

The Sojourner's Truth

Volume 59, No. 1

“And Ye Shall Know The Truth...”

December 4, 2019



Simply D'Vine Boutique Displays Its Fabulous Goods

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Winter Musings

By Rev. Donald L. Perryman, PhD.

The Truth Contributor

While [we're] here to celebrate the black experience, we're not here to be exclusionary about who can do that with us. Being inclusive is part of our African tradition.

- Judith Jamison



The 2020 election cycle is beginning to “step on the gas” locally as well as nationally and there are quite a few interesting contests.

Look for Lucas County Auditor Anita Lopez and The Honorable Judge Myron Duhart, currently of the Lucas County Court of Common Pleas, to engage in a riveting battle for the retiring Honorable Judge Arlene Singer’s seat on the Ohio Sixth District Court of Appeals.

Duhart was appointed by former Governor Ted Strickland in January, 2011, defeated Ken Phillips in 2012 and won election again in 2018. Lopez was elected to Lucas County Recorder in 2004 and has served as County Auditor since 2006. She previously was Director of Purchasing and Affirmative Action at the City of Toledo and an attorney for the Toledo Fair Housing Center.

Things are also beginning to get interesting with lawman and community advocate Earl Mack’s decision to enter the race for Lucas County Sheriff. Mack, after some apparent arm twisting, joins current cCity Councilmen Gary Johnson and Chris Delaney in a crowded field. Obviously, it will be a huge deal to have an African-American Sheriff elected to that county-wide office in this era where criminal justice reform is badly needed to improve black quality of life.

Lastly, on a national level, the campaign of presidential candidate Pete Buttigieg has started to soar but the black community has been slow to get on board. Some black commentators have ascribed Buttigieg’s identifying as a gay male for black folks’ reticence. This, however, is an oversimplified, narrow and antiquated fundamentalist theological perspective that is just plain wrong.

Certainly, the black church has always practiced a “conspiracy of silence” effectuated by a policy of “Don’t ask, Don’t tell” concerning homosexuality at all levels of church hierarchy, particularly in the exercise of “gifts” like singing and preaching because black people are primarily pragmatic and not intolerant in their thinking.

One of the strengths of black people is that we prioritize practical qualities like policy, electability and the ability to deliver results over someone’s sexuality. One only has to look at the recent mayoral election in Chicago, one of the nation’s largest cities. Lori Lightfoot, the city’s first openly LGBTQ leader, was swept into office on the backs of black people in general, and black churchgoers in particular.

However, while Buttigieg’s sexuality does not ultimately disqualify

him from black support, his greatest challenge appears to be navigating black spaces with all of its complex nuances without having had much experience being around black people.

For instance, in 2011, Buttigieg, in disparaging comments, posited that urban low-income, minority children fail to perform educationally because of the lack of successful role models present in their neighborhoods and spheres of influence.

It is true that black children need to see more black male teachers and more examples of successful African-American men and women who are not athletes or entertainers. Yet the relevant question is “Why aren’t there more examples,” a question that must look at unjust structures designed to hold our system together in a way that privileges wealth and whiteness.

The truth is that for generations the message to young people from elders in the black Church, schoolhouse, community centers and even the streets has been the black self-determination mantra of “Make Something of Yourself!”

Personally, I think that Buttigieg’s sin has been the use of a demeaning deficit-based narrative and failure to recognize the resilience and strengths that have enabled black people to gain unprecedented achievement despite experiencing horrendous oppression since being brought to America as enslaved people.

So, when one has spent most of his entire life in a protective bubble of privilege and very white culture with limited knowledge of how to authentically relate to other cultures, one will have a lot of catching up to do to engage nonwhite support.

Yet, the presidential candidate has his vaunted Douglass Plan, a policy that actually proposes to deal with the structures of inequality and racism rather than merely address symptoms. The policy has many good points, but black folks will also want to know if he can deliver on the promise.

Buttigieg also has the ear of Rev. William J. Barber II, the respected leader of the Moral Majority Movement, a racially diverse national campaign to combat economic inequality by framing aid to the poor as a moral issue.

The potential partnership with Barber is certainly an important move for Buttigieg if he is to “learn” the nuances of the black experience and ultimately win over black voters.

Contact Rev. Donald Perryman, PhD, at drdlperryman@centerofhopebaptist.org

The Sojourner's Truth

Toledo's Truthful African American
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Community Calendar

December 14

Christmas at The Truth Art Gallery: Vendors for last minute shopping; entertainment, refreshments

Informational Community Event for the 2020 Elections: The 2020 elections are fast approaching. There will be new faces and issues on the ballot. If you are interested in participating in local politics or political activities and the 2020 elections, please attend an informational community event on Saturday, December 14, 2019, at Toledo Lucas County Mott Branch Library, in conference room B. Mott Branch Library is located at 1010 Dorr Street, Toledo, Ohio. The meeting starts at 10 a.m. Councilman Tyrone Riley.

December 15

Toledo Interfaith Mass Choir Praise Gathering: “Pastors in Praise;” 6:30 pm; Greater St. Mary’s Baptist Church; Area pastors featured soloists with the Choir: 419-343-3572

December 25

Merry Christmas!

Councilman Sykes with Bradley Everett and JC Perry, co-owners of Nice Cloud

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Black/Brown Unity Coalition Holds Second Annual Meeting Featuring President of the A. Phillip Randolph Institute, Clayola Brown

The Black/Brown Unity Coalition held its second annual meeting Tuesday, December 3, 2019 at 6:00 pm at Warren AME Church 915 Collingwood, Toledo, Ohio 43604. The coalition is comprised of these founding members: Toledo Community Coalition, Farm Labor Organizing Committee (FLOC), FLOC Homies Union, Latins United, Coalition of Black Trade Unionists (C.B.T.U.), and the NAACP Toledo Branch.

These organizations have come together to fight racism and its effects in Toledo and beyond. Currently they are addressing LED lighting in the city, the minority community's relationship with police, lead paint poisoning of our children in Toledo, and the VUSE Boycott of 7-Eleven and Circle K.

The plenary speaker was Clayola Brown, president of the A. Phillip Randolph Institute. At age 15, Brown joined her mother, Ann Belle Jenkins Shands, in a successful campaign to bring the Textile Workers Union of America (TWUA) to the Manhattan Shirt Factory in Charleston. Brown later attended Florida A&M University, graduating in 1970 with her B.S. degree in secondary education and physical education.

