

OMEN'S SOURNAL of Vortheast Ohio

### **Learn How Your Mouth Reflects Your Health**

Summer Reads: Stories of Love, Dreams & Second Chances

Support "BACNE" EXPLAINED

> **Healing Power of Horses** & Equine-Assisted Psychotherapy

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Empowering Women Through Knowledge



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# How to Get Rid of Body Acne: Back, Chest & Shoulder Breakouts *Explained*

Provided By APEX Skin

Acne is incredibly common, affecting around 50 million people in the U.S.—and for many, it doesn't stop at the face. More than half also experience breakouts on the body, including the chest, neck, back (often called "bacne"), shoulders, arms, legs, and even the buttocks.

#### Why is June Acne Awareness Month?

It's June, it's warm, and it's summer... we want to wear our summer clothes, but there's also a higher risk for acne breakouts in warm weather, and we might feel nervous about exposing our acne breakouts and scars. Acne Awareness Month is important because it encourages us to discuss a condition that mentally and physically affects such a large portion of our population. It is an opportunity to educate the public on the many treatment options available while also providing support. This month serves as a reminder you are not alone.

#### **What Causes Body Acne?**

Body acne, like facial acne, comes from clogged "pilosebaceous" units, which are the scientific way of referring to the hair follicles we have all over our bodies. It often develops in adolescence when hormone levels spike and interact with the incredibly prevalent Cutibacterium acnes (C acnes) bacteria. Dead skin cells, excess oil, environmental conditions, and hormones can all gang up on and clog your pilosebaceous units, which results in acne breakouts. Also, just because acne is a common teenage affliction, anyone of any age experiencing risk factors for acne development can get body acne.

**HORMONES** - One of the reasons teenagers are often the most afflicted with acne is that so many hormones are powering up. Girls and women can especially experience flare-ups as a part of a normal (or abnormal) menstruation cycle. Furthermore, 70% of adult body acne and bacne sufferers are female. Also, excess exposure to the stress hormone cortisol can inflame body acne in both male and female patients.

**SWEAT AND FRICTION -** Wearing tight clothes, backpacks, sports gear, etc., can also cause skin irritation that can inflame body acne breakouts on the back, chest, and shoulders. Sweat adds to the pore-clogging action, and friction causes inflammation.

**PORE-CLOGGING SKINCARE OR BODY PRODUCTS** - Using heavy, oily, or greasy skincare products can exacerbate clogged pores and stimulate acne flare-ups, too. It's important to choose lighter moisturizers, makeup, and sunscreen products that are formulated to be non-comedogenic—in other words, they won't clog your pores.

THE EMOTIONAL SIDE OF BODY ACNE-If you have ever struggled with any kind of acne, you know that it's not only physically painful, but it can be emotionally scarring as well. There is a real impact on acne-related mental health struggles. And if that wasn't bad enough, that stress can cause more cortisol, which is one of those hormones that can trigger more breakouts. It can trigger intense self-consciousness, feelings of unworthiness, and uncleanness, all of which can lead to anxiety and even depression. Remember to show yourself some compassion, and seek support from dermatologists who have your back, and who know how to get rid of body acne and even heal acne scars.

#### **BODY ACNE TREATMENT AT HOME**

That said, there are several things you can do right now, from home, and with over-the-counter products that can start your chest and back acne treatment regimen:

- 1. Shower 1-2 times Daily but Don't Go Overboard
- 2. Don't Pop Your Acne
- 3. Choose OTC Acne Products Wisely
- 4. Select Loose Breathable Fabric Choices and Create Healthy Lifestyle with Minimal Processed and High-Fatty Food

#### **APEX SKIN BODY & BACK ACNETREATMENT OPTIONS**

Sometimes treating acne with over-the-counter therapies may not be enough, spending large amounts of money on their skincare and still not seeing results.

#### **Prescription Topicals for Body Acne Treatment**

You may just need a stronger dosage of topical medication than you can get over the counter at the drugstore. Your dermatologist can prescribe stronger retinoids, clindamycin, or combination therapies to help with body acne treatment.

#### **Oral Medications for Body and Back Acne Treatment**

If the patient feels their acne is hormonal because it flares around their menstrual cycle, topical or oral spironolactone and combined oral contraceptives are a great option. There are also oral antibiotics that we use in acne treatment as well, such as doxycycline.

#### Reach Out and Find Out How to Get Rid of Body Acne

This month is about more than breakouts—it's about hope, confidence, and finding the right support. So, if you've tried over-the-counter body acne treatments, but you still feel stuck, Apex Skin is here to help! Body acne is treatable, and nobody should feel like they have to hide, especially in the summer. Acne treatment is unique for each individual's circumstances, so it's important to get a customized acne treatment plan that fits you and your summer plans.

