains, joint rehabilitation (pre and post surgery for total joint replacement), as well as more complex rehabilitation. This would include treatment for fibromyalgia, stroke and head injury, Parkinson’s, spinal/neck and back and postural issues.

**They’re on the cutting edge.**

They offer laser treatments, dry needling, cupping, myofascial and trigger point releases and aquatic therapy. They provide advanced manual (hands-on) alignment services such as ZeroBalancing and CranioSacral treatments. Also available are Pilates, yoga rehab and fitness training. Detox foot and nutritional packages are available.

**People notice them.**

Alternative Physical Therapy has won three recent awards—“Reader’s Choice” Best Physical Therapy in 2019 and 2020 and Runner Up “Toledo City Paper” Best Physical Therapy in 2018. Plus Cindy Roshon from their non-profit partner Stroke Life Center was nominated for the prestigious Jefferson Award for Community Service.

**Most importantly, their patients appreciate them.**

A grateful recipient of their care wrote, *“I absolutely love this facility and all of the people in it. I have had ongoing physical therapy for many years, and the people here are incredibly knowledgeable, committed, caring, creative, encouraging, and best of all, fun to be around. They push you to do your best, are more than willing to go above and beyond for their patients and the environment is so inviting. I highly recommend them to anyone.”* **Ms. Holtgrieve**

**And, another one—for balance.**

*“I have had significant problems with my neck and lower back for a couple years. I’ve seen a good chiropractor, a neurologist and a neurosurgeon. Finally, the PA at the neurologist sent me to Alternative Physical Therapy because the owner, Lisa, has extra training in neurological issues and works with patients with headaches and neck issues. She gives me movements I can do at home, too. My back hasn’t felt this good in years. My neck is much better but still a work in progress. Alternative Physical Therapy is not your run-of-the-mill physical therapy facility. I recommend Lisa and her staff to everyone.”* **Becky W.**

So, if you have a pain in the neck, a strain in your back, or if you’re just feeling older and need a tune-up, please contact Alternative Physical Therapy.

**You’ll be GLAD you called us, 419.578.4357!**

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to schedule!

## Alternative Physical Therapy can maximize your abilities

It is now January 2021, the perfect time to start your new year with the vital resolution to take better care of yourself.

These last 10 months of COVID-19 have taught us the importance of prioritizing our own health. Keeping our immune system in top form has never been so important.

Alternative Physical Therapy suggests maximizing your exercise program this February, March and April to be ready for spring activities in northwest Ohio.

Call Alternative Physical Therapy to schedule a free 15-minute consult to discuss your needs, or, if you already know you need physical therapy, supply us with insurance information and our office will

check your insurance benefits for physical therapy to determine if you would have any out-of-pocket expenses such as deductibles.

An Alternative Physical Therapy physical therapist will discuss your goals with you at your scheduled evaluation, evaluate your physical abilities, listen to your medical and activity history and develop a plan of care along with you.

We will schedule your physical therapy appointments to maximize your strengths, minimize your weaknesses and improve your alignment if necessary.

We will instruct you in a home exercise program, including a self-care program which we will progress as you improve.

Remember, to maximize your activity level, first reduce any pain resulting from the injury or your lifestyle.

Then improve your flexibility and increase your strength as possible. Finally, we want to maximize your total functional balance and posture to help you meet your goals so that you can truly enjoy 2021.

Alternative Physical Therapy is located in Perrysburg and Toledo. Our main clinic number is 419-578-4357 with appointment hours available from 8 a.m. to 7 p.m.

Our address in Perrysburg is 28442 East River Road, Suite 103. We are located in the East River Road medical center across from the 577 Foundation. Our Toledo location is 2526 North Reynolds Road.

## *Small changes to help improve your overall health*

The start of a new year is a great time to take stock of the year that just passed and set goals for the next 12 months. Resolutions focused on improving personal health are especially popular, and for good reason. Improving one's overall health can have positive implications for years to come.

Even with the best intentions, resolutions have historically proven hard to keep. Simplifying health-based resolutions can lead to a higher success rate and a healthier you.

- Walk more. It is easy to get preoccupied with the "10,000 steps per day" mantra that many people follow and that certain fitness trackers promote. Walking 10,000 steps daily, which equates to roughly five miles per day, is a healthy goal, but it may not be realistic for everyone. Take stock of how many steps you currently take each day, and then resolve to walk 2,000 more. As your body acclimates to walking more, add another 2,000 steps, continuing to do so until you reach 10,000 steps.

- Learn something new about being healthy. Informed health decisions require gaining a greater understanding of your body. Rely on a reputable source such as the Centers for Disease Control and Prevention to learn more about how to be healthy.