Subsequently, Brown went on to play an organizing role in the 17-year struggle to unionize the textile giant, J.P. Stevens, culminating in 1980 with 4,000 workers winning a contract through the newly formed Amalgamated Clothing and Textile Workers Union (ACTWU). Brown served as the ACTWU's education director, civil rights director, and also, for 13 years, as manager of the ACTWU's Laundry Division.

In 1991, Brown was elected international vice president of the ACTWU; a post which she was continually reelected to for over a decade. In 1994, President Bill Clinton appointed Brown to the National Commission on

Employment Policy. In 1995, Brown was elected international vice president of the AFL-CIO. In 2004, Brown became the first woman to serve as national president of the A. Phillip Randolph Institute.

Social Security Expands Public Hours at Offices Nationwide

Starting on January 8, 2020, Social Security offices nationwide will be open to the public on Wednesday afternoons, Andrew Saul, Commissioner of Social Security, announced. This change restores Wednesday public service hours that were last in place in late 2012. "I don't want someone to come to our office at 2:30 on a Wednesday only to find our doors closed," Commissioner Saul said.

In another move to improve service to the public, Commissioner Saul announced in his Open Letter to the Public that the agency is hiring 1,100 front line employees to provide service on the agency's National 800 Number and in its processing centers. The agency is currently bringing onboard 100 new processing center employees and approximately 500 new teleservice representatives for the 800 Number. An additional 500 hires for the 800 Number will occur later in 2020.

"Improving service is my top priority. Increasing full public service hours at our nationwide network of more than 1,200 field offices is the right thing to do and will provide additional access," Commissioner Saul said. "The hiring of a thousand new employees to provide service through our National 800 Number and an additional 100 hires to process people's Social Security benefits at our processing centers around the country are steps in the right direction in our mission to greatly improve the service we provide."

Currently, a field office is generally open to the public from 9:00 a.m. to Noon on Wednesdays. Beginning on January 8, 2020, offices will remain open until 4:00 p.m. on Wednesdays, with typical field office hours from 9:00 a.m. until 4:00 p.m., Monday through Friday.

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Grants Information Session

Friday Dec 6 - Mott Library

The Greater Toledo Community Foundation is inviting local nonprofit organizations to learn about the new online grants application system and 2020 funding opportunities. Space is limited. Register now.

REGISTER Your organization will continue to enjoy the same great benefits of the Job Center with the new website.

If you manage the job posts for your organization on the Job Center, you will notice some changes behind the scenes.

1. New accounts - You will need to register a new account when the website launches.

2. User Name - The User Name for your Job Center will be the EIN for your organization.

3. Current Posts - Jobs posted on the Job Center at the time the new website is launched will need to be re-posted in the new system (sorry, we couldn't get around this one).

We are preparing a set of Questions and Answers to help make this transition as easy as possible for you.

PROFESSIONAL DEVELOPMENT

2020 Cohort

Minority Executive Leadership Certificate Program

If you or someone you know is ready to begin the journey to stretch and grow as a leader, applications for the 2020 cohort will be accepted in the new year.

Interested? Learn more about this certificate program here (<http://www.c4npr.org/main/minority-executive-leadership-certificate-program/>).

With the workshops wrapped up for the season, now is a great time to check out the Nonprofit Fundamentals 101 series.

The training is a great refresher for the seasoned nonprofit professional or a great place to start if you are new to nonprofit management.

The collection is video-based and available whenever you need it, at no cost.

AREA NEWS AND LEARNING OPPORTUNITIES

GRANT OPPORTUNITIES

Greater Toledo Community Foundation has the following grant opportunities open:

Community Funds provide seed money for: new programs designed to meet emerging community needs or to expand existing successful programs, programs that create safe, positive living environments, programs that enable families to develop the skills needed to support and nurture each member, and programs that foster the development of responsible young people who are capable of achieving their fullest potential. Applications are currently being accepted until 11:59 pm January 15, 2020.

First Solar Corporate Charitable Fund – Civic Engagement and Environmental Impact Grants support green education initiatives, access to clean energy and water in underserved areas, and furthering development of innovative and sustainable technologies. Applications are currently being accepted until 11:59 pm February 1, 2020.

Social Security... continued from page 4

While the agency continues to improve both the access to and the experience with its services, it is important to note that most Social Security services do not require the public to take time to visit an office. People may create a my Social Security account, a personalized online service, at www.socialsecurity.gov/myaccount <<https://www.ssa.gov/myaccount/>>.

Through their personal my Social Security account, people can check personal information and conduct business with Social Security. If they already receive Social Security benefits, they can start or change direct deposit online, and if they need proof of their benefits, they can print or down-

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Rotary Funds TPS Lead Poisoning Testing

On Monday, December 2nd, 2019, Toledo Public Schools and the Rotary Club of Toledo held a press conference to discuss lead poisoning as one of the greatest environmental health risks facing local children today. Those under the age of four are most at risk, and children absorb 50 percent of lead taken into the body as opposed to adults (10 percent).

Toledo Rotary leaders presented the TPS Foundation \$10,000 to fund testing of approximately 1,000 preschoolers for lead poisoning – these children were not covered in the first round of testing, which was narrowed to Head Start students. In addition, Toledo Rotary is challeng-

ing others within the business community to commit to provide annual funding of preschool lead poisoning testing on a rotating basis.

Lead poisoning is one of three transformational projects Toledo Rotary is supporting through advocacy and financial support including Universal

Pre-Kindergarten Education and Water Advocacy as well as Lead Poisoning Identification, Education and Abatement.

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American Heart Association to Host Go Red Talks to Fight the No. 1 Killer of Women

Local community leaders will gather to raise awareness and the conversation around the No. 1 killer of women, cardiovascular diseases, and a variety of factors that play a key role in women's health at the American Heart Association's Go Red Talks, Dec. 4 at the Renaissance Toledo Downtown Hotel from 4-7 p.m.

Go Red Talks is loosely based on the principals of Ted Talks and will showcase local speakers presenting a well-formed idea in a short period of time. Speakers are varied and include executives, medical professionals, advocates for healthier lifestyles, survivors and people that are working to make a significant impact on health in Northwest Ohio. The event will conclude with a cocktail hour and photo shoot capturing Northwest Ohio's Circle of Red members, individuals who give a significant, annual personal gift to fund the fight against cardiovascular disease in women.

