

The Sojourner's Truth

Volume 61, No. 5

“And Ye Shall Know The Truth...”

May 6, 2020

Groomed for Greatness Provides Community Aid



Michelle McCaster Leads COVID-10 Relief Project

Photo Courtesy: Abyrdseyephoto

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Early (but Not Too Soon) General Election Predictions

By Rev. Donald L. Perryman, Ph.D.

The Truth Contributor

In politics, as in other things, there is no such thing as one getting something for nothing.

- A. Philip Randolph



With the delayed Ohio 2020 primary election now complete, local politicians and their operatives now focus their attention on the general election. Here is my very early (but not too soon) peek at how local elections might unfold come November 3.

1. Democratic Party Chair: **Mike Ashford**. First things first! The Dems have to have a functioning party to turn out voters to support its candidates and to get behind issues such as the TARTA levy and the failed Issue One. Longtime attorney Keith Mitchell seeks the nod and is supported by Local 500's charismatic and influential leader David Fleetwood. However, Mike Ashford has assembled a powerful coalition that includes the Building Trades who like the results he provided them while serving in the State Legislature. Look for the Party to elect Ashford in late May or early June and put its campaign operations in gear.

2. Issue One: **Renew 0.75 tax**. Unofficial results predict Issue One's defeat in the just concluded primary despite a 3 to 1 turnout advantage by Dems over Republicans. The initiative, obviously, did not obtain the support it needed from its traditional backers. Early momentum on the initiative was indeed squelched by the COVID-19 pandemic, as Mayor Kapszukiewicz asserts. Yet the City has only itself to blame for a bewildering messaging strategy where voters struggled to understand whether the focus was education, streets, or police and fire. Taxes for Toledoans are near the top in the state of Ohio. Yet, look for the City to ask for voters to renew the 0.75 percent tax in November without asking for an additional raise. Budget woes resulting from the pandemic will cause the City to make do without the latest and greatest equipment, mow grass less frequently, curtail nuisance calls and reduce the jail population. However, the administration must find a way to pave roads and maintain safety forces.

3. Lucas County Sheriff: **Mike Navarre**. The Democratic primary race was predicated on name recognition. In selecting Mike Navarre over closest challenger Gary Johnson, voters indicated that they wanted a Sheriff with an extensive law enforcement background, a name they could trust and who possessed real administrative experience in the public sector. The Navarre name resonates with the voting public who remember Mike Navarre as Toledo's former Chief of Police where he served honorably under several mayors. As the Democratic Party nominee, Navarre will have the entire Party machine as well as his defeated primary challenger, a "humbled" Gary Johnson, behind him doing whatever they can to get him elected. Look for Navarre to prevail in November over equally prominent candidate Earl Mack who is running as an Independent.

4. Lucas County Treasurer: **Lindsay Webb**. I can't think of the name of her opponent or even if Webb has one. There's your answer. Webb wins. Name recognition is a powerful tool.

5. Lucas County Recorder: Veteran politician **Phil Copeland** gets the nod over Republican, Pam Haynam, a virtual unknown in Lucas County.

6. Lucas County Commissioner: **Pete Gerken and Tina Skeldon-Wozniak**, in what could conceivably be their "Last Dance," win handily over Ron Murphy and Tom Names, respectively.

7. **Other Notables:** Toledo Favorite Son Judge **Myron Duhart**, wins election to the 6th District Court of Appeals. **Marcy Kaptur** continues her long and honorable career of service in the U.S. House of Representatives; Political stalwart **Julia Bates** continues as Lucas County Prosecutor and likable politician **Bernie Quilter** extends his service as Clerk of the Court of Common Pleas.

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

Reps. Hicks-Hudson, Crawley Introduce Legislation to Provide Medicaid Coverage of Doula Services

Say doula services are a need for mothers and soon-to-be mothers

State Reps. Paula Hicks-Hudson (D-Toledo) and Erica C. Crawley (D-Columbus) this week issued a statement on their recently introduced legislation to provide Medicaid reimbursement for doula services. The legislation allows the Medicaid program to cover services provided by a doula with a valid provider agreement who submits specific documentation to the Medicaid director meeting requirements including, but not limited to, proof that the doula has a current, valid certificate issued by a doula certification organization.

"As explained in the bill, 'Doula services' means physical, emotional, or educational support provided during the prenatal, childbirth, and postpartum periods, which are important parts in a young child and mother's life," said Hicks-Hudson. "As a founding member of the Black Maternal Health Caucus, it is my honor to provide our mothers with Medicaid coverage of doula services."

Currently, women in Ohio die at a ratio of 14.7 per 100,000 live births, mostly from preventable causes. Doula services are one of the methods that can assist with decreasing these stark outcomes.

"Doulas are trained professionals who provide mothers with vital support and resources before, during, and after childbirth," said Crawley. "A mother's Medicaid status should not affect her ability to receive doula services. Likewise, a doula should not have to sacrifice being compensated due to a mother's Medicaid status. This legislation allows everyone to receive and be compensated for these empowering birthing services."

This legislation, House Bill 611, was introduced on April 27 and awaits a committee assignment.

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You Might Want To Consider This

By Lafe Tolliver, Esq
Guest Column

In the light of the current global Covid-19 pandemic, what would your response be to the following words, if they were read aloud in your hearing:

“Go, my people, enter your rooms and shut the doors behind you and hide yourselves for a little while until his wrath has passed by. See, the Lord is coming out of his dwelling to punish the people of the earth for their sins. The earth will disclose the blood shed on it; the earth will conceal its slain no longer.”

Since you are a front line witness to the overwhelming impact of the coronavirus on people's health, the economy, relationships, education, food supply, monetary systems and one's mental health and emotional well-being, would you say that something is afoot that is not satisfactorily answered by a solely intellectual response about what this all means?

Not to sound “spooky” but I want to draw instruction both from this killer virus and the above quote (at the end of this article, you will find its source).

Let us start with the first sentence of the above quote. It is a call to a specific group of people (nation, if you wish) to enter a period of seclusion; and for them to hide themselves until a period of wrath (Covid-19, in our case) has spent its full course.

When we get to the rationale of why this shutting away is needed, a/k/a: stay at home orders, social distancing, getting a vaccine, etc., it is because the creator has seen global wickedness reach such a high point that He is coming to set the record straight and to inflict discipline on the earth.

Am I saying that all who have died and those who were heroic in their attempts to save others were targeted for destruction? Of course not!

But, I am saying that the rain falls on the just and the unjust and those who were and are righteous will get wet also, but their living was not in vain.

The witness of any wickedness will be the Earth when it discloses the abuse and degradation that it has suffered; and the Covid-19 virus simply accentuates the abuse that mankind has heaped upon it (and we upon each other!).

Am I talking a stalking plague of biblical proportions? Yes. If you read that prior historical story as found in the Book of Exodus, the plague was sent to punish a nation (Egypt) for their defiance against God. A defiance that resulted in the death of multitudes of Egyptians and those who did not have

angel/plague.