For the full article and more skin care articles, visit: www.apexskin.com/blog



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# Harnessing the Healing Power of Horses & Equine-Assisted Psychotherapy

Provided By Lamplight Counseling Services

Equine-Assisted Psychotherapy (EAP) is gaining momentum as a powerful mental health treatment that combines the healing presence of horses with professional therapeutic techniques.

Rooted in ancient Greece, EAP has evolved into a modern approach involving licensed mental health professionals and certified equine specialists. Unlike traditional talk therapy, EAP uses the unique sensitivity of horses to help individuals explore their emotions and behavior through non-verbal communication.

#### **HOW DOES IT WORK?**

In structured sessions, clients interact with horses by:

- Grooming
- Leading
- Simply being present with them

These experiences become a mirror, reflecting emotional states and fostering deep self-awareness. Horses, highly intuitive animals, respond to emotional cues, giving clients immediate, honest feedback without judgment.

#### WHY HORSES?

Horses are social, perceptive, and nonverbal — traits that make them ideal therapeutic partners. Their responses can highlight:

- Emotional blockages
- Communication challenges
- Behavioral patterns

#### PROVEN BENEFITS OF EAP:

According to Bridget Richard, CEO of Lamplight Counseling Services, EAP offers powerful breakthroughs for individuals seeking mental and emotional support. Research from the American Psychological Association supports its effectiveness for:

- Depression
- Anxiety
- PTSD
- Addiction recovery



Bridget Richard, the founder of Lamplight Counseling Services, is committed to helping individuals and families navigate mental health challenges with compassion and expertise. With a foundation in social work, she extends her work beyond her mental health practice and reaches into the community, where she strives to make a difference.

Equine-assisted psychotherapy is a dynamic, experiential approach to healing — one where the journey is just as transformative as the destination.





Learn More About The Transformative Power of Equine Therapy: Contact Lamplight Counseling Services, LLC to Explore its Healing Benefits and Schedule a Consultation Today

#### **OFFERING SUPPORT FOR CHILDREN & ADULTS:**

Depression / Anxiety • Personality Disorders
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Disordered Eating • Child and Adolescent Issues
Behavioral Problems • Domestic Abuse
Co-Parent Counseling • Parenting Issues and Support



Our counselors are ready to help you and your family.

Take the time to call today!



## Lamplight Counseling Services, LLC

in fo@lamplight counseling.net

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Independence Office: 216-455-5571

NEW Middleburg Heights: 440-583-3500

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www.lamplightcounseling.net

## Your Pharmacist Can Help You Find Allergy Relief

Provided By Heidi's Pharmacy

Spring blooms and summer breezes are beautiful—until allergies strike. For many women, seasonal or year-round allergies bring frustrating symptoms like sneezing, itchy eyes, and congestion. Thankfully, your local pharmacist is a readily accessible health expert who can help you both prevent and manage allergy symptoms effectively.

Understanding your allergy triggers is the first step. Common allergens include pollen, pet dander, mold, and dust mites. Your pharmacist can help you identify likely culprits based on your symptoms and environment. They may recommend lifestyle changes—like using HEPA filters, keeping windows closed during high pollen days, or switching laundry detergents—to reduce exposure.

#### **EXPERT ADVICE ON MEDICATIONS**

Pharmacists are trained to guide you through the wide range of over-the-counter (OTC) and prescription medications for allergies. Antihistamines like loratadine or cetirizine can relieve sneezing and itching, while nasal sprays reduce inflammation and congestion. If you're unsure which option is best—or if you're pregnant, breastfeeding, or managing other health conditions—your pharmacist can ensure you choose a safe and effective treatment.

#### WHEN TO SEEK MORE HELP

Sometimes, OTC medications aren't enough. If your symptoms persist or worsen, your pharmacist can advise whether it's time to see an allergist for further testing or immunotherapy options.

#### **EMPOWERING YOUR WELLNESS**

Women often juggle multiple responsibilities, and allergies can make daily life even more challenging. A pharmacist offers quick, no-appointment-needed support to help you feel better, faster. With the right strategies and treatments, you can manage allergies to keep them from disrupting your day.



"At our pharmacy, exceptional customer service and quality care are our top priorities. We're excited to offer FREE shipping and FREE delivery, including Wadsworth, Doylestown, Wooster, Orrville, and more! We invite you to visit the pharmacy and our booth at local health fairs throughout NE Ohio. Our team is continually growing to

better serve you and your family." - Heidi Geib, RPh, owner of Heidi's Pharmacy



### Questions about insurance, services, & how to transfer a prescription?

Contact Heidi directly by calling the New Patient Phone Number 330-621-5353 or visit their website for more information.

Don't hesitate - reach out today and start your journey towards better health!