- Guest speakers and topics include:
- Healthy Mind, Healthy Life by Dr. Mary Beth Crawford of Wood County Hospital
 - Integrative Medicine by Dr. Jeff Swartz of Falcon Health Center
 - Wealth and Health by Mike Rochelle of Key Bank
 - Women's Health: What you need to know by Decade by Dr. Sharleen Suico of UTMC
 - The Vaping Epidemic by Dr. Kathryn Williams of ProMedica

"Cardiovascular disease is the No. 1 killer of women claiming more women's lives than all forms of cancer combined," says Sara Hegarty, executive director for the Northwest Ohio American Heart Association. "This event

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The Truth

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Coordinated Lucas County Efforts Receive \$2.67 Million To Combat Infant Mortality

Special to The Truth

The Ohio Department of Medicaid and its five contracted managed care plans have awarded \$2.67 million to bolster coordinated Lucas County efforts to help ensure babies are born healthy and reach their first of many birthdays. The Hospital Council of Northwest Ohio is coordinating the two-year initiative aimed at reducing Lucas County's infant mortality rate, which is especially high among African-American babies.

From 2017 to 2018, Lucas County's infant mortality rate among African Americans was 15.2 per 1,000 births, nearly three times higher than the county's rate of 5.7 per 1,000 white births, according to Ohio Department of Health statistics.

There were 47 deaths of African-American babies younger than 1, 42 deaths of white babies, and three deaths of babies of other races for an overall Lucas County infant mortality rate of 8.5 per 1,000 births from 2017 to 2018, according to the statistics.

"As a nurse, I know investments in clinical care and community-based services are critical to reduce infant mortality and its racial disparity," said Maureen Corcoran, Ohio's Medicaid Director. "The Ohio Department of Medicaid and its managed care plan partners remain committed to funding collaborative local efforts in areas with the greatest racial disparities in infant outcomes, ensuring that African-American babies have the same chance to thrive in their first year of life as all other infants."

Coordinated Lucas County efforts to reduce infant mortality include enrolling women who are pregnant or of child-bearing age in the Northwest Ohio Pathways HUB, a community-wide care coordination system. Key to the project are community health workers employed at 11 care coordination agencies throughout Lucas County who help connect women to needed medical and social services, such as medical coverage, prenatal care, housing, transportation and food.

Community health workers working through the Northwest Ohio Pathways HUB serve women at highest risk for having low birth weight and preterm births, which are leading causes of infant mortality. From 2017 to 2018, the infant mortality among the system's African American cli-

ents was 8.7 per 1,000 births, which was significantly lower than the Lucas County rate of 15.2 per 1,000 African-American births, statistics show.

Care coordination agencies employing the system's community health workers are Adelante, Baby University, Compassion Health Toledo, East Toledo Family Center, La Posada Family Emergency Shelter, Mercy Health, Neighborhood Health Association, ProMedica Toledo Hospital, Toledo/Lucas County CareNet, University Church and YWCA of Northwest Ohio.

"This funding from Ohio Medicaid and its managed care partners provides a firm foundation to continue our efforts to prevent African American babies from dying at nearly three times the rate of white babies," said Jan Ruma, Director of the Northwest Ohio Pathways HUB and Vice President of the Hospital Council of Northwest Ohio. "The Northwest Ohio Pathways HUB is making a measurable difference in Lucas County, and the community health workers will ultimately contribute to closing this health disparity gap."

Other coordinated Lucas County efforts to combat infant mortality that are part of the initiative include:

- * Offering doula services to eligible clients of Healthy Start community health workers at the Toledo-Lucas County Health Department.
- * Having community health workers at the health department and Frederick Douglass Community Association help teens with reproductive life planning.
- * Having a community health worker at Brothers United educate fathers on how to support breastfeeding mothers.
- * Creating the county's first African-American women-led support group for mental health.

The initiative is part of efforts of the Toledo-Lucas Getting to 1 coalition, which is coordinated by the Toledo-Lucas County Health Department and the Hospital Council of Northwest Ohio. The \$2.67 million funding awarded to the Hospital Council of Northwest Ohio will start January 1, 2020 and continue through December 31, 2021.

The Hospital Council of Northwest Ohio (HCNO) is a regional hospital association that represents and advocates on behalf of its members while providing collaborative opportunities to improve community health. HCNO coordinates several community health initiatives, including the Northwest Ohio Pathways HUB and the Healthy Lucas County coalition. Toledo/Lucas County CareNet, a partnership that provides access to coordinated healthcare services for low-income Lucas County residents, contracts with HCNO for staffing and administration. Additionally, HCNO coordinates regional disaster preparedness and community health assessments in several states. For more information, please visit [hcno.org](http://www.hcno.org/).

American Heart Association... continued from page 6

will bring together the bright minds of local experts and provoke conversations to help women understand that cardiovascular disease is their greatest health threat and inspire them to take action to lower their risk."

Cardiovascular diseases are the leading cause of death for women, claiming the life of one woman every 80 seconds. It's not just a problem for "older" women. Heart disease and stroke can affect a woman at any age. In fact, new research shows heart attacks are on the rise in younger women, and women in their 30s and 40s are more than twice as likely to die from cardiovascular diseases than breast cancer. Go Red for Women empowers women to get healthy through "Watch Me Go Red" - a campaign designed to engage women to show others what they do to experience good health and wellbeing, while inspiring others to do the same. Because together, there's nothing women can't achieve.

The event is free and each guest will receive a complimentary drink ticket. Guests can register to attend at [goredtalks.eventbrite.com](https://www.eventbrite.com/e/go-red-talks-2019-tickets-71064468739) or <https://www.eventbrite.com/e/go-red-talks-2019-tickets-71064468739>. For more information or event tickets contact Sara Hegarty at (419) 740-9665 or Sara.Hegarty@heart.org. Go Red For Women is sponsored nationally by CVS Health and locally by St. Luke's Hospital.

The American Heart Association's Go Red for Women movement is the trusted, passionate, relevant force for change to end heart disease and stroke in women all over the world. While nearly 80 percent of cardiac events can be prevented, cardiovascular disease is the leading cause of death in women, claiming the lives of 1 in 3 women. For 15 years, Go Red for Women has provided a platform for women to come together, raise awareness, fund life-saving research, advocate for change and improve the lives of all women everywhere. The American Heart Association's Go Red for Women movement is nationally sponsored by CVS Health, with additional support from national cause supporters.