- Spend less time on social media. Staring at your phone or tablet for multiple hours browsing tweets or checking messages might not be the best thing for your physical and mental health. Browsing the internet may take up time that could be better spent engaging in physical activity.

According to Dr. Elia Abi-Jaoude, a staff psychiatrist at the Hospital for Sick Children and Toronto Western Hospital, various studies have shown how excessive social media usage can ad-



versely affect relationships, sense of self, sleep, academic performance, and emotional well-being.

- Eat more whole foods. Whole foods, including vegetables, fruits, nuts, seeds, whole grains, and fish, contain various nutrients the body needs to function at peak capacity. These foods may help reduce the risk of many diseases and help people maintain healthy body weights. Start slowly by introducing a new whole food to your diet each day. A gradual approach is more manageable than going on a drastic diet.

- Avoid sweetened beverages. You are what you eat, but also

what you drink. A report published in 2006 in the American Journal of Clinical Nutrition found consumption of sugar-sweetened beverages, particularly carbonated soft drinks, may be a key contributor in the epidemic of overweight and obesity.

Skip sweetened beverages (even fruit juices can be unhealthy if consumed in excess) and opt for more water or unsweetened teas.

- Find a physical activity you like. Rather than resolving to join the gym or signing up for a 5K because it's what everyone is doing, find a physical activity you truly enjoy and aim to do it a few times a week.

Maybe it's a sport like tennis or recreational cycling with the family. But if the idea of a gym membership excites you, then by all means sign up.

Avoid restrictive health and wellness resolutions that can be unsustainable. By downsizing expectations and taking small steps en route to your goals, you may be more motivated to stay the course and realize your resolutions.

## McLaren St. Luke's receives Primary Plus Stroke Center certification

McLaren St. Luke's has received certification from DNV GL Healthcare as a Primary Plus Stroke Center, affirming the hospital's readiness to handle a full range of stroke-related medical problems. The certification program evaluates the coordination of stroke care and guides clinical outcomes.

Types of patients who might seek care from a center include patients with ischemic strokes, large vessel occlusions, hemorrhagic strokes or strokes from unusual causes that may require specialized testing. Certified hospitals are equipped to evaluate, stabilize and provide emergency care to individuals with acute stroke symptoms and admit patients to a dedicated stroke unit or designated beds.

It also certifies that participating hospitals have the personnel, infrastructure and expertise to diagnose, treat and support stroke patients who require intensive medical and surgical care, specialized tests and interventional therapies, such as thrombectomies. Thrombectomies are performed by neuro interventionalists to remove a blood clot in the brain to help save brain tissue and lessen disability.

Additionally, this certification allows other



**Stroke patient Jean-Pierre Lemire, and his care team in a photo taken before the pandemic. Mr. Lemire is a truck driver who was passing through the area when he started experiencing stroke symptoms.**

area hospitals to transfer patients to McLaren St. Luke's for a higher level of stroke care.

McLaren St. Luke's underwent a rigorous review by DNV GL Healthcare experts to validate compliance, such as collecting stroke treatment data and using it to improve the coordination of stroke care. McLaren St. Luke's is one of only 13 hospitals across the U.S. to earn this status.

"Our staff is thoroughly committed to providing our patients with exceptional stroke care based on evidence-based research to ensure continuous improvement, and this elite certification illustrates just that," said Jennifer Montgomery, president and CEO, McLaren St. Luke's. "It is a combination of having the right equipment, personnel and training."

According to the National Stroke Associ-

ation, stroke is a leading cause of death, killing nearly 130,000 people each year, and is a leading cause of serious, long-term adult disability. Because stroke or "brain attack" effects blood flow to the brain, rapid and effective treatment can save lives and provide the best chance of limiting the extent of long-term damage.

McLaren St. Luke's is a 300-bed non-profit hospital in Ohio serving Maumee, Perrysburg and the surrounding communities in a suburban setting.

For more information, visit [mclaren.org/stlukes](http://mclaren.org/stlukes).

DNV GL is a certification body that helps businesses assure the performance of their organizations, products, people, facilities and supply chains through certification, verification, assessment and training services.



## KEEPING GOOD HEALTH CLOSE TO YOU

For every age, and every stage, count on our primary care providers to help keep you and your family healthy. We meet your ongoing needs and maintain your personal health history to ensure you always get the best possible care. From annual exams and important vaccines, to help managing lifelong conditions, we're here for you.

As your partners in health, our providers are here to listen, lean on and help your family thrive at every stage of life. We also treat a wide range of conditions and can help coordinate specialty care as needed.



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## Being Healthy in Retirement Could Help Reduce Potential Health Costs

People save for a variety of things in retirement. Some dream of vacation homes in tropical destinations, others plan to spend time with grandchildren and family. Of all the activities you are saving for in retirement, did you know that healthcare may have the biggest price tag? A 2019 study by the Employee Benefit Research Institute found that a man would need to save \$144,000 and a woman would need to save \$163,000 for health care in retirement if they want a 90% chance of being able to pay all their future medical bills.