#### **SERVICES**

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## ond the Policy

Provided By Tom Muntean, American Family Insurance

Losing a loved one is never easy—but what comes next can be just as overwhelming. Between the grief and the paperwork, the legal

to-dos and emotional healing, many families find themselves navigating a complex and exhausting journey. American Family Life Insurance is offering eligible life insurance beneficiaries something invaluable: compassionate, handson support through **Empathy**, an innovative platform blending technology and human care at no additional cost.

Empathy provides guidance and relief during one of life's most difficult moments, offering help with everything from settling an estate and handling probate to claiming benefits and managing digital accounts. It's not just about checking off boxes—it's about easing the emotional and logistical burden that often lingers for more than a year after a loss.

"After the loss of a loved one, we know financial impacts aren't the only hurdles family members are facing," said Tom Muneen, Agency owner in Medina, Ohio.

Through this partnership, American Family Insurance is reinforcing its commitment to supporting families not only financially, but also emotionally and practically. Beneficiaries of eligible AFLIC life insurance policies can now enroll with **Empathy** to receive this comprehensive support.

If you're interested in learning more about life insurance or this new offering, connect with Tom Muntean, American Family Insurance agent or visit www.amfam.com.

Because love doesn't end with loss—and neither should the support.

Overview: To help families during this difficult time, American Family Life Insurance Company now offers eligible life insurance beneficiaries access to Empathy, a support platform that combines technology with personalized, compassionate care. Empathy assists with everything from estate management and legal paperwork to emotional healing and benefit claims. It's just one more way **American Family Insurance is committed to standing** by families when they need it most.



#### **VEHICLE INSURANCE**

We offer customizable coverages and discounts opportunities to help you control what you pay.



#### PROPERTY INSURANCE

Protection for the space you call home



#### **LIFE INSURANCE**

Help secure your Family's financial future when the unexpected happens



#### **COMMERCIAL / BUSINESS INSURANCE**

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#### FARM AND RANCH INSURANCE

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On November 18, 2025 we will present the prestigious International ATHENA Leadership Awards. The Awards were created in 1982 to illuminate individuals who excel in their professions, give back to their communities, and most importantly, actively assist women in achieving their full leadership potential.

#### PLEASE NOMINATE A NOTABLE PERSON!

Find criteria and nomination form plus a list of past recipient:



**WWW.WOMENS-JOURNAL.COM/ATHENA DEADLINE FOR NOMINATIONS: JULY 15, 2025** 



2024 ATHENA® Young Professional Leadership Award Recipient,

**Christina Thomas-Lewin** 

2024 ATHENA® Leadership Award Recipient,

**Stephanie Robinson** 

PHOTO CREDIT: BROOKLYN MEDIA, LLC

#### HELP US IDENTIFY THESE INDIVIDUALS THAT GIVE BACK TO OUR COMMUNITY!

Honoring them fosters an atmosphere of inclusion where all are invited to celebrate. Nominations are now being accepted for these awards to honor exemplary leaders that serve our community in a meaningful way. Let us know who these remarkable individuals may be in Medina County.

Presented By:





Email Kelli for questions on nomination or sponsorship at kcole@womens-journal.com









BRING YOUR OWN BOX FOR CARRYING PLANTS HOME.



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#### **WEEKENDS THIS SUMMER:**

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JULY 12 AND 13 JULY 19 AND 20 JULY 26 AND 27

SATURDAY HOURS 10 A.M. - 4 P.M.

SUNDAY HOURS 1 - 4 P.M.

#### **NOW THROUGH OCTOBER 4**

Celebrate Medina County Park District's 60th anniversary by taking part in the Park Perks Challenge! This is a self-guided adventure where you will need to successfully complete challenges to collect perk points to earn park prizes! Challenge yourself across three categories: Research It, Seek and Find, and See You There, all designed to help you explore and learn about Medina County parks. Download the form at www.medinacountyparks.com. Hard copies are available at the nature centers or park



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- Nature Explorers Camps
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- Starry, Starry Nights
- Invasive Species Management
- Slo Roll Bike Rides
- Art Programs
- Paddling Programs
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- Healthy Dose of Nature Hikes
- Natural Discoveries Hiking Series
- Nature Book Club



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# Family Leverages College Education to Serve Those in Need

Provided By The Maryssa's Mission Foundation



Photo Credit National Association of Letter Carriers

Many know him as "Mitch the Mailman," and some even recognize him from his family's nonprofit, Maryssa's Mission. Still, many of his friends and postal customers did not know that he had been pursuing his doctoral degree since 2019. "Carrying mail

is fun, but I've learned that life is about helping others succeed through tough trial," said Mitch.