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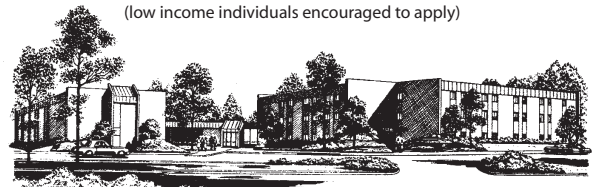
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Cheers! What's on Your Holiday Drink Menu?

By Patrice Powers-Barker, OSU Extension, Lucas County
The Truth Contributor

When it comes to the wintertime season and the end of the year with events and parties, there are many reminders about what NOT to eat or drink during this busy time of year. It is important to remember that many holiday drinks might be high in calories or even fat.

For example, drinks like egg nog or coffee shop drinks can be high in fat, sugar and calories. Cornell University offers a reminder, "cheers to good health – quench your thirst with low-calorie options". Let's switch one word and offer "Cheers to good health – quench your thirst with healthy options".

As a reminder, if you choose to drink alcohol, do so in moderation. The recommendations are up to one drink a day for women and up to two drinks a day for men. This article will focus on options for non-alcoholic drinks for any time of the day and for a wide variety of people, including children. Whether you are hosting a group or preparing your own drink, there are easy ways to keep it healthy and dress it up for this busy time of year.

A few benefits of healthy, winter drinks:

- Keeps you hydrated
- Adds additional nutrients to your day
- Doesn't add hidden calories to your day

• Encourages you to enjoy yourself, your company and the chance to relax
Water. Certainly, water is a valuable drink for everyone but not everyone prefers a glass of plain water. This is a good time to make a pitcher of infused water and store it in the refrigerator. Use fruits that are on sale or in season. Add slices of citrus fruits or apples. Add berries. Have a drink of sparkling water or add some sparkling water to a glass of 100% fruit juice for a fruit flavored spritzer.

Warm Drinks. When it comes to hot drinks, people often have their favorites. Whether you are a coffee drinker or prefer hot tea, consider adding additional options to your day. Whether you're an adult who loves a hot cocoa or you're making plans for the children's drink options, hot chocolate can be a good way to add some calcium to the day. If you have not enjoyed a cup of hot tea recently, check out all the options at the grocery store. There are so many different kinds and flavors especially when you look at herbal teas!

Hosting a party? Cranberry Apple Cider is easy to make. There are no specific measurements for this warm drink in the slow cooker. Just add fresh cranberries, whole cinnamon sticks, whole cloves and 100 percent apple

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8. Locke Library
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(419) 259-5310

15. South Library
1736 Broadway St.
Toledo, OH 43609
(419) 259-5395

22. Lewis Animal Hospital
5104 Lewis Ave.
Toledo, OH 43612
(419) 476-9105

28. Sylvania License Bureau
4900 N. McCord Rd.
Sylvania, OH 43560
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2. Birmingham Library
203 Paine Ave.
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9. Maumee Library
501 River Rd.
Maumee, OH 43537
(419) 259-5360

16. Sylvania Library
6749 Monroe St.
Sylvania, OH 43560
(419) 822-2089

23. Shoreland Animal Hospital
4940 Suder Ave.
Toledo, OH 43611
(419) 729-0766

29. Lucas County Auditor
One Government Center
Suite 770
Toledo, OH 43604
(419) 213-4406

3. Heatherdowns Library
3265 Glanzman Rd.
Toledo, OH 43614
(419) 259-5270

10. Mott Library
1085 Dorr St.
Toledo, OH 43607
(419) 259-5230

17. Toledo Heights Library
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Toledo, OH 43609
(419) 259-5220

24. Sylvania Vet
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Sylvania Rd.
Sylvania, OH 43560
(419) 885-4421

30. Lucas County
Canine Care & Control
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Toledo, OH 43604
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4. Holland Library
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Holland, OH 43528
(419) 259-5240

11. Oregon Library
3340 Dustin Rd.
Oregon, OH 43616
(419) 259-5250

18. Washington Library
5560 Harvest Ln.
Toledo, OH 43623
(419) 259-5330

25. Heatherdowns License Bureau
4460 Heatherdowns Blvd.
Toledo, OH 43614
(419) 381-1390

5. Kent Library
3101 Collingwood Blvd.
Toledo, OH 43610
(419) 259-5340

12. Point Place Library
2727 117th St.
Toledo, OH 43611
(419) 259-5390

19. Waterville Library
800 Michigan Ave.
Waterville, OH 43566
(419) 878-3055

26. Market Place West
License Bureau
3606 W. Sylvania Ave.
Toledo, OH 43623
(419) 720-6900

6. King Road Library
3900 King Rd.
Toledo, OH 43617
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13. Reynolds Corners
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4833 Dorr St.
Toledo, OH 43615
(419) 259-5320

20. West Toledo Library
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27. Oregon License Bureau
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7. Lagrange Library
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African-American Syphilis Rates Four Times Higher Than Whites According to New CDC Study

Local partnerships and national action needed to address alarming rise of sexually transmitted disease in the black community

The National Association of County and City Health Officials (NACCHO), representing the nation's nearly 3,000 local governmental health departments, is deeply concerned about the racial disparities demonstrated by the newly released statistics on sexually transmitted diseases (STDs) from the Centers for Disease Control and Prevention (CDC). The 2018 STD Surveillance Report highlights that rates of syphilis, chlamydia, and gonorrhea have surged for the fifth year. The disparity in STD infection rates for African Americans compared to other populations remains high.



Dr. Sandra Elizabeth Ford

According to the study:

* Primary and Secondary Syphilis - In 2018, the disparity between Primary & Secondary syphilis rates for blacks and whites was 4.7 times greater for black females compared to white females and 4.8 times greater for black males compared to white males.

* Gonorrhea - In 2018, gonorrhea rates are significant and concerning in all populations, but there is a clear disparity between blacks and whites with black males rate 8.5 times that of white males and black females rate at 6.9 times that of white females.

* Chlamydia - The rate of reported chlamydia cases among black females was five times the rate among white females (1,411.1 and 281.7 cases per 100,000 population, respectively). The rate of reported chlamydia cases among black males was 6.8 times the rate among white males (952.3 and 140.4 cases per 100,000 population, respectively).

According to NACCHO's Board Vice President, Sandra Elizabeth Ford, MD, MBA, "Data highlighting the overrepresentation of sexually transmitted diseases in the African-American population is disappointing, but not shocking." Dr. Ford, a graduate of Howard University's School of Medicine continued, "More emphasis must be placed on those issues that present barriers to prevention and care of not only STDs but other chronic diseases, such as poverty and lack of insurance, as well as racism. Until we take a hard look at these factors, we will continue to see the broad inequities in diseases prevalence that we are currently observing."