Now, when you fast forward that history lesson to the present day, the Covid-19 virus is not a mere happenstance of creation but is a plague that is being monitored by the heavenly host and will cease when the world ceases to go “a whoring after other gods.”

According to the quoted verses, matters are being revealed and what has been wrongfully inflicted upon others will be disclosed. In the biblical story, Pharaoh was given early warnings about what a failure to properly respond would entail but, you know the rest of the story.

What things to be revealed? Let's start with: structural racism, environmental injustice, gross inequality, hatred of other nations that are different from us, indifference to the cries of the poor and marginalized and, most of all, the seemingly total indifference of nations that attempt to put their collective thumbs in the eye of God.

For America that prides itself on being a Christian country and even places the motto “In God We Trust” on its coinage, there is not a lot of trust being shown.

Especially so when those who profess to be in fellowship with God, directly display attitudes of contempt and derision for all things of God, you then know that, wrath is on its way...for a period of time.

Here is the good news! Wrath is only for the moment and there is joy in the morning for those who reject offensive conduct and renounce the pride that their titles, status and money ostensibly afforded them at the expense of marginalized others.

So, those who are shut away and are using this down time to regroup and re-think and renounce negative behavior, you are benefitting from this precious time so that when the wrath (or the avenging angel?) has passed over your home, you can exit from being hedged in and have a new perspective about what is important and that “other” which is merely composed of wind driven chaff. The source of the above verses: Isaiah 26:20-21.

Be calm and stay put for the storm is passing over!

Contact Lafe Tolliver at tolliver@juno.com

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Greater Toledo Community Foundation Working To Help Our Community During COVID-19 Pandemic

Important Updates – Week 5:

\$525,183.08 Committed to the Fund for Distribution to Local Nonprofit Organizations

GTCF last week approved a fifth round of grants totaling \$44,126 from the COVID-19 Response Fund to provide immediate relief to residents affected by COVID-19's economic impacts in our area; total grants now approved reaches \$306,268

Greater Toledo Community Foundation is pleased to announce that local philanthropists, family foundations, corporations and businesses continue to add to the COVID-19 Response Fund of the Greater Toledo Community Foundation. GTCF's program department and Board of Trustees are reviewing applications and approving grants at record pace, and 100% of the donations made to this fund will be granted out to our local nonprofits as they deal with the effects of the COVID-19 pandemic in our communities.

The Board of Trustees of Greater Toledo Community Foundation recently approved nine grants totaling \$44,126 from the COVID-19 Response Fund to support northwest Ohio and southeast Michigan nonprofit organizations, bringing the total distributed in five weeks to more than \$300,000.

The following nine grants totaling \$44,126 were recently approved through the fund.

Brown Bag Food Project: to support emergency food, toiletries and other basic needs items for residents of Wood County.

Catholic Charities - Diocese of Toledo: to support increased costs at the Helping Hands food distribution site.

ComeUnity Cafe (Bistro 163): to support food distribution to low-income and elderly residents of Ottawa County.

Epilepsy Center of Northwest Ohio: to purchase personal protective equipment for use by its staff when working in the homes of clients with

developmental disabilities.

Lutheran Social Services of Northwestern Ohio: to support its food pantry and distribution program in the Old West End.

St. Paul's Community Center: to support staff costs to serve residents transitioning out of the shelter.

University Church: to support increased costs of food distribution through the HUB program serving the Rogers High School area.

Vision Ministries: to support costs of food distribution in South Toledo.

YMCA of Greater Toledo: to support costs related to operating four licensed pandemic child care facilities and for food distribution activities.

Greater Toledo Community Foundation created the COVID-19 Response Fund to support northwest Ohio and southeast Michigan nonprofit organizations as they assist in responding to the spread of COVID-19 in the community and experience financial challenges in doing so.

Donations to the COVID-19 Response Fund at GTCF are urgently needed to meet the huge demand for aid to Toledo Region residents affected by COVID-19's economic consequences.

Donations can be made online at <https://toledocf.fcsuite.com/erp/donate/list>

GTCF will continue to make grants from the COVID-19 Response Fund as long as donations are received. GTCF will provide grants to northwest Ohio and southeast Michigan nonprofits and will not be giving money directly to individuals. GTCF is distributing 100 percent of funds raised.

Citizens Bank Announces \$165,000 In Grants to Small Businesses in Ohio

Citizens Bank last week announced that 11 small businesses in Ohio will each receive a \$15,000 grant as part of its Small Business Recovery grant program. These direct grants are being issued to Citizens small business customers to help them continue operating and recover from adverse conditions brought on by the pandemic.

"These grants will go directly to Ohio small businesses, providing them with much needed cash flow and support to help them stabilize amidst the devastating impacts of the coronavirus pandemic," said Jack Murphy, President, Business Banking, Citizens Bank.

On April 6, Citizens announced a \$5 million commitment to aiding communities through these challenging times, including \$4.2 million in sup-

...continued on page 6

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Rainbow PUSH Coalition, National Medical Association, and National Bar Association Joint Statement on the Response to the Coronavirus/COVID-19 Pandemic: A Public Health Manifesto

Just as the sun rises in the East and sets in the West, COVID-19 has emerged as a global threat. In the United States the effects of the disease have disproportionately impacted African Americans and other communities of color. According to state data currently available (and that includes demographic information), rates of infection and death amongst the African-American population far exceeds the representation of African Americans in the overall population (in some instances by a multiple of more than five).

This global pandemic has amplified the effects of pre-existing health disparities, structural impediments, and the ongoing harm done by inadequate strategies to address the dangers of COVID-19 in the African American community specifically, and communities of color overall.

This joint public health strategy proposed by the Rainbow PUSH Coalition and the National Medical Association addresses these concerns, and proposes viable, actionable steps that can be immediately implemented to reduce the possibility of irreparable harm due to COVID-19 on these at-risk communities.

THE JOINT PUBLIC HEALTH STRATEGY:

PREVENTION: Shelter-in-Place (at home) and Worship-in-Place (at home). Houses of worship and community organizations are encouraged to employ alternative, safe strategies for socialization and worship. As human interaction is essential for overall health, we encourage everyone to practice physical distancing (i.e., stay at least six feet from other people, avoid mass gatherings, wear cloth facial covering in public, and do not host gatherings at home; people of color, especially African-American males, should consider selecting a white or lighter colored facial covering to help offset implicit bias. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.) Engage in virtual internet meetings/gatherings, use phone/email/text capabilities for communicating, and ensure that regular handwashing and surface cleaning are employed. Additionally, prevention messages and up-to-date information about the status of the pandemic must be communicated in culturally relevant and effective ways, consistent with the communication practices and languages of African American and other racial/ethnic communities.

2. DATA: State and local health departments and Centers for Disease

Control and Prevention (CDC) must be required to collect and publicly report COVID-19 testing, emergency department visits, hospitalizations, and outcomes data, stratified by demographics (including race, ethnicity, gender, and 9-digit ZIP codes).

3. SCREENING: When screening questions are used to determine who will undergo diagnostic testing, high-risk groups including persons who are African American, Latinx, American Indian/Alaskan Native should be assigned a high priority risk score to enable testing.