Thankfully, your retirement health costs are not set in stone. Of course, you won't have total control over your health in retirement, but there are things you can do to manage your health risks and potential costs. Here are a few tips.

**Get informed** — Medical expertise and advice are constantly changing. Keep yourself up-to-date on healthcare news, particularly with regard to issues that have affected you or those related to you. Ask your doctor to help you identify areas of particular concern.

**Develop (or maintain) a healthy lifestyle** — This boils down to simple wisdom: eat healthy, exercise regularly. Limit fats and sugars and increase your intake of whole grains, fruits, and vegetables. If you haven't already, embark on an exercise program you can stick with long term. If it's been a while since you last exercised, consult with your doctor before you begin. Start slowly and work up to your goals.

**Relax** — Stress can be detrimental to your health. Maintaining friendships, focusing on hobbies, and taking time to relax may help ensure good mental health. In fact, research shows that staying socially active in retirement can alleviate stress and reduce the risk of depression. It may also aid in the prevention of Alzheimer's disease.

**Fast Fact:** No Need to Save? According to the EBRI, Medicare only covers about 64% of health care expenses for its beneficiaries.

**Learn your numbers** — Staying healthy means monitoring a few key numbers. You should know your blood pressure, cholesterol, and body mass index (BMI). Your blood sugar level indicates your risk for diabetes. Your doctor can perform simple tests to help you identify these numbers and recognize any vulnerability you may have.

**Get preventative care** — Preventing a disease or illness can be much less expensive (and painful) than treating one. As recommended by your doctor, take advantage of free or low-cost diabetes and heart disease screenings, mammograms, and vaccinations. And make sure to get your annual physical.

There is no way to guarantee you won't have unexpected healthcare costs in retirement. But maintaining a healthy lifestyle can help you reduce possible health-related expenses—not to mention avoid spending precious time in the recovery room.



Citizen Advisory Group is a comprehensive financial services firm that helps Northwest Ohio's soon to be retired and retired residents effectively plan for and prepare for life's greatest journey.

In addition to helping clients with their finances, Citizen Advisory Group offers monthly health and wellness events.

Please call 419-872-0204 for a complimentary consultation to review your individual situation.

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# Arrowhead Behavioral Health: A help during life's tough times

While many things have changed over the last year, mental health and addiction issues remain a continuous struggle for many.

"It is likely that societal issues unique to 2020 have contributed to an increase in behavioral health concerns," said Joel Brownfield, RN, director of assessments and referrals at Arrowhead Behavioral Health. "Behavioral health issues and addiction are complex, often interrelated problems that demand a comprehensive, individualized approach to treatment."

At Arrowhead Behavioral Health, a multi-disciplinary team of professionals stands ready to help individuals who are struggling with these issues to find a path to recovery and reclaim healthier, more productive lives.

Arrowhead is a private, 48-bed facility, in Maumee, poised to provide specialized, medically based behavioral health and addiction treatment to individuals age 18 and over. No-cost patient assessments are provided 24 hours a day, seven days a week—and while appointments are appreciated, walk-ins are always welcome.

"We strive to provide unfiltered access to our services, realizing the great deal of strength it takes for someone to take that first



**Joel Brownfield, RN,  
Director of Assessments  
and Referrals**

recreation therapist, and the patient and his or her family, who are encouraged to be active participants in the treatment process. There are seven physicians on staff, including board-certified psychiatrists and addictionologists.

Arrowhead is fully accredited by the Joint Commission and the Center for Medicare and Medicaid. The facility is also licensed and certified with the Ohio Department of Mental Health and Addiction Services.

Programming is provided on both an inpa-

step of engaging in treatment," Mr. Brownfield explained.

The Arrowhead treatment team takes an inter-disciplinary approach and consists of psychiatrist, nurse, therapist, mental health professional,

patient and outpatient basis depending on a patient's needs and circumstances. A partial hospitalization program (PHP) meets five days per week for six hours each day, and an intensive outpatient program (IOP) meets three days a week for three hours a day. Morning and evening IOP sessions are available.

"Arrowhead subscribes to the theory that care should be delivered utilizing the most personalized level of care to meet an individual's needs with the least amount of disruption to their daily life," Mr. Brownfield noted.

Arrowhead has added a lodging component to the PHP program to help facilitate participation for patients who may be unable to drive to the facility for various reasons. This service is beneficial not just for patients traveling from remote areas, but also available for local individuals for whom going home may not be a healthy option.

Transportation options are also offered to patients. "By offering lodging and transportation, barriers to treatment compliance can be minimized," Mr. Brownfield explained.