"At NACCHO, our mission is to improve the health of communities by strengthening and advocating for local health departments and supporting our minority communities to eliminate the long-standing gaps in care," said NACCHO Chief of Programs and Services, Oscar Alleyne, DrPH, MPH.

"Reducing health disparities in our minority communities is a prime directive of all local health departments. Local health departments work hard every day to reduce STD rates and improve health outcomes in their communities by testing for, treating, and ultimately, preventing STDs. This includes strong prevention and treatment messaging, as well as the essential work of disease intervention specialists who are on the frontlines of efforts to disrupt the spread of STDs and prevent outbreaks.

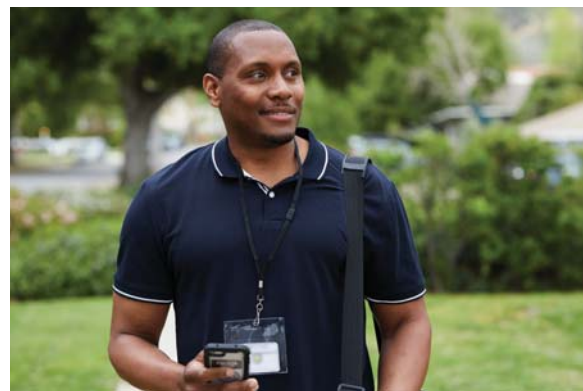
But as NACCHO's research has shown, they need more support—current resources are not enough, and local health departments and their partners need more to address these rapidly rising STD rates."

NACCHO has worked closely with the CDC to support its local health department members in actively working to mitigate rising STD rates, including by supporting localities to set-up STI Express Clinics, developing tools to support the utilization of CDC's forthcoming Recommendations for Providing Quality STD Clinical Services, identifying and evaluating models for connecting STI clinic patients to substance use disorder

treatment and other behavioral health services, as well as a new project to look at innovative congenital syphilis interventions. In addition, local health departments across the country are actively using evidence-based strategies to increase identification of STDs; assuring appropriate clinical services for STD clients and their sexual partners; conducting health education and promotion; using surveillance data to inform programmatic efforts and focus on populations disproportionately impacted by STDs; and educating the public, providers, and key stakeholders on effective policy approaches.



Dr. Oscar Alleyne



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ProMedica Community Events in December

ProMedica will offer the following community events in December:

Aromatherapy

Learn and discuss the special ways that essential oils can be used for everyday health and wellness. This program is free to people with a cancer diagnosis and is sponsored by ProMedica Cancer Institute. Aromatherapy takes place the first and third Wednesday of each month. Call the Victory Center at 419-531-7600 for details.

Wednesdays, December 4 and 18

1 - 2 p.m.

The Victory Center

Suite B

5532 W. Central Ave., Toledo, Ohio, 43615

Bariatric Informational Seminar

ProMedica Weight Loss Surgery is hosting free bariatric informational seminars to help people learn about the ProMedica Weight Loss Surgery Program and the benefits of weight loss surgery. To register for a seminar or for more information, visit promedica.org/bariatricseminar or call 419-291-6777.

Thursday, December 5

Tuesday, December 10

Wednesday, December 18

6 - 8 p.m.

ProMedica Health and Wellness Center

Community Education Rooms 1 & 2

5700 Monroe St., Sylvania, Ohio, 43560

Love Lights Memorial Service

ProMedica Hospice cordially invites you to attend the annual Love Lights Memorial Service. Love Lights is a brilliant display of sparkling tree lights and glowing luminaries displayed on the front lawn of the Eliza Ramsay Home. Doors open at 6:30 p.m. and the program starts at 7 p.m. Light refreshments will be served. Parking is available behind the office and on side streets. This event is free and open to the public. To re-

quest a luminary for your lost loved one or for more information, contact Christina at 419-547-6419.

Friday, December 6

6:30 - 8 p.m.

Eliza Ramsey Home

430 S. Main St., Clyde, Ohio, 43410

Nursing Mothers Support Group

ProMedica Toledo Hospital's women's services is hosting a breastfeeding support group for nursing mothers. Do you have breastfeeding questions? Drop in and receive support from a certified lactation consultant and other nursing mothers. The group meets the second Tuesday of every month. For more information, call 419-291-5666.

Tuesday, December 10

1:30 - 2:30 p.m.

ProMedica Toledo Hospital

Entrance F, Mom & Me Boutique

2142 N. Cove Blvd., Toledo, Ohio, 43606

ProMedica Dementia Education Series

ProMedica's Goerlich Center is offering free dementia education sessions for family members, caregivers, friends, and community members. ProMedica experts will provide insight, strategies, techniques and care approaches for managing the course of Alzheimer's disease and dementia. A Certified Dementia Practitioner will provide free adult day care supervision and recreational activities during the event. Light refreshments will be provided. This series takes place on the second Wednesday of each month. Pre-registration is requested, but not required. For more information, call Cheyenne Abrego 419-824-1758 or email Cheyenne.Abrego@ProMedica.org<mailto:Cheyenne.Abrego@ProMedica.org>.

Wednesday, December 11

6:30 - 7:30 p.m.

ProMedica Flower Hospital

... continued on page 11

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A Mental Health Moment

Change your mind, Change your LIFE!

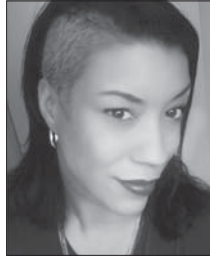
By Bernadette Joy Graham, MA, LPC, NCC, Licensed Mental Health Therapist

The Truth Contributor

About mindfulness.

Talk therapy aka counseling/psychotherapy is a main component of how clients utilize counseling/psychotherapy as an aid to assist in their unique healing process. As the holidays near, more clients reach out for counseling to help them process a past trauma, stressors, losses associated with that time frame.

Mindfulness is part of a therapeutic inter-



vention of dialectical behavioral therapy (DBT). It is used much like cognitive behavioral therapy (CBT) in helping clients change their thinking; it makes changes to their feelings and that leads to a changed behavior.

Dialectical Behavioral therapy is doing the opposite of what clients would normally do if they feel they are not living a life with healthy coping mechanisms. For example, if after hearing some not so good news a person becomes angry, isolated, sad and unmotivated, using DBT asks one to do the opposite: keep his composure, go around friends and family, stay motivated and think and feel more positive. No easy tasks and it takes much practice. Mindfulness means to stay in the moment.