4. ACCESS: To date, less than one percent (one percent) of the population has been tested for COVID-19, and the numbers are skewed based on race and socioeconomic status (SES). Access to testing must be expanded, to ensure timely access to COVID-19 testing stations, and by prioritize testing in medically underserved areas, and with populations and neighborhoods impacted by limited/restricted access to public transportation. The expanded use of mobile testing units and providing for "walk-up" testing at drive-up testing stations must be immediately employed to help ensure equitable access to testing for underserved populations. The walk-up capabilities must meet the following requirements:

a. Testing stations should be no more than 1/4th mile (five-minute walk) from nearest operating bus stop, train, or subway station.

b. Information concerning walk-up and drive-up testing stations must be widely disseminated, and must include multilingual, culturally sensitive, public service announcements within African American, Latinx, and American Indian/Alaskan Native communities.

Consider the use of public health emergency dollars received by Federally Qualified Health Centers (FQHCs) as a funding source for this community outreach. However, if these dollars are utilized for COVID-19 outreach, the expenditures must be immediately reimbursed to the FQHC to ensure ongoing liquidity for ongoing and future public health emergencies.

5. PROTECTION FOR CARE PROVIDERS: Require Personal Protective Equipment (PPE) for people at risk for COVID-19 that are performing duties in support of hospitals and nursing homes including (but not limited to) patient transport, environmental services, food

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Public Health Manifesto... continued from page 5

service and maintenance staff, patient care assistants, nurses' aides, and pharmacy technicians. Provide cloth facial coverings, handwashing soap and water or hand sanitizer for persons in homeless shelters and staff.

6. DO NOT RESUSCITATE (DNR) ORDERS: Do Not Resuscitate (DNR) orders enable patients to pre-determine care decisions concerning the use of life sustaining/life maintaining therapies. Public health emergency provisions allow for involuntary DNR protocols whereby a clinician or staff member (without prior consent of patient, family, or health advocate) makes the decision to withhold Basic Life Support (BLS), Advanced Cardiac Life Support (ACLS) or other extraordinary measures for acute, life-threatening, or deteriorating health. When a public health emergency has been declared, it is to be required that state and local health departments collect and report all involuntary DNR orders, including data according to race, ethnicity, gender, and age. This data will be monitored by an appointed Community Advisory Board, the responsibility of which will include evaluation for any trends in the data, especially related to race or ethnicity.

7. PROTECTION OF VULNERABLE POPULATIONS: Immediately halt inclusion of persons who are a) incarcerated, b) reside in a mental institution, or c) institutionalized with intellectual or physical disabilities as human subjects for clinical trials and experiments involving off-label use of medications and vaccines.

8. PROTECTION OF INCARCERATED PERSONS: Due to the emerging and ongoing challenge of rising numbers of confirmed cases of COVID-19 in jails and prisons, and a recently confirmed death of at least one inmate from COVID-19, every effort to depopulate jails and prisons of non-violent detainees and persons convicted of nonviolent offences must be employed to eliminate close contact, and to ensure the ability to quarantine persons requiring separation from other inmate populations. This includes the use of personal recognizance, appropriate home monitoring, community release, and enhanced follow-up with offices of parole and probation to the maximum extent possible. Additionally, all inmates and staff should be provided cloth facial coverings,

handwashing soap and water or hand sanitizer.

9. CARE COSTS: Ensure full implementation of the provisions of the CARES Act, to include no cost for screening and treatment for COVID-19 and related conditions. This should include medical follow-up for related worsening or unmasking of underlying disease, and aftercare (i.e. skilled nursing facility).

10. AFFIRMATIVE ACTION: Rescind, effective immediately, the U.S. Department of Labor suspension of certain Affirmative Action guidelines, as provided for in the March 17, 2020 memorandum from the director of the Office of Federal Contract Compliance Programs. By carving out exceptions to essential equal opportunity policies as related to federal contracting during the COVID-19 response, some will be denied opportunities at the very time when everyone should be allowed to fully engage in addressing the current public health emergency. There can be no "whole of America" response if ALL of America cannot equally participate in the response.

11. AID TO AFRICAN COUNTRIES FOR COVID-19 RESPONSE: An aggressive deployment of essential medical resources, to include testing kits, PPE, ventilators, and the like be activated to mitigate further global spread and deaths in African countries due to novel coronavirus, as well as the potential for re-emergence in African immigrant communities in the United States where persons may return to their homes of origin, and then return to the United States. This includes needed CDC resources and consultation, additional budget appropriation for funding support for public health infrastructure and non-governmental organizations (NGOs), including reinstatement of World Health Organization (WHO) funding, in order to mitigate impact of COVID-19 on indigenous populations on the African continent.

12. ADDRESSING THE CRITICAL SHORTAGE OF AFRICAN AMERICAN MEDICAL PROFESSIONALS: The effects of the COVID-19 pandemic in the United States has revealed a severe shortage of highly trained, culturally competent medical professionals in communities of color and rural communities across the country. There must be funding, and resources made available to support the recruitment, training, and deployment of African American medical professionals in the United States. This includes partnering and supporting African American schools of medicine, nursing, and health sciences, reducing the debt burden on students of color attending medical/nursing schools, and beginning earlier in the K-12 educational process to expose students of color to the medical profession, and the opportunities available within the profession.

The Rainbow PUSH Coalition is a multi-racial, multi-issue, progressive, international membership organization fighting to protect human and civil rights, in the United States and around the world. The National Medical Association is the largest and oldest national organization representing 45,000 African American physicians and their patients in the United States. 3

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Citizens Bank... continued from page 4

part of small businesses in the bank's service area. As part of this overall commitment, Citizens is awarding 134 direct grants to small businesses.

Murphy added: "Small businesses are the heartbeat of the American economy, and we are committed to providing them with a vital jolt as they battle the economic implications of the pandemic."

The full list of Ohio grant recipients is below:

- Bridgeway Home Inc.
- Club 300 Catering Inc.
- Common Ground Family Services LLC (CGFS)
- Famicos Foundation
- Kulture Kids
- Manufacturing Works
- S&P Subs Inc. DBA Subway
- The Brunch Box LLC
- Total Voice Technologies
- Vispiri Inc. DBA Cleveland Whiskey
- Wagner's Tax Service

Meeting the Challenges of Eating Well During COVID-19

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

During stressful times, it can be challenging to eat well for a variety of reasons. Although we cannot predict everything that will happen in this next month, we can anticipate that there will be continued changes and transitions for individuals and families within their households as well as in stores as Ohio prepares to get back to work this May.

What we know: Every place of business needs to have plans in place to help prevent the spread of COVID-19. There needs to be a minimum of six feet between people. Employees, customers and guests are not allowed to enter if symptomatic.

Suggestions for grocery shopping:

- **Check what food you have at home first.** This will help limit the number of trips to the grocery store and avoid spending money on items that are not needed.
- **Make a shopping list** to stay focused, get needed items, and keep the shopping trip short. Prepare a shopping list that will cover the household for about 2 weeks.
- **Be realistic about amounts of food.** Buy only what's needed and resist the urge to buy in much larger quantities.
- **Buy fresh, frozen, and shelf-stable foods.** Eat your fresh food first. Stock your freezer and pantry with items you can eat in the second week and beyond.