If you or someone you know could benefit from an assessment, or are interested in gathering more information, please call **800-547-5695**.

## Care Compass project: Navigating the caregiving continuum

The Care Compass project, organized by the Wood County Committee on Aging, serves as a quarterly network gathering for caregivers. Care Compass is a place to gather together and obtain resources to make the journey of caregiving less stressful.

Each session focuses on a different topic related to caregiving.

The first quarter session for 2021 will be held on Wednesday, February 3 from 11 a.m. to 1 p.m., and focuses on isolation and its impact on our health. This session will be held virtually via Zoom.

Ann Schreiner, a regular participant of the Care Compass project, is a caregiver for her 87-year-old mother who has early stage dementia. Her biggest hurdle to caregiving has been having patience and learning to respond with kindness when her mother is demanding or confused.

"One Care Compass session in particular discussed being kind to yourself during these difficult situations," she said. "It has been a great resource to connect with other people who are going through the same things."

The project is free and open to those wanting to learn about caregiving as well as those who are currently caregiving. Pre-registration is required by calling 1-800-367-4935 or 419-353-5661 or by emailing [programs@wcco.net](mailto:programs@wcco.net)

The remaining sessions for 2021 have been scheduled for June 2, September 1 and November 3.

The Care Compass Project is sponsored by Brookdale of Bowling Green, Golden Care Partners, Ohio Living Home Health and Wood County Hospital.

For information on programs and services, contact the Wood County Committee on Aging, Inc., at 419-353-5661, 800-367-4935 or [wcco.net](http://wcco.net).

*Enriching the lives of older adults  
throughout Wood County!*

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**ON  
Aging**

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## Six reasons to work out with a personal trainer

Every year at this time, we take account of our lives—assessing the good and the bad—and resolve to make positive lifestyle changes. Of course, high on the list of healthy resolutions for many of us is starting an exercise regimen that will help us build strength and endurance, shed a few extra pounds, and hopefully increase our longevity. Unfortunately, most of us are destined to drift away from our newly adopted fitness program before it ever really gets off the ground, whether because we push too hard and injure ourselves, fail to achieve the desired results, or simply falter in our motivation.

But this outcome isn't preordained. Following through on those fitness goals may be a simple matter of working one-on-one with a qualified personal trainer. Here are six ways a fitness pro will help keep you on track:

**1. Guiding your goal-setting.** You may have a general idea of what you'd like to achieve through your fitness program, for example losing extra pounds, looking great in a bikini, or having more strength and energy to keep up with your kids or grandkids. But a good personal trainer can help you

break down that primary goal into smaller, manageable, measurable goals so you can see that you're making continuous progress.

**2. Promoting proper technique.** Injury is one of the primary reasons people abandon an exercise regimen—and one of the easiest ways to get injured while exercising is to perform strenuous movements incorrectly. Not only will a good trainer teach and demonstrate the right exercises to reach your fitness goals, but he or she will also monitor you closely as you perform each movement to ensure you're using safe and proper technique.

**3. Keeping you accountable.** If the only one holding you accountable for showing up at the gym and putting in a good workout is you, it will be all too easy to put your program on the back burner because "something else came up" or you simply don't feel particularly motivated to exercise that day. On the other hand, if you know a trainer is anticipating your arrival and ready to motivate you through your workout routine, follow-through on that fitness commitment becomes a whole lot easier.

**4. Maximizing your motivation.** Having just enough incentive to get to the gym

won't do you much good if you lack the motivation to reach for that next fitness level once you arrive. Good trainers are motivators by nature and will push their clients to achieve their goals within safe parameters as well as celebrate their successes.

**5. Preventing plateaus.** When a faithfully followed exercise regimen begins to yield diminishing fitness returns, oftentimes the problem is a lack of variety in the program. In essence, the body adapts to the demands placed on it by the "same-old-same-old" workout routine and no longer makes progress. A qualified personal trainer can help you make timely, appropriate alterations to your routine in order to prevent those frustrating plateaus so you continue to make strides in strength, endurance, flexibility, etc.

**6. Making the most of your workout time.** Nowadays, when schedules are already overfilled with work, family, and social commitments, very few people have time to waste on workouts that really don't work. A good personal trainer can help you develop an individualized exercise program that will help you maximize your results with a minimal time commitment.

# ProMedica offers healthy tips for keeping New Year's resolutions

By **Kylie Study**

The beginning of the new year is frequently a time that people commit to becoming healthier. Weight loss, quitting smoking and becoming more active are often the top health concerns.

If these are on your list, here are some things to consider from a natural wellness approach as you begin your new year's journey to better health.