This year for Thanksgiving instead of traditional family visits and food, I went on a vacation, a sunny vacation. On the second day, my brother texted me to say that our father had passed away. I still had three days remaining on my vacation that had been planned and paid for in advance.

I was most worried about how to break the news to my nine year-old son who was also having a great time in the sun. I decided to be mindful and do my best to enjoy my vacation. At many moments I was distracted by the warmth of the sun and when I began to think too deeply, I did the opposite and stayed in my moment and my place...vacation.

Take a mental health moment and assess your ability to be mindful. As life can be very unpredictable and not always what we want or expect, you can be prepared with a strategy to keep you mentally and emotionally stable.

Bernadette Graham is a Licensed Professional Counselor, National Certified Counselor and Certified Grief Recovery Specialist. She is in private practice serving as a mental health counselor and available for presentations and speaking engagements on mental health topics. For appointments or to provide feedback you may contact her at graham.bernadette@gmail.com or 419.409.4929.

ProMedica... continued from page 10

Conference Center, Boardroom
5200 Harroun Rd., Sylvania, Ohio, 43560

Alzheimer's Support Group

Golden Threads at ProMedica Memorial Hospital is hosting a monthly Alzheimer's support group. This group is for family members, friends and patients as they navigate through the complexity of the illness. It is an opportunity to get support from others who are experiencing the trials and tribulations of dementia. This support group meets on the second Wednesday of every month and is free and open to the public. For more information, call Cheryl at 567-938-9394.

Wednesday, December 11

6 p.m.

ProMedica Memorial Hospital
Bistro Café

715 S. Taft Ave., Fremont, Ohio, 43420

Women's Cancer Support Group

ProMedica Monroe Regional Hospital's Cancer Center is hosting a cancer support group for women who have a cancer diagnosis. It is a safe harbor to come to give or receive support. The group meets the third Tuesday of each month and provides education, encouragement and sharing in an informal social environment. Guest speakers who are compassionate professionals specializing in cancer issues may occasionally be invited. Come, share, and receive encouragement, love, compassion, hope, laughter and much more!

Tuesday, December 17

7 - 8:30 p.m.

ProMedica Monroe Regional Hospital
Conference Room A, 4th Floor

718 N. Macomb St., Monroe, Mich., 48162

Multiple Sclerosis Connection Support Group

This monthly support group provides those living with Multiple Sclerosis with support, conversation and educational topics. The free support group is held on the third Tuesday of every month. Individuals diagnosed with Multiple Sclerosis as well as family and caregivers are welcome to attend. For more information or to RSVP, contact Nikki Artiaga at nikki.artiaga@promedica.org.

Tuesday, December 17

5 - 6 p.m.

ProMedica Neurosciences Center

Second Floor, Education Rooms 1 & 2

2130 W. Central Ave., Toledo, Ohio, 43606



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Ten Doctor-Recommended Health Tips for the New Year

Special to The Truth

Four in 10 adults in the U.S. have two or more chronic diseases, according to the Centers for Disease Control and Prevention. While certain conditions and risk factors are beyond one's control, the new year is the perfect time to consider the many lifestyle choices you can make for improved health.

"With too many holiday sweets and not enough exercise likely in the rearview mirror, now is the perfect time to consider your personal goals and how you can make positive health choices in the coming year," says American Medical Association (AMA) President Patrice A. Harris, M.D. "The good news is that there are a few easy steps you can take that will set you on the right track for a healthier 2020."

To get you started, the AMA is offering 10 wellness tips for the new year:

1. Steps you take now can help prevent or delay the onset of type 2 diabetes. Learn your risk by taking the self-screening test at DoIHavePrediabetes.org.

2. Be more physically active. Adults should do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

3. Visit LowerYourHBP.org to better understand blood pressure numbers and take necessary steps to get high blood pressure – also known as hypertension -- under control. Doing so will reduce your risk of heart attack or stroke.

4. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as olive oil, nuts and seeds to your diet. Also reduce your consumption of sugar-sweetened beverages and drink more

water instead. Drinking sugary beverages -- even 100% fruit juices -- is associated with a higher all-cause mortality risk, a new study published in JAMA Network Open suggests.

5. If your health care professional determines that you need antibiotics, take them exactly as prescribed. Antibiotic resistance is a serious public health problem and antibiotics will not make you feel better if you have a virus, such as a cold or flu.

6. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink daily for women and two drinks daily for men, and only by adults of legal drinking age.

7. Talk with your doctor about tobacco and e-cigarette use (or vaping) and how to quit. Declare your home and car smoke- and aerosol-free to eliminate secondhand exposure.

8. Pain medication is personal. If you're taking prescription opioids or other medications, follow your doctor's instructions. Store them safely to prevent misuse and properly dispose of any leftover medication.

9. Make sure your family is up-to-date on vaccines, including the annual influenza vaccine for everyone age six months or older. If you're pregnant, you can receive the flu vaccine during any trimester, but should receive the Tdap vaccine early in the third trimester to protect yourself against flu and whooping cough.

10. Manage stress. A good diet, sufficient sleep (at least 7.5 hours per night), daily exercise and wellness activities, like yoga and meditation, are key ingredients to maintaining and improving your mental health, but don't hesitate to ask for help from a mental health professional when you need it.

Courtesy StatePoint

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Other restrictions may apply. Please see lender for complete details. Subject to credit approval.

Cheers!... continued from page 8

juice to the slow cooker. Let it warm up on high or keep it on low for the day.

If you are hosting a party, consider making it easier on yourself to serve hot drinks by using a hot beverage carafe. University of Nebraska Extension points out that some guests may prefer a hot drink like coffee or tea either before or after a meal. In order to have hot beverages available over a period of time, carafes can help keep drinks hot and fresh tasting for hours. It beats making several small amounts of drinks or letting it sit around too long to either color off or on the heat source for an undesirable flavor. They offer this tip: Preheat the carafe by filling it with hot water while you prepare the hot beverage. One the drink is ready, empty the hot water and fill the carafe with your beverage. The hot water heats it up to help keep your drinks warm for longer. Some coffee makers come with carafes. When purchasing a new one, look for a carafe that easy to use and clean.