Challenges for grocery shopping: One of many challenges is showing up at the store and finding empty shelves for popular items. Another challenge is that even if the shelves are not empty there might be limits to the amount of items to purchase. While it is very important that people are not hoarding food or supplies, the limits can make it hard to shop for a two-week timespan. It also makes it challenging to shop for yourself and for a neighbor or family member who cannot go to the store.

Possible Options: As you write your grocery list add some additional or options in case your first choices are not available. Try to be creative with different foods and not become discouraged while at the store. Explore shopping options like in-store pickup, curbside pickup or delivery. Every store does it a little differently. There have been some challenges with the large surge of many more people using curbside pickup than ever before but it might be an option for your household to try.

What we know: Farmers and producers are busy working to provide food across the country.

The challenge: Our food system, including food processing was designed to meet the food industry needs prior to COVID-19. It was estimated in 2018, that United States consumers spent 43% of food dollars in full-service restaurants, schools and colleges, which have all been restricted by social distancing. All of these sites purchase food in bulk and not in family size packages. As the need for bulk food has gone down by these sites, more people are grocery shopping to make meals at home and require different sized and packaged items. One specific example has been milk processing. Previously, bottling small containers of milk for schools and large packages of cheese for restaurants was the norm. The processing was not set up for the increased demand for gallon and half gallon

containers that people wanted as they stayed home. Also, the system for meat packaging has slowed down during this time which makes less available on the shelves.

Possible Options: Try to remember that this is temporary. While it can be very frustrating for the grocery shopper, know that all types of farmers are trying to supply us with food. A vegetable grower is not going to be able to solve problems for the dairy industry and the dairy farms cannot control the meat packaging plants. One way we are fortunate in Ohio is that our greenhouses and large grocery stores are open for sales of fresh produce, garden plants and vegetable seeds. Even if you are not interested in growing your own garden, you do have the option to buy produce from local growers as they are selling seasonal crops.

With the current recommendations of social distancing, it is not surprising that people have shown an interest in growing their own gardens this year. While growing your own container garden or backyard garden can be done solo, community gardens can also decide on new recommendations this year to keep a safe distance between growers. The Ohio State University Extension, Lucas County office is closed but staff are still working. In May we plan to offer information on planting, growing – and enjoying – a vegetable garden. If you are interested in learning more about online classes or joining a monthly phone call conversation on gardening, please let me know and we will get you the contact information. Patrice Powers-Barker, Family and Consumer Sciences Extension Educator, email: powers-barker.1@osu.edu phone: 419-574-0893. Web page: <https://lucas.osu.edu/fcs> or Facebook for ongoing updates: <https://www.facebook.com/OSUExtensionLucasCounty/>.

Sources from MyPlate, OSU Extension, and North Carolina State University Extension. Please stay well.

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¹As updated annually by the FFIEC (Federal Financial Institutions Examination Council).

²Property must be located in a census tract within the following counties: Allen Ohio, Allen Indiana, Defiance, Delaware, Franklin, Hancock, Lucas, Madison, Union, Williams, and Wood. Actual amount applied at closing.

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The Alzheimer's Association and the Ohio Health Care Association Partner to Help Caregivers During COVID-19

Special to The Truth

The Alzheimer's Association and the Ohio Health Care Association (OHCA) have collaborated to provide best practice guidelines to caregivers with loved ones in assisted living, home care or skilled nursing facilities at a time when the state is collecting COVID-19 case data from those facilities.

The guidelines for those in assisted living or skilled nursing units include options that help families connect with residents while observing guidelines that prohibit visitation. The home health care guidelines center around preventative actions a caregiver should take before allowing a paid health care professional in their home.

On April 20, Ohio Governor Mike DeWine announced that he had directed the Ohio Department of Health (ODH) to collect more specific information regarding cases of COVID-19 in Ohio nursing homes, assisted living facilities, and hospitals. Data will be posted to Coronavirus.Ohio.Gov every Wednesday.

OHCA Executive Director Pete Van Runkle said the Ohio Health Care Association supports the state reporting. "Families and state officials need a complete picture of how COVID-19 is impacting our long-term services and supports providers to better understand the situation on the ground, and to provide the resources and support



our members need to protect the lives of residents and employees."

According to the OHCA, long-term services and supports providers serve an estimated 234,000 frail, elderly, and disabled Ohioans. Since the outbreak of COVID-19, Ohio's skilled nursing and assisted living facilities have limited guests

to facilities to protect the health of residents. On April 15, Dr. Amy Acton, director of the Ohio Department of Health, issued an order requiring long-term care facilities to notify residents and families within 24 hours if a resident or staff member becomes infected.

... continued on page 11

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My Senior Year

By Myia Denise Brown, Class of 2020

The Truth Contributor

There are moments in your life that you cannot just miss out on – the times where you should cherish every bit of it. You should never take anything for granted because once it's gone, it's gone.

My name is Myia Denise Brown, and my senior year was taken from me because of an unknown virus that spread uncontrollably. It is hard to learn to live with your senior year being ripped away just for your safety. I cannot explain how heartbroken I am that I will not be able to participate in any senior pranks, a senior ditch day, a senior breakfast and, especially, no senior prom.

These were events I was looking forward to because what senior wants to miss out on that.

What makes me so angry is that I decided during my junior year that I would go to prom my senior year and run for prom queen. Prom may not mean anything to others but it meant something to me. I wanted to have that experience where I could dress up and feel special.

I am so jealous of the past seniors and the upcoming seniors; they have no idea how we feel, how it feels for something so special to be taken away from you and it is beyond your control.

At the start of the shutdown, I was this determined, dedicated and strong-minded person who would not let anything jeopardize her success. Now, however, I have given up on myself. I started becoming so depressed, distant and angry.

Online classes are not for me, I learn better in a classroom setting with a teacher. It is so hard learning from a video chat call or text message. My work started to pile up more and more. The longer we have been quarantined the more I have lost hope to keep pushing forward and striving to succeed. This is not how I pictured my senior year would end with me sitting at home teaching myself my schoolwork.

In the end, every senior's biggest desire is a graduation ceremony. The satisfaction of seeing yourself walking on that stage in front of hundreds of people, hearing your family cheering you on from the stands, waiting to hear your name being called aloud, and listening to the directors say: "Congratulations you've made it."

Unfortunately, we will not be able to experience this. Basically, the class of 2020 worked hard for 12 years in school just to be told that we are graduating virtually like a video chat. My feelings were completely crushed when I heard about the news. I hope this never happens to any upcoming seniors in the future.

It's a true nightmare that you cannot get rid of no matter how hard you try to wake up from it.