Please consult your doctor before making a significant change in diet, exercise or nutrition, and before beginning a smoking cessation program, especially if you have underlying health conditions, exercise restrictions or dietary requirements.

## Acupuncture and Stress Management for Weight Loss

Many people try fad diets or gym memberships to lose weight, but it's important to make changes that support healthy weight loss and long-term health goals.

Our digestive system and metabolism can become out of sorts and work inefficiently because of our busy lives and from not eating well. Poor digestion and metabolism causes us to keep on weight and feel tired and sluggish.

Our metabolism may also change as we age, making it difficult to lose extra pounds.

Healthy digestion and metabolism are crucial for weight management. When digestion is functioning properly, this can help stimulate metabolism. Consider adding in digestive enzymes or digestive bitters which could support healthy digestion.

Acupuncture is a natural therapy that may help re-balance the digestive system so that the gut is working efficiently again. Acupuncture involves the insertion of small sterile needles at specific acupuncture points on the body.

A licensed practitioner will work with you to help understand your health goals.

Paired with lifestyle modifications such as diet and exercise, acupuncture can help support healthy weight loss.

Hormone balance also plays a part in how our bodies store and process fat. When we are stressed, the hormone cortisol is released, which changes how we process fat.

Daily life comes with a lot of stressors and finding ways to manage the stress could help with weight loss by lowering cortisol levels in the body.

Deep breathing exercises and smelling calming essential oils are natural ways to help us de-stress.

## Mouth Drops and Auricular Therapy for Quitting Smoking

Quitting smoking has many health benefits, especially for our lungs. Lung damage from years of smoking can be halted or sometimes even reversed after quitting. Quitting can be difficult and it may take several attempts.

Having a good support system can be helpful and feeling accountable to others can keep you on track to quit.

Keeping gum, lollipops, or fruit handy can be helpful for when the urge to pick up a cigarette occurs. Some experience an increase in coughing and dry mouth while trying to quit.

Moisturizing mouth drops may soothe dry mouth and natural nasal spray may help nasal passages.

Still need further support to quit? Consider auricular therapy. Auricular therapy involves the needling of specific acupuncture points on the ear and also placement of leave-on seeds on those points.

The practitioner uses a protocol of a specific series of points on the ear that is used by practitioners worldwide.

The needling of these specific points on the ear during auricular therapy are believed to help break the habit of smoking. The needles are very small and acupres-

sure seeds are placed on the ear at the end of the visit to provide you further support on your journey to quit smoking.

## Slow and Steady Changes for Healthy Movement

Becoming more active is a common goal for many as we start a new year.

Activity is good for our joints and muscles and can also help us better handle stress. With any new fitness activity it is always a good idea to start off slow to avoid injury.

Start out with taking a walk around your neighborhood in the evening. Even parking a little further at the grocery store is a great way to get in extra steps.

If muscles become sore from overdoing exercise, soaking in a bath with salts can be helpful.

Bath salts such as Epsom or Himalayan salts contain trace minerals which can help relax tight muscles.

## Here's to a healthy New Year!



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# You can't fill a cup from an empty pitcher



If you have a few days or week in between your mental health care appointments, be sure to take that time to focus on practicing self-care.

Some ways to do this can include:

- Going on a walk.
- Reading a book.
- Watching your favorite TV show.
- Enjoying a cup of coffee.
- Sleeping regularly each evening.

Whether we are diagnosed with a mental health condition or not, it is important to take care of ourselves. You are allowed to give yourself permission to disengage and regroup without feeling guilty.

Often, we need time to take care of ourselves before we can take care of others' needs. Remember, you can't fill a cup from an empty pitcher.

*From ADAMHS of Wood County*

As winter approaches, many Midwestern folks prepare for the cold weather with winter gear, salt for the roads and sidewalks, and the ice scraper for the car. We seem to have all prepared for this season—except, sometimes, we forget about our mental wellbeing.

Have you ever stopped to ask, “How am I feeling?”

With the lack of sunlight during the winter months, most individuals are more likely to experience Seasonal Affective Disorder, also known as SAD.

Many people may go through short periods of time when they don't feel like their usual selves or experience sadness. Many times, this happens when the seasons change.

Someone could start to feel “down” with shorter days in the fall and winter but feel better in the spring with longer daylight hours.

Some signs and symptoms of SAD can include but are not limited to:

- Feeling depressed most of the day, nearly every day.
- Having problems with sleep.
- Having low energy.
- Experiencing changes in appetite or weight.

It is important to keep aware of our mood during these cold winter months, especially since SAD is more common during this time.

Additionally, with added stressors of the pandemic, it is vital more than ever to stay in check with our mood and monitor our mood often.