Festive drinks. Sometimes these holiday specials are called "mocktails" if they're made without the alcohol. These are nice to have for those who are young or not drinking alcohol at holiday parties. Like the spritzer mentioned above, it can be as easy as combining 100 percent fruit juice and sparkling water. In addition, add some tasty garnishes such as berries or fruit slices.

Enjoy. I know many people live a fast-paced life and it seems to speed up at the end of the year! If you can take a few minutes to yourself to quietly enjoy a warm cup of coffee or tea, the "to do" list will still be there in 10 minutes. Whether you choose a mocktail or choose to indulge in a high calorie or alcoholic drink, enjoy the taste of the drink and the company around you. If you are rushed or feeling stressed out, remind yourself to grab a drink of water.

Sources: Nebraska Extension, Cornell Extension, Produce for Better Health Foundation, Utah State 4-H Food and Nutrition

Motherhood So White: A Memoir of Race, Gender, and parenting in America by Nefertiti Austin

By Terri Schlichenmeyer
The Truth Contributor

You got the whole package.

That's what happens when you choose a mate: you get another set of parents, new siblings, aunts and uncles and, of course, any children your beloved might have and any you might want in the future. That's the way we build families today, the details of which, says **Nefertiti Austin** in *Motherhood So White*, depend on the color of your skin.

As a child, Nefertiti Austin basically had to raise herself: her parents had drugs, alcohol, deals to make and better things to do. It was common, therefore, for Austin and her brother to stay with their grandparents; after their father went to jail and their mother quietly left California, the stay became permanent.

Says Austin, raising a child you're somehow related to, or taking in a kid whose family you know is common in the black community. Adoption is not, which is why she had to deflect negative comments when she announced her plans to adopt a black baby.

The process took time: Austin attended classes to become a certified foster mother first, with the end goal of adoption. She'd decided on the gender of the child she wanted and was offered the chance to foster other boys; she declined, waiting for the right baby.

Her son, August, arrived in late summer, 2008.

c.2019
Sourcebooks
\$25.99 / \$36.99 Canada
304 pages

Eager to be the best mother possible, Austin scoured the local library for books on mothering for black women, and found nothing. Everything seemed written by and for white women, who didn't have to tell their sons about DWB, who didn't have to tolerate strangers that assumed single motherhood and welfare went hand-in-hand, and who wouldn't have to explain racism to a preschooler. While "there is nothing more universal than a mother's love for her child," black mothers have different issues to deal with.

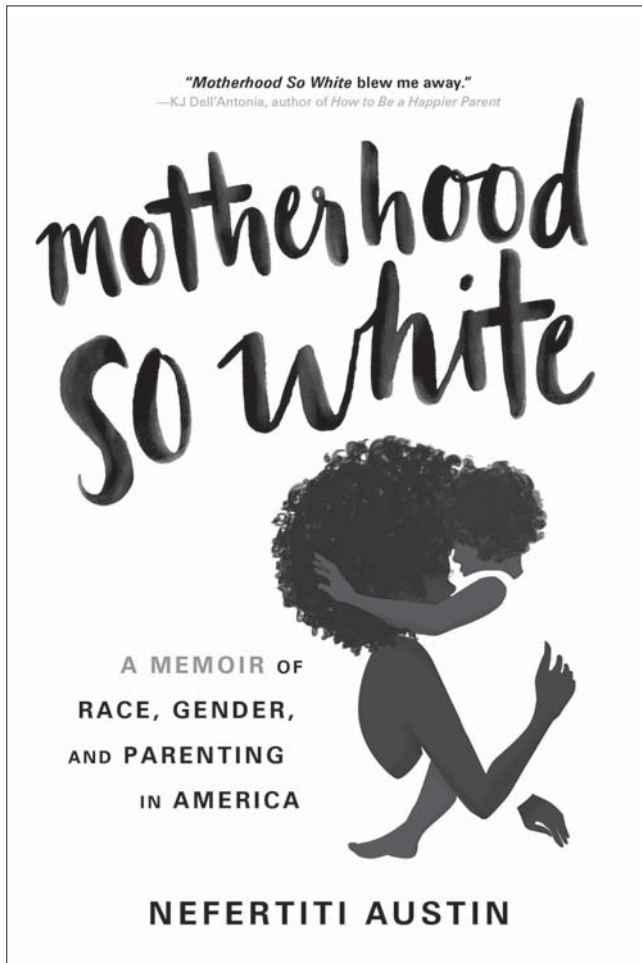
And so, this book came in-part from Austin's frustration.

The most curious thing, though, is that hers may become a reader's frustration, too.

As a memoir, this book is very good: author Nefertiti Austin writes about how she overcame a life that nearly made her a statistic, with the help of two loving grandparents who raised her as if they were her birth parents. Austin goes on to tell why she cast aside cultural norms in order to forge the path she knew was best for her, and to become the mother she should have had herself.

Again, it's very good – but it's also of little help to a reader who is looking for solid advice on dealing with her own unique journey to motherhood as a woman of color. There's so much more that could have been in this book, but wasn't, and some of it might have helped educate those of whom Austin is critical.

Still, there's a certain undeniable comfort in her story, and that could be valuable to the right reader. For her only, add *Motherhood So White* to the scant list of parenting books for women of color, and memoir + advice could make a good package.



Social Security... continued from page 5

load a current Benefit Verification Letter from their account.

People not yet receiving benefits can use their online account to get a personalized Social Security Statement, which provides earnings history information as well as estimates of future benefits. Currently, residents in 40 states and the District of Columbia may request a replacement Social Security card online if they meet certain requirements. The portal also includes a retirement calculator and links to information about other online services, such as applications for retirement, disability, and Medicare benefits.

Many Social Security services are also conveniently available by dialing toll-free, 1-800-772-1213. People who are deaf or hard of hearing may call Social Security's TTY number, 1-800-325-0778.

To get more Social Security news, follow the Press Office on Twitter @SSAPress <<http://twitter.com/SSAPress>>.

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When: Every 4th Sunday
Time: 11:00 am
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Emmanuel Collier, Worship Team Lead

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CLASSIFIEDS

December 4, 2019

Page 15

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AUDITIONS

AUDITIONS for the Toledo Repertoire Theatre's production of "A Raisin in the Sun" by Lorraine Hansberry. Directed by Irina Zaurav.

Looking for strong African American actors!

December 19 and 21 from 6:30-8:30 pm at the Rep.

Show will take place from February 28-March 8, 2020.