Myia Denise Brown is a senior at Woodward High School. She will be attending The Ohio State University in the fall to major in criminology and criminal justice



Myia, far left, fellow students in SMARTS and Superintendent Romules Durant, EdD



Myia Brown, second from right, at Homecoming



Woodward's Homecoming Court

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Ryan's Home Remedies for Staying Safe ... And Fit

With the Covid restrictions still in full force and no real sign of easing up, I hope that you are all doing well. I know it is hard to stay motivated for some and for some it's hard to even get started.

Please make time to take care of yourself. If you read my last article, I gave some ideas on how to start incorporating some exercises into your daily routine of binge-watching shows, laying around all day and not being too active.

I am going to stress the importance of stretching now and how effective and important it is. If you're sitting around all day, even if you have an office job, it is essential for you to get up every hour or so and give your

muscles a nice stretch. it will also help to clear your mind and give you a mental break.

Stretching will keep your muscles flexible, strong, healthy and keep your joints in good functioning condition. stretching also helps to provide more oxygen and nutrients to the muscles. Being stiff creates more chances for muscle injuries, joint injuries and creates difficulty performing normal daily functions.

Stretching will also improve your posture. Tight muscles can cause poor posture creating more neck, shoulder and back issues. Stretching will improve your range of motion and decrease muscle soreness. Stretching has also been shown to reduce stress levels and bring calmness.

If you have difficulties sleeping, developing a bedtime stretching routine helps your body to enter a relaxed state more quickly, and stay in a deeper sleep for longer. Allowing you to wake up with more energy to get you day going.

I find it best to pick one stretch for each muscle group and perform them several times throughout the day. You should ease into stretches because stretching a cold muscle can lead to injury. Do not bounce your movements and try to do dynamic stretches (active movements where joints and muscles go through a full range of motion).

Examples of this are a high knee march, a self-hugging motion, a hula hoop and a butt kick. After a few of those you can move into other stretches of your choice like the butterfly, quad stretch, lower back stretches and any other stretches you feel are suitable for your tightness.

As I mentioned before, find a stretch for each muscle group. Quads, hamstrings, glutes, back, chest, arms, calves, neck and even your feet. Perform these stretches a few times a day to improve your flexibility, alertness and conditioning.

I hope this gives you some stress relief during these stress-filled times. I am also doing small Fit Camps with social distances between patrons. If you are interested, please contact me. Stay healthy and safe.



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A Mental Health Moment

The Mystery of Motherhood

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

The Truth Contributor

We all have one, each and every one of us, and it is something we all share in common. Yet not all of us come to know one, be raised by one or be one.....a Mother.

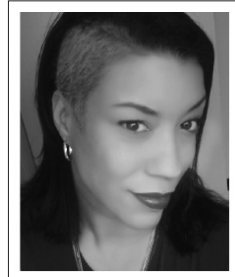
Mother's Day is celebrated the second Sunday in the month of May in most countries. Cards, flowers and gifts shower many mothers around the world each year to celebrate motherhood. I never understood motherhood or mothers for that matter until I became one...twice. After the birth of my first son, I wished so much to call my mother to apologize to her and to thank her but she had already passed away early in my life.

Relationships in general are a large part of why people decide to seek counseling. Most of those relationships are based upon the role of a mother in one's life. Not knowing who you came from remains a mystery in many lives and then others feel emotional pain of not having a mother or a mother they desire to have. These emotions often cause individuals a significant heartfelt loss. This is the type of pain and loss that can affect how we function in life such as relationships and parenthood and our perspective on life in general.

Not knowing who you came from can feel worse than not knowing where you came from. Many clients I have worked with in the past make comments about not being wanted by their mother, being hurt by their mother or left by

their mother. It is natural to wish for comforting feelings of a mother but is it just as natural to the feelings that rely within being a mother? Many women choose not to or are unable to carryout the role of motherhood point blank; something out of our control.

Take a mental health moment to process the thought that we were all mothered to some point even if it was just through pregnancy and birth and regardless of our mother- relationship status, our lives have purpose and meaning. Motherhood may always be a mystery to some; but purpose and meaning of our lives comes from our souls...and we all have one of those to our own control.



Bernadette Graham is a Licensed Professional Mental Health Counselor, National Certified Counselor and Certified Grief Recovery Specialist. Provide feedback or reach out at graham.bernadette@gmail.com For appointment information please call 419.409.4929 (Telehealth is available for ongoing and new clients at this time).

Alzheimer's Association.. continued from page 8

"We are happy with Governor DeWine and Director Acton's decision. Ohio's long-term care facilities are working hard to help Ohio's most vulnerable citizens and prevent the possible spread of COVID-19 in their facilities. The decision to report publicly, and notify families is one that the thousands of family caregivers the Alzheimer's Association works with will welcome, and it will provide some peace of mind for them in these uncertain times," said Trey Addison, Director of State Public Policy for the Alzheimer's Association.

He added that "in this highly fluid time, the Alzheimer's Association is working to support family caregivers, and individuals living with Alzheimer's and dementia, by providing tips for our families, in coordination with OHCA, so we can ensure family members with loved ones in a facility can maximize their time with a loved one, while coordinating with facilities to

create a safe environment."

In addition to taking advantage of virtual visits using videoconferencing technology, other suggestions for caregivers include:

- Sending photo albums or cards
- Sharing your loved one's favorite music on a device that can be played in their room
- See if the facility will allow an outdoor bird feeder your loved one can see

Van Runkle said the tips are important because although Governor DeWine is preparing to reopen Ohio's economy, it is unclear when it will be safe for Ohio's assisted living and long-term care facilities to allow family visits. "Until there is widespread testing and a more consistent supply of personal protective equipment (PPE) it will continue to be necessary to

...continued on page 12

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TARTA

Property Tax Renewal Provides Continued Funding for TARTA Services and Sustains Transportation Access

(TOLEDO – April 29, 2020) Lucas County voters sent a strong message of support to the Toledo Area Regional Transit Authority (TARTA), as they approved the renewal of a 10-year, 1 mill property tax set to begin in 2021. Final, unofficial results from the Lucas County Board of Elections, show the issue passed with 66.46% percent of the vote.

"The ballot results demonstrate our community knows the importance of public transit and TARTA especially during a crisis," expressed Board President Daniel Woodcock. "On behalf of the board, employees and riders of our system, thank you to the Lucas County community for its support of Issue 3. We will serve Northwest Ohio through COVID and beyond."

The renewal funding allows the continuance of critical public transit service and access including: Fixed Route Service, TARPS Paratransit, Call-A-Ride and Express Service. TARTA is also currently exploring a more sustainable and equitable funding structure to address growing mobility needs of Northwest Ohio residents, businesses and communities. Increased local funding would allow TARTA to restore Sunday service, increase service frequency and hours for second and third shift workers, and introduce new technology features to enhance the customer experience.

About TARTA

The Toledo Area Regional Transit Authority (TARTA) provides a vital link in the Toledo metro area to jobs, education, health care and other destinations. It enables everyone in our community to have access to transportation regardless of their age, race, physical ability or economic background. TARTA is underway with exploring and introducing new initiatives and service options that will enhance convenience and customer experience while moving Toledo into the future of public transit.