**In Wood County, there are many resources available to help not only your loved ones, but also yourself.**

**Dial 2-1-1 and be connected to resources and services.**

**If you or someone you know is in need of crisis services, call the Wood County Crisis Line: 419-502-HOPE (4673).**

THIS WINTER, DON'T FORGET...

ITS OKAY TO TAKE TIME FOR YOU.

You Deserve It.

FOR SERVICES AND HELP, DIAL 2-1-1 TODAY.

Wood County  
**ADAMHS**  
Promoting Community Wellbeing

Alcohol, Drug Addiction and Mental Health Services Board



Way Public Library

# This winter... Stay Well with Way



Winter doesn't have to be hard on your health. Your library is ready with resources and activities to help you thrive!

See what's happening now at Way Library by visiting [waylibrary.info](http://waylibrary.info) or by calling **419-874-3135 ext 119**.

## *Stay well with Way Library*

Do you have a plan for staying interested, engaged and connected throughout the challenging winter months? Way Library offers a great lineup of resources and activities just for that purpose. As your local public library,

Way is uniquely positioned to provide you with a variety of means to enhance your well-being.

First and foremost, make time for "bibliotherapy." Relaxing with a good book is a classic indoor winter activity.

Remember, if you enjoy reading, music, or movies, you can save thousands of dollars a year by using the library to check out, download and stream your favorites.

Attend a virtual class with Dr. Deborah Hendricks and develop useful practices to nurture your mental health.

Thanks to funding from Way Public Library Foundation & Friends, Dr. Hendricks is serving as Way's Mindfulness Coach-in-Residence through March.

Do you like to write? Or sketch? Join Way's new Community Journal Project, "To Be Continued." You will have a chance to contribute your own thoughts in

a series of themed notebooks. Engage in dialogue and connect with other community members as these journals are circulated.

Avid readers will want to sign up for the library's adult winter reading program. Read, play Bingo, write book reviews and earn entries for prize drawings.

Those aren't the only ways to "Stay well with Way." You can attend virtual presentations on a variety of educational and enlightening topics.

Check the calendar of events on the library's website for details.

Watch Story Times with Way's youth services librarians on YouTube and pick up craft kits for preschoolers.

Craft with Stephanie by picking up her popular free take-home kits and joining "Crafternoons" online. Adult craft kits are sponsored by Skotynsky Financial Group.

Get live tutoring for K-12 or career coaching for adults from Tutor.com. It's available seven days a week at [digital.waylibrary.info](http://digital.waylibrary.info).

Participate in an online book discussion. Options are available for adults, children and teens.

Knitters and crocheters are invited to participate in a Warm Up America! charity project by volunteering to stitch and donate 7"x9" rectangles.

Take home a puzzle or an unusual item from the Beyond Books collection. Remember, curbside pickup service is available for all library materials for contactless delivery.

See what's happening now at Way Library.

**Go to [waylibrary.info](http://waylibrary.info) or call 419-874-3135, ext. 119.**

**Winter doesn't have to be hard on your health or your well-being.  
Stay well with Way!**

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## Resolve to help your kids eat better in 2021

Eating better tops the list of New Year's resolutions for many people, and justifiably so. With a growing majority of American adults being overweight or obese, there's no question that it's high time to re-evaluate the way many of us eat.

Kids also are joining the ranks of the overweight or obese in alarming numbers, and the medical community has noted that lifestyle-related health maladies once associated almost exclusively with older adults—such as cardiovascular disease and type-2 diabetes—are beginning to appear in much younger age groups. Hence, kids also need to start rethinking their eating habits. Or, more accurately, parents need to start rethinking kids' eating habits for them.

Why not resolve to set your kids on the nutritional straight and narrow so they'll be more likely to eat right and maintain a healthy weight for a lifetime? All it takes is a little deviousness on your part. You read that right! This is going to be a stealth mission. Most of the changes you're going to implement will "fly below the radar" of most kids who have learned to equate eating right with deprivation or "cutting out all the good stuff." Do it right, and they probably won't even notice that a change has taken place. But before you get started, you'll need to take a long, hard look at your own eating habits. Every parent knows that kids do as we do, not as we say, so if you don't model the desired behavior by eating better yourself, everything that follows is for naught.

### Gather at the table

A half-century ago, advising families to eat together at the table would have been stating the obvious, but due to our often hectic schedules, sitting down together for meals has since fallen by the wayside for many families. This is unfortunate because designating a family dining area really helps to prevent overeating.

When family mealtimes aren't planned, kids usually end up eating while parked in front of the television or a computer. Since their attention is diverted by the screen, they pay less attention to the quantity of food they're putting in their mouths and may not recognize the feeling of being full until after they've overeaten. When serving a meal, pre-portion the food on plates—in modest portions—and bring them to the dinner table, leaving the food-filled pots and pans in the kitchen. That way, more effort is required to get seconds.