8 Male roles from ages 20 ish-50 years old, and one boy 10-12 years (not tall)

4 Female roles from 20 ish-65 years old

REQUEST FOR QUALIFICATIONS ARCHITECTURAL AND ENGINEERING SERVICES (POOL) RFQ19-Q004

Lucas Metropolitan Housing Authority (LMHA) will receive proposals for **Qualifications for A&E Services (pool)**. Received in accordance with law until **December 18, 2019 at 3:00 PM ET**. See documents: www.lucasmha.org; 201 Belmont Ave., Toledo, OH 43604; or 419-259-9446 (TRS: Dial 711). Affirmative Action and Equal Employment Opportunity requirements (Executive Order #11246). This contract opportunity is a Section 3 Covered Contract and any Section 3 Business Concerns are encouraged to apply.



PATHWAY COMMUNITY SERVICES BLOCK GRANT PUBLIC NOTICE

The proposed 202A-2021 Pathway, Inc. Community Services Block Grant (CSBG) application is available for review and comment at the Pathway, Inc. office located at 505 Hamilton Street, Toledo, Ohio, Monday through Friday between the hours of 8:00 a.m. and 5:00 p.m. beginning November 27, 2019.

You may mail your comments to the above address or deliver them in person. Pathway must receive public comments by no later than 5 p.m. on December 11, 2019. They will be on file and open for public review.

For further information, contact us at (419) 242-7304.

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QUALITY IMPROVEMENT COORDINATOR

At the Area Office on Aging, we're passionate about making sure the those age 60 and better get the high quality nutrition, home care, Alzheimer's Day Care and other aging services they need to live long, quality lives that are as independent as possible. With the Quality Improvement Coordinator position, you have an opportunity to do meaningful work.

Make an impact in the lives of those age 60 and better in need by developing and advancing a multi-pronged strategy to re-energize the network of service providers who provide these services throughout northwest Ohio. We need someone who is a goal-oriented and data-driven person who will interact with service providers and other stakeholders to create a culture of quality that leverages the agency's data, dollars and services to make them as effective and impactful as possible. By finding ways to better align what is in the interest of the Area Office on Aging, its service providers and older adults/their family caregivers, this position will help the agency more fully realize the growth potential that lies within it.

The Area Office on Aging is a mission-driven organization that is full of people who have passion, purpose and contagious energy for the worthy work we do and who care for one another and the older adults, family caregivers and younger persons with disabilities whom we serve. We are on a mission to provide quality services that make a positive impact in the health, well-being and overall lives of older northwest Ohioans and their family caregivers. So, if you believe in the work that the Area Office on Aging does and you want to advance the agency's focus on ensuring quality, send your resume to jobs@areaofficeonaging.com or go to www.AreaOfficeOnAging.com/Careers to keep reading about this position.

BP-HUSKY REFINING PROCESS OPERATORS NEEDED

The Process Operator's primary objective is to achieve the safe, environmentally sound, reliable, and optimum operations of their operating area. The Process Operator position involves maintaining, monitoring, and controlling the continuous operations of petroleum refining and process equipment. Must have a High School Diploma or equivalent (GED); preferred: completion of an apprenticeship program OR a higher education degree.

Essential Job Requirements:

- Ability to work rotating 12-hour shifts including days, nights, weekends, holidays and must be available for overtime in an outside all-weather environment.
- Required equipment will accommodate a maximum of 275lbs.

Preferred Job Requirements:

- Prior experience working in a refinery, chemical plant, power plant or like industry; or military equivalent. Experience with distillation, filtration, separation, blending, storage, shipping and chemical reaction processes.

Must Upload a Resume.

Apply Now at:
www.bp.com/careers

BP-HUSKY REFINING HEAVY CRAFT MECHANIC (PIPEFITTER, BOILERMAKER, WELDER)

The Heavy Craft Mechanic role includes typical refinery pipefitter and boilermaker activities on fixed equipment. The role will perform all duties necessary for safe and efficient operation under the supervision of a Maintenance Supervisor.

Essential Job Requirements:

- Minimum of a High School Diploma or equivalent.
- Must be able to provide training/certification documenting one or more of the following qualifications:
 - Journeyman's Pipefitter or Boilermaker certificate;
 - Or a minimum of 8 years documented relevant work experience in a similar process industry as a Pipefitter or Boilermaker;
 - Equivalent military experience as a Pipefitter or Boilermaker.
- A minimum of 4 years industrial maintenance experience.
- The ability to successfully pass the code welding certification.
- Willingness to work eight to sixteen hour shifts and temporary off shifts that may include weekends, holidays and overtime, and perform physically active job tasks, many of which involve year-round outdoor work in all types of weather.
- Required equipment will accommodate a maximum of 275 lbs. weight requirement.

Must Upload a Resume.

Apply Now at:
www.bp.com/careers

Call to place your ad:
419-243-0007
www.TheTruthToledo.com

The Eighth Annual Christmas Bazaar

The Eighth Annual Christmas Bazaar was held on Saturday, November 30, 2019 at the Indiana MB Church (The Stephenson- Roberts Fellowship Hall) hosted by Donnetta Carter " The Social Butterfly." Over 50 small business owners with products and goods participated in the area's largest such holiday event. Also, Carter stated there was a large waiting list of vendors on stand-by for cancellations.

Despite the fact that the bazaar was held at the same time as the annual The Ohio State

University and the University of Michigan football game, individuals showed up in record numbers through-out the day.

State Rep. Paula Hicks- Hudson; Councilman Tyrone Riley; Suzell Cowell, president and founder of the Toledo Urban Federal Credit Union, amongst others, showed up to peruse the aisles for Christmas gifts. Toledo and surrounding areas showed up with overwhelming support for small businesses and ONE STOP SHOP.

There were over 425 in attendance who took advantage of handmade crafts, candles, jewelry, desserts, massages, natural products, women's and men's apparel. There were two big highlights this year: Santa Claus and his Mrs. taking complimentary photos with the children and adults; the famous Jaden Anderson, news reporter, commented on the day's event by interviewing the entrepreneurs.

Carter thanked the annual corporate sponsors: Woodforest National Bank, CareSource, Paramount, The Truth Newspaper, OMG Production - Tracy Roberts as well as volunteers Sharon Crawford and Shawnterra Scott, DJ Rocky Love from WIMX- FM MIX 95.7 The Saturday Morning Blues Show.

The next event will be the ninth Annual Business & Health EXPO on Saturday April 25, 2020. For more information contact thesocialbutterfly-events@yahoo.com or (419) 367-9765.



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