Virus Prevention Supplies... continued from page 16

those in the same areas of Toledo that COVID-19 has affected most (zip codes 43604, 43607 and 43615). The focus of the initiative is to collaborate with various agencies and health care professionals to provide resources, supplies and education.

Groomed for Greatness founder, Michelle McCaster, works as a nurse anesthetist and was able to use her professional connections to secure 500 masks. She also personally spent several hours shopping for 1000 pairs of gloves and Handi Wipe packets to put into the kits. Each kit contained two pairs of nitrile gloves, four cotton swabs to be used at ATMs or at store payment machines, a Handi Wipe (given to seniors due to availability) and an instruction sheet.

Toledo Fire and Rescue Chief Brian Byrd came out to support the initiative and rolled up his sleeves to help pass out kits. State Representative Paula Hicks-Hudson and At-Large City Councilman Larry Sykes also stopped by to show their support. McCaster noted that she is appreciative of Pastor Robert Lyons of Greater St. Mary's Baptist Church who agreed to allow the organization to use the church as a distribution center. The response to the kit distribution was overwhelming and the girls learned a valuable lesson in "paying it forward."

McCaster said that the most rewarding and memorable moment of the day was meeting a young lady who was desperately in need of masks so that everyone in her family could attend the funeral of a family member. The limit was two mask kits per household, but this was an extenuating circumstance. The organization granted her enough kits to cover her family so they could safely attend the funeral. The ability to do this just confirmed the fact that God's timing is always right.

A quote from the late, great Maya Angelou states "When you learn, teach. When you get, give." The mission of Groomed for Greatness is to help girls reach their highest potential and be productive members of society. The organization strives to instill in its participants that service and philanthropy to the community are key elements that they want them to carry into adulthood.

"This is just the beginning of our efforts. We are working hard to secure more adult masks, children's masks, and hand sanitizer. We also plan on educating our youth on the dangers COVID-19 presents because they are often not wearing masks, practicing safety measures or social distancing. They are unknowingly affecting or infecting their parents, grandparents, aunts, and uncles who have underlying health issues. The youth population typically has healthy immune systems and it is easier for them to fight the disease, but their relatives may not have that luxury. I wear a mask for eight - 10 hours at a time in the operating room so I un-

derstand that masks can be hot and uncomfortable, but they are necessary to protect ourselves and others. We want to help create a youth mindset that puts family first." – Michelle McCaster, Founder of Groomed for Greatness

McCaster said that she is so proud of her young ladies and thankful to their parents for allowing them to participate. "We are grooming the next generation to be responsible individuals. We instill in them to always be confident, to have sound morals and to be good stewards."

The organization encourages following the CDC guidelines for COVID-19 prevention:

- Handwashing for at least 20 seconds or the use hand sanitizer that contains at least 60% alcohol
- Social distancing (six feet apart) and avoiding people who are sick
- Cover coughs and sneezes with a tissue or the inside of your elbow
- Wear a mask or any type of face covering public
- Clean and disinfect frequently touched surfaces (door knobs, counter-tops, phones, sinks, faucets)
- Eat a healthy diet that includes plenty of fresh fruit and vegetables
- Take vitamins C, D, zinc or a multivitamin to boost your immune system
- Minimize contact with susceptible family members
- Remove clothing immediately when arriving home and wash immediately if possible or place in a closed container until they can be laundered

Watch for symptoms of the virus. Individuals with COVID-19 have a wide range of symptoms that range from mild to severe. Symptoms may appear two-14 days after exposure to the virus. Symptoms include, but are not limited to:

- Cough
- Shortness of breath
- Fever
- Chills
- Repeated shaking with chills
- Sore throat
- New loss of taste or smell

This list is not all inclusive. Please consult your health care provider for other symptoms that are severe or concerning to you.

Lucas County currently has four (4) free self-swab testing sites. If you feel as though you have been exposed to the virus and would like to receive testing, please go to projectbaseline.com to start the process.

Contact the Ohio Department of Health at 1-833-4-ASK-ODH if you have questions about COVID-19.

For more information on Groomed for Greatness visit their Facebook page (facebook.com/G4GToledo) or contact Michelle McCaster at (313) 623-9313.

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HANDWASHING STEPS

- 1** Wet your hands with clean, running water 
- 2** Apply soap 
- 3** Lather and scrub your hands for at least 20 seconds 
- 4** Rinse your hands well under clean, running water 
- 5** Dry your hands using a clean towel or air dry them 

WHEN TO WASH HANDS

- After blowing your nose, coughing, or sneezing
- Before and after caring for someone that is sick
- After going to the bathroom
- Before and after preparing food
- During food preparation as needed
- Before eating food

HAND SANITIZER

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

For more info, visit: www.cdc.gov/coronavirus/2019-ncov
Updated March 18, 2020

*Alzheimer's Association.. continued from page 11*

restrict visitations. Our number one concern is for the health and safety of those we serve and for the caregivers who are caring for them," Van Runkle said.

Currently 220,000 Ohioans live with Alzheimer's disease. Older people with Alzheimer's or other dementias have more skilled nursing facility stays and home health care visits per year than other older people. Nationwide, according to the 2020 *Alzheimer's Disease Facts and Figures* report:

- Thirty-two percent of individuals using home health services have Alzheimer's or other dementias
- Forty-two percent of residents in residential care facilities have Alzheimer's or other dementias.
- Forty-eight percent of nursing home residents have Alzheimer's or other dementias

Addison said, "Ohio will continue to be better prepared because of public and private partnerships in the fight against COVID-19. Our collaboration with OHCA is just one of many as we work to support families and their loved ones throughout Ohio."

To get a list of the full tips, go to https://www.alz.org/centralohio/helping_you/covid-19-news-and-information

Odetta: A Life in Music and Protest by Ian Zack

By Terri Schlichenmeyer

The Truth Contributor

c.2020
Beacon Press
\$28.95 / \$38.95 Canada
288 pages

The first note had your foot tapping. It didn't stop until the set was over or the LP needed flipping. The song moved you; those words meant everything. And the singer of those tunes? She was the entire reason those notes were worth listening to. In the new book *Odetta* by Ian Zack, you'll find out why so few know her name.

From the time she was old enough to talk, Odetta Holmes could sing. She was born on New Year's Eve 1930 to a mother who didn't want her and a father she didn't meet until she was in grade school. She was a big girl, and always self-conscious of it; on the day she met her father, he mentioned her size, which embarrassed her enough for the story to carry into her adulthood.

But the big girl had an even bigger talent. Shortly after her mother remarried and Odetta gained a stepfather and a new surname, money was found for piano lessons. Odetta enjoyed the piano but it was her singing voice that most impressed her teacher, who insisted that the girl have a voice coach. Odetta's school concurred and she was taught to sing operettas and German lieder, instructions that later served her well – although college was where she learned that music and politics together were a powerful force.

Picking up a borrowed guitar and practicing at hootenannys, Odetta shyly began singing prison songs, spirituals, and then-popular folk tunes and protest songs. As her popularity grew, she became a recording artist, an actor, and a deep inspiration for history's biggest names and folk music's best performers, including Paul Simon and Bob Dylan.