Try to keep the conversation light and



pleasant during mealtimes. Resist the urge to use the time for scolding or discussing sensitive topics that might lead to arguments, such as bad marks on a grade card. When mealtimes remain pleasant, kids are less likely to gulp down their food in order to get away from the table quickly.

### Slow 'em down

If you've ever closely observed a child eating French fries or potato chips, then you know how quickly kids can make food disappear. Just as kids who eat mindlessly while distracted by a computer or TV can miss the message that they're full, kids who eat too quickly will tend to consume far more calories than they need before feeling satiated. That's because there's a lag time of approximately 20 minutes between your stomach actually being full and your mind receiving the signal that you're full. Imagine how many unneeded calories a fast-eating child can pack away in 20 minutes!

Eating slowly also encourages proper chewing, which aids in digestion and nutrient absorption. Also, remind your kids that when they eat their favorite foods more slowly, they'll get to enjoy them much longer.

### Get 'em involved

It may slow down or complicate your food shopping and meal preparation somewhat, but getting kids involved in choosing and preparing meals is a great way to find out what they like and don't like, encourage them to try new foods, and help lay the foundation for a lifetime of sound nutritional decisions. Besides, if they have a firm grasp on the skills of cooking, they'll be less likely to rely on fast food and convenience foods for every meal once they've left home.

### Schedule snacks

Tell your kids that you expect them to snack. It'll really throw them for a loop! After all, kids are accustomed to hearing that snacking is bad for you. But that only applies to continuous snacking on unhealthy foods.

If you schedule snacks for specific times during the day and make them as healthy and nutritious as possible (a kids' favorite is frozen blueberries topped with light whipped cream), they'll be less inclined to forage continually in the fridge and pantry. Plus, it'll help keep their appetite in check in between meals.

### Push water

When children complain that they're thirsty, more often than not what they have on their minds is soda or other sweetened drinks. If they learn to rely on these high-calorie drinks to quench their thirst, they'll be at a much greater risk of becoming obese. Encourage your children to drink water instead, reserving the sweet stuff for occasional indulgences.

### Don't use food as leverage

It's a common parenting tactic to use food as leverage to encourage desired behavior. For example, we might send our kids to bed without supper for bad behavior, or we might offer a cookie as a reward for good behavior. Unfortunately, we lose on both fronts. By withholding food, we create the anxiety that food will not always be available, so kids may eat every chance they get because they're worried there might be nothing to eat later. By rewarding with food, we send the message that some foods—namely sweets and other high-calorie items—are better and more desirable than healthier foods. (If they weren't, we'd reward good behavior with carrots, right?)

### Someday they'll thank you

None of these simple modifications involves outright deprivation or giving up treats altogether. Instead, they are subtle ways to steer your children toward a better way of eating—and, hopefully, a life free of obesity—without resorting to severe restrictions. Your kids probably won't even know what you're up to, but someday they just might thank you for it!

Book online at:

**BODYANDSOLEMASSAGETHERAPY.COM**

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**Massage Therapy & Reflexology Center**  
214 Louisiana Avenue • Downtown Perrysburg  
**(419) 873-SOLE (7653)**

## Using massage to enhance your immune system

Enduring the coronavirus pandemic for the past 10 months has led many people to wonder how to improve their own immune system.

According to Heidi Locknane, owner of Body & Sole Massage Therapy and Reflexology Center, regular massages have been shown to make the immune system stronger, as demonstrated in various scientific studies.

“Researchers working with patients with compromised immune systems have found massage therapy can improve how the immune system functions,” said Ms. Locknane, who is a licensed massage therapist and reflexologist.

Massage therapy can increase the activity level of the body’s white blood cells that work to combat viruses.

The American Massage Therapy Association (AMTA) has reported research from Cedars-Sinai where participants in a Swedish massage group experienced significant changes in lymphocytes, which play a large role in defending the body from disease.

A lymphocyte is one of the three subtypes of white blood cells in the immune system.

The AMTA also stated that in a controlled study composed of HIV-positive adolescents, participants who received massage therapy showed enhanced immune function by the

end of the 12-week study. The immune changes included increased white blood cells known as natural killer (NK) cells, which provide rapid responses to viral-infected cells.

An additional randomized study found women with stage one and two breast cancer may benefit from massage therapy for enhancing dopamine and serotonin while also increasing NK cell numbers and lymphocytes.

Immediate massage benefits included reduced anxiety while the long-term impact increased serotonin values, NK cell numbers and lymphocytes, which strengthen the immune system and cognitive function during sickness, according to the AMTA.

Ms. Locknane believes there are a variety of benefits from massage that promote all-around good health.

“We’re getting your circulation moving, and it helps to release toxins that build up,” she explained. “And when you hold onto stress, it is released. It’s just a nice, holistic way to support your immune system.”