Once, she told an interviewer that she didn't want fame because of the hassle. In the end, Odetta got what she asked for: despite her influential work, she never had a chart-topper or a best-selling record.

The line in the sand could be drawn like this: if you're a "whatever-music-is-fine" kind of person, then just turn the page. Nothing to see here.

If you consider yourself a major music aficionado and liner-note devotee, though, Odetta is your book.

The difference comes in a distinction: *Odetta* (who professionally used just her first name) never went mainstream despite, as author Ian Zack points out,

that her influence peppers music up and down the spectrum over the last 40 or 50 years. Casual readers may never have heard of her; Zack shows instead that they've heard her through other artists, and it happened in all the wrong ways. Odetta wasn't a destination, in other words; she was the journey.

Like the life of a not-quite-successful musician, however, *Odetta* struggles. Zack seems to have an odd focus on Odetta's hair, and the point is overly belabored. There are times, too, when this story drags like back-to-back whole notes, and that's no fun.

Still, readers who are *truly serious* about their music will relish *Odetta* as they grab their headphones and an LP to set the mood. If that's you, consider this book and make note.

Area Office on Aging Postpones Its Senior Prom and Spring Fling Events

Due to the Coronavirus crisis, the Area Office on Aging (AOoA) is postponing its Senior Prom and Spring Fling events.

The AOoA and Toledo Public Schools' Senior Prom event originally scheduled for May 8 at The Premier, 4480 Heatherdowns Blvd., Toledo, OH 43614 has been tentatively rescheduled for a date yet-to-be-determined in the fall at the same venue. Those who already purchased tickets for the sold-out event have the following three options:

1. Hold onto their purchased ticket, which will be accepted on the rescheduled date.
2. Mail tickets to the following address along with the name and return address for the refund check to be mailed to you:
Area Office on Aging
Attn: Fiscal Dept.
2155 Arlington Avenue
Toledo, OH 43609
3. Donate the cash from their purchased ticket to the AOoA's Coronavirus Emergency Fund.

The AOoA's Spring Fling event originally scheduled for May 19th at the Sylvania Tam-o-Shanter, 7060 Sylvania Ave. in Sylvania has been tentatively rescheduled for a date yet-to-be-determined at the same venue. Organizations that have already purchased a booth for the event have the following three options:

1. Have their payment applied to a booth at the May 19th event.
2. Contact the AOoA at 419-382-0624 for a refund, or
3. Donate the cash from their purchased booth to the AOoA's Coronavirus Emergency Fund.



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Free Wi-Fi, Light refreshments available, Safe and secured lighted parking, Accommodations for parties up to 45,
Standard booking fee for Profit and Non-profit, Event Planner available upon request
Catering Referral Services Available upon request
"Come and enjoy comedy, spoken word, music talent and more"

BOOK YOUR EVENTS NOW!

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3215 Lagrange Street, Toledo, OH 43608,
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Tina Butts
BAIL BONDS AGENT

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24 HOURS

CRUSADERS FOR CHRIST CHURCH Presents **Youth & Young Adult 4th Sunday**

Have you been feeling the nudge to develop your life more spiritually but aren't quite sure how to begin? If so, this theme-enriched and spirit-filled experience is designed just for you. Visit us on Facebook - I have a special video message for the serious pursuer!

Youth & Young Adult 4th Sunday

When: Every 4th Sunday
Time: 11:00 am
Where: Crusaders for Christ Church
910 Woodbelle Rd.
Toledo, Ohio

Emmanuel Tolano Reynolds
Bishop Joseph Mitchell Jr. Pastor
Ernestine Lukosa Mitchell, First Lady

Crusaders for Christ Church • www.crusadersforchristchurch.org

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Two Bedroom
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Nothing but PURE FUN!

5235 Hill & Reynolds @ Meadowbrook Plaza
Toledo, OH 43615
419.320.8571 or 419.322.4462
Hours Open Thursday - Sunday @ 7 PM

Wedding Receptions, Book Signings, Birthday Celebrations, Special Celebrations, and much more!

Annual Membership available and receive complimentary Bookings Church and Organizational Bookings welcomed
Free Wi-Fi

BOOK YOUR EVENTS NOW!

CLASSIFIEDS

May 6, 2020

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PARK TECHNICIAN

Metroparks Toledo has an opening for a full time Park Technician to provide maintenance of grounds, facilities and equipment at assigned park.

HS degree or equivalent required. Entry level experience in general turf, grounds and building maintenance. Valid driver's license required. Work schedule may include evenings, weekends and holidays. 40 hrs/week. \$13.50/hr. Full benefits. Go to www.MetroparksToledo.com to view detailed position description, job requirements and to apply. EOE

COVID-19 HOTLINES OPEN

Effective Friday, May 1, Mercy Health and ProMedica will operate their Nurse COVID-19 hotlines to answer medical questions related to the virus from 7 a.m. to 7 p.m. Monday through Friday, the two health systems announced in cooperation with the Northwest Ohio Healthcare Emergency Management Coalition and Lucas County Emergency Operations Center. The hotline phone numbers are 419-251-4000 (English only) and 419-291-5355 (multilingual). After hours and weekend callers may leave a message, and their calls will be returned on the next business day.

The Ohio Department of Health also operates a COVID-19 hotline, and the number is 1-833-4-ASK-ODH (1-833-427-5634).

ROOM FOR RENT

Gas, electric and utilities included. Background check required. Call 419-561-9467.

HORTICULTURAL TECHNICIAN

Metroparks Toledo has an opening for a full time Horticultural Technician to provide operational support and encourage community involvement for Toledo Botanical Garden. HS degree or equivalent required. Associate's preferred. Moderate level of hands-on horticulture experience required with some experience directing volunteers or leading group activities. Valid driver's license required. 40 hrs/week. \$13.50/hr. Full benefits. Go to www.MetroparksToledo.com to view detailed position description, job requirements and to apply. EOE

DEPUTY DIRECTOR OF EMERGENCY SERVICES/EMA DIRECTOR LUCAS COUNTY

Lucas County Emergency Services is accepting applications to fill the position of Deputy Director of Emergency Services/EMA Director until filled. Additional information regarding the duties is available on the Lucas County web site (www.co.lucas.oh.us). Click on "Apply for a Job" and then select "Deputy Director of Emergency Services/EMA Director" from the list to read more or apply.

An Equal Opportunity Employer

ADVERTISEMENT FOR PROPOSALS TOLEDO-LUCAS COUNTY PORT AUTHORITY TOLEDO, OHIO

NOTICE IS HEREBY GIVEN that Sealed Bids will be received by the Toledo-Lucas County Port Authority for all labor, material, insurance, and equipment necessary for the 2020 Facility 3 Cell 1 Improvements project located in Oregon, Ohio 43616, in accordance with the approved plans and specifications, to the Port Authority at One Maritime Plaza, Toledo, Ohio 43604. The engineer's estimate is approximately \$1,133,124.20.

Bids will be received at the Port Authority's, 1st floor reception area at One Maritime Plaza, Toledo, OH 43604 until Friday, May 15, 2020 at 9:00 AM, at which time and place all bids will be publicly opened and read aloud. Due to travel and business restrictions imposed by the State of Ohio as a result of the spread of the COVID-19 virus, the Toledo-Lucas County Port Authority (TLCPA) has announced the Bid Opening for the 2020 Facility 3 Cell 1 Improvements project will be conducted remotely with all bids opened and read aloud via conference call. Conference call-in information will be shared in addendum no. 1.

Plans, Specifications, Instructions to Proposers, and Forms of Proposal and Contract are on file and may be obtained by either (1) obtaining hard copies from Becker Impressions, 4646 Angola Road, Toledo, OH 43615, phone 419.385.5303, during normal business hours, or (2) ordering from Becker Impressions, via their website www.beckerplanroom.com at the cost of reproduction.

Please note that there will be a pre-bid meeting for this project for all prospective bidders on Tuesday, May 5, 2020 at 10:00 AM. This meeting will be held online via Go-To-Meeting video and conference call audio. Prospective Bidders interested in joining the Pre-Bid meeting should contact Paul Munn via email (PMunn@manniksmithgroup.com) at Mannik & Smith Group, prior to 5:00 PM on Friday, May 1, 2020, for a copy of the meeting invitation. The invitation will be distributed via email on Monday, May 4, 2020, and will provide all necessary log-in and call-in information to join the meeting. In addition, a site visit will be held on Tuesday, May 5, 2020 at 2:00 pm. Attendance is suggested, but not mandatory. 4-wheel drive vehicles are recommended. Assemble at the east truck entrance to the Wall-eye Power, LLC, Bay Shore Power Plant at approximate street address 4901 Bay Shore Road, Oregon, Ohio 43616. Please submit all questions to the Port Authority, Tina Perkins, at TPerkins@Toledoport.org by Friday, May 8, 2020 at 10:00 AM local time. Additional information can be found at www.toledoport.org

Thomas J. Winston
President and CEO
Toledo-Lucas County Port Authority

MANOR HOUSE PROGRAMS AND EVENTS ASSISTANT

Metroparks Toledo is looking for an outgoing individual to provide excellent customer service for park visitors and program participants through positive and engaging experiences. The Manor House Programs and Events Assistant position is located at Wildwood Preserve Metroparks. Must be at least 18 years of age and have a valid driver's license. Must have completed some college course work in history, education, communication, or related program or equivalent work experience. Some experience in customer service, and public speaking. Experience leading public programs preferred. Seasonal position through December. May include some weekends, holidays, and evenings. Up to 35 hours per week. \$9.47/hr. Go to www.MetroparksToledo.com to review complete job description and to apply. EOE

ABUNDANT LIFE OF PERRYSBURG ACCEPTING APPLICATIONS

Abundant Life of Perrysburg is accepting applications for its subsidized apartment communities. Abundant Life #1 offers independent living for senior citizens 62 years of age or older and individuals 55 or older with a physical impairment. Abundant Life #2 is a supportive living complex for people 62 and older. To apply individuals must meet the age and annual income requirement of no more than \$25,200.00 for one person or \$28,800.00 for two people.

We are located in the Three Meadows subdivision near the Manor of Perrysburg. Our garden style apartments offer an open floor plan, one bedroom, secured buildings with private patios and individually controlled heat and air conditioning.

We have a bus that transports all residents to area grocery stores and monthly outings. We offer exercise, worship services and a variety of opportunities for our active and not so active seniors. Please call (419)874-4371 to find out more about our fabulous communities and our availability for apartments. You may also visit us on the web at abundantlifeperrysburg.org.



Call to place your ad:

419-243-0007

www.TheTruthToledo.com

Local Nonprofit Provides Virus-Prevention Supplies to Community

Submitted by Michelle McCaster

Special to The Truth

The COVID-19 virus has been called "the great equalizer." There was a time when no one was immune to the virus, but its spread across the United States is exposing racial fault-lines. Early data is showing that African Americans are more likely to succumb to the disease than those of any other community.

Lucas County currently leads the state of Ohio in deaths that have occurred as a result of COVID-19. The Lucas County Health Department and Centers for Disease Control (CDC) have advised residents to wear masks when in a public setting. Many individuals in the African-Americans community either don't have access or they are unable to afford proper masks. This poses a serious issue for a population that has wide-spread health disparities such as asthma, diabetes, and high blood pressure, all of which makes them more susceptible to the disease.

Groomed for Greatness, a nonprofit for young ladies ages four-18, wanted to ensure that persons in the African-American community had access to masks, as well as other necessary items to help protect them in the fight against COVID-19. The organization came up with a plausible solution and formed the "Paying it Forward Initiative."

This initiative was started as an effort to educate, equip and empower

... continued on page 12



Photos courtesy Abyrdseyephoto



Not even a pandemic will stop us from being here for you.

A lot has changed over the last few weeks. But a lot hasn't. Like ProMedica's commitment to your health and well-being. Should you develop symptoms of COVID-19, we are prepared and we are here for you. But should you need us for any other reason, we're here for that, too. And we've taken every precaution to make certain your appointment is a safe one. We will make it to the other side of this. In the meantime, stay strong, don't waver and reach out if you need us.

PROMEDICA | Your Health. Our Mission.

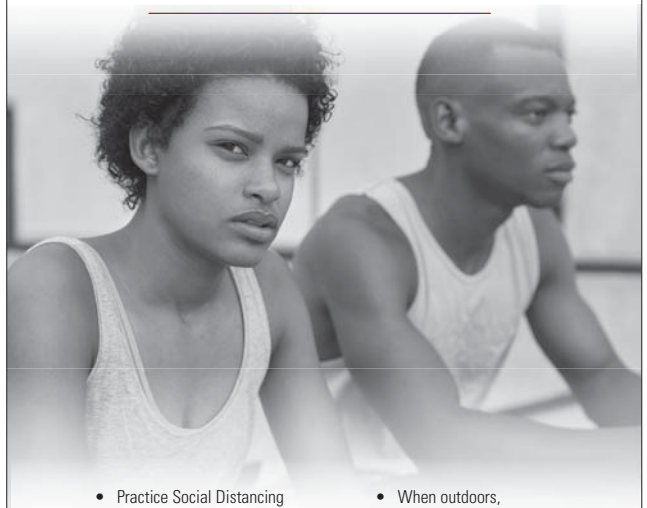
FOR THE LATEST UPDATES, GO TO [promedica.org/covid19](https://www.promedica.org/covid19)

#HereForYou

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Help stop the spread of COVID-19 in our community

**YOU HAVE ALWAYS BEEN A
WARRIOR
DON'T STOP FIGHTING NOW!**



- Practice Social Distancing
- If possible, Stay at home
- Wash your hands, often. Warm water and soap will do
- When outdoors, wear a mask
- If you don't feel well, call your Doctor



If you don't have a doctor or can't afford to pay for one call the Neighborhood Health Association at 419-214-5700.