She also recommends massage cupping, which is another technique that Body & Sole’s massage therapists are trained in.

“We’re really excited about this treatment. It wakes the body up and makes it feel invig-

orated,” Ms. Locknane said. “And it stimulates the skin by increasing circulation, separating fused tissue layers and draining the lymphatic system.”

Small glass cups are placed on the client’s skin to create suction.

“It doesn’t leave marks on your skin because the cups are constantly being moved,” she noted.

The technique can be used as part of facials, and can help to open the sinuses and eliminate wrinkles, she added.

Ms. Locknane also has used cupping to help clients with congestion in their lungs because “it separates the tissue and lets the mucus in the lungs be freed.”

Body & Sole, 214 Louisiana Avenue, Perrysburg, welcomes new clients for massage and spa services.

The licensed massage therapists specialize in reiki, reflexology, lymphatic and oncology focused massage, deep tissue and sports massage, neuromuscular and deep-pressure massage with hot stones, Thai massage, along with facials, mud wraps, body scrubs and massages, for a full spa experience.

For more information or to make an appointment, call 419-873-7653 or visit their website at [bodyandsolemassage.com](http://bodyandsolemassage.com).



## NEED A LITTLE LIFT TODAY?

Scan the QR code on your phone to take you to the **Zepf Center Prevention YouTube Channel**. There you will find short Mental Health Moment videos on topics such as Hope, Anger, Forgiveness, Perspective, and many more—meant to encourage and empower you... as well as give you 'something to smile about!'

To contact the Zepf Center please call **(419) 841-7701** or visit **[www.zepfcenter.org](http://www.zepfcenter.org)**



### *Zepf Center strengthens suicide prevention services with help from SAMHSA grant*

Though the rate of suicide in the state of Ohio for the year 2020 has not been officially documented, the number is likely to be significant and sobering, due in no small part to the stress and isolation associated with the COVID-19 lockdowns.

Even before the pandemic, an alarming number of lives were being lost each year to suicide in our state.

In fact, according to the latest statistics from the Ohio Department of Health, in 2018 alone there were 1,836 suicides in Ohio—five per day.

As the pandemic persists, the behavioral healthcare experts at the Zepf Center are noticing a trend. “What we’re seeing is that a majority of the clients coming through our intake process who have suicidal thoughts are expressing that those thoughts are due to the pandemic,” said Kitty Slight, BA, OCPSA, project manager for the Zepf Center’s Emergency Response for Suicide Prevention program.

In July, the Substance Abuse and Mental Health Services Administration (SAMHSA) awarded the center an \$800,000 Emergency Response for Suicide Prevention grant, which aims to advance efforts to prevent suicide and suicide attempts among adults age 25 and older in northwest Ohio.

Ms. Slight explains that the Zepf Center was awarded this grant for several reasons. “One is that we’ve been actively using telehealth services throughout the pandemic. We’ve always used this technology because many of our clients are isolated due to their mental health struggles and it’s very important to check in on them regularly, but we really ramped up back in March. In addition, we have a great working relationship with all area hospitals and a very in-sync hospital team working with clients entering and exiting the hospital system. Furthermore, the Zepf Center is one of the largest behavioral healthcare providers in the area with staff to accommodate all levels of risk and a very robust medical provider staff that includes psychiatrists and nurse practitioners. Our success is due to the structure we already have in place,” she says.

In addition to working closely with area hospitals, the Zepf Center partners with two domestic violence shelters in our community—the YWCA and Bethany House.

The SAMHSA grant has made it possible for the Zepf Center to place telehealth services inside these shelters.

Another innovative way the Zepf Center is connecting with the community is through the Zepf Center Prevention YouTube Channel,

which features a series of brief videos, called Mental Health Moments, that were created to educate, empower and encourage viewers who are grappling with various mental health issues, looking for some life-skills advice or just in need of a little inspiration.

Ms. Slight emphasizes that all these innovative services reflect the Zepf Center’s commitment to meeting the needs of the community and providing a full continuum of care, whether in person, via telehealth technology or through videos.

A crucial component of that care continuum for individuals at risk for suicide is the support of a resiliency coach. These individuals have had firsthand experiences in their own lives that enable them to walk alongside clients on their journey through the Zepf Center program, provide ongoing support and keep them engaged in a suicide care management plan.

For more information on the Zepf Center, visit **[zepfcenter.org](http://zepfcenter.org)** or call **419-841-7701**. If you or someone you know is currently in crisis, you are encouraged to call **911** or proceed to the nearest hospital emergency room.

Other vital resources that are immediately available include the Crisis Text Line (**text “Home” to 741741**) and the National Suicide Prevention Lifeline at **1-800-273-TALK**.