The Rivas family founded Maryssa's Mission Foundation after the tragic and unexpected loss of their two-year-old twin daughter, Maryssa, in 2015. Rivas shared that earning a degree acted as a motivational tool for his younger sister Melissa to pur-



Makenzie (L), Mitchell (C), and Melissa (R) pose with their diplomas.

sue a master's degree in clinical counseling, and it set the bar high for his daughter Makenzie to graduate with her master's degree in Speech and Language Pathology from Baldwin Wallace University this year.

Much to their surprise, Mitchell, Melissa, and Makenzie all graduated on the same weekend. Mitchell and Melissa shared the stage at Liberty University in Lynchburg, VA, and Makenzie walked across Baldwin Wallace University's stage the next day. Each of their professions symbolizes transforming tragedy into triumph by leveraging life experiences to positively impact the world.

The Rivas Family hosts two significant fundraising events in the summer, raising money for the medically fragile community across Ohio. This year's focus is on eradicating hunger among the medically fragile community. The Rivas family has been organizing and partnering with the community to deliver 1000s of meals to families admitted to our Ohio Children's Hospitals. To learn more or to purchase tickets, scan the QR code or visit www.MMFKids.org.



## When Getting "Healthy" Becomes **Unhealthy**

By Brittany Davis, Med, LPCC-S

With summer in full swing, we've all been experiencing the familiar, not-so-subtle hum around beach bodies, getting bi-kini-ready, and the many ways to ensure you're presenting your "best self" this summer.

You've likely been hearing about diets, revolutionized workouts, dressing for your body type, and people will throw around phrases like "intermittent fasting," "low-impact workouts," and "balancing your hormones." All of this is supposedly in the name of becoming a healthier you – but really, they're all dog whistle terms for making yourself smaller, leaner, and more entrapped in damaging body and self-image standards. Often, they even encourage forms of disordered eating or lay the groundwork for the development of an eating disorder.

Most women these days have felt pressure to count calories, "bounce back" after a baby, or try the latest workout trend. However, what's not acknowledged enough is the many ways this messaging and these norms seep into our mindsets and become the dominant thought.

Do you have any loved ones or friends (or maybe yourself) who just can't seem to skip a workout, even if it means missing something important? Who won't sample the bread at the new restaurant you're trying, or will only have one bite of their own birthday cake? These are prime examples of this messaging – which comes at us from all sides, all the time – taking effect. They are also examples which may indicate an eating disorder or form of disordered eating, which refers to problematic habits which may not quite qualify as a classified eating disorder.

This messaging prevents us from enjoying our favorite foods, takes time away from hobbies and loved ones, dominates our thoughts, and dulls our passions. The habits that result diminish our quality of life, limit our ability to love ourselves, live in the moment, and even change how we treat people, including those we love most.

When operating in a state of disordered eating, at the most basic level, your thoughts will revolve around food regardless of how much or how little you've eaten. In many cases, this lack of fullness and nutrition can lead to irritability or even rage, severely heightened anxiety, lethargy, lack of mental cognition, insomnia, loss of interest, and long-term health complications.





"Self-improvement," which is what this messaging is so often disguised as, is a slippery slope to negative self-talk, inescapable food noise, and developing a diagnosable eating disorder – and each stage is worse than the last. It's not worth sacrificing your happiness.

The Emily Program has a long history of helping women move past this messaging and rediscover themselves — outside of the food noise, self-criticism, societal standards, and deeply entrenched habits. We're all worth the time and effort it takes to foster a sense of self love, comfort, and feeling at home with oneself.



If you or a loved one is struggling, the experts at The Emily Program are here to help – you can schedule a free assessment over the phone at any time; both virtual and in-person in Cleveland and Columbus. Personalized care is there for whenever it's time.

#### Visit www.emilyprogram.com to learn more.







### Learn How Your Mouth Reflects Your Health



By Dr. Landry, Landry Family Dentistry

As a dentist, I've seen time and again how a simple dental exam can uncover much more than cavities. Your mouth tells a story about your overall health, and I consider it a privilege to help patients see that connection. What many people don't realize is that conditions like diabetes, heart disease, and even cancer often show early signs in the mouth. When I see persistent bad breath, dry mouth, bleeding gums, or loose teeth, I know to look deeper—and sometimes, refer a patient to their physician for further evaluation.

#### **Gum Disease: The Silent Threat**

Gum disease usually starts quietly—with red, swollen gums that may bleed when you brush. Left untreated, it can progress to periodontitis, leading to gum recession, bone loss, and even tooth loss. But it doesn't stop there—advanced gum disease has been linked to serious conditions like heart disease and diabetes. The good news? If we catch it early, it's completely treatable and even reversible.

#### **Oral Cancer: Don't Miss the Signs**

One of the most critical parts of a dental exam is the oral cancer screening. Men are more likely to develop this disease, often due to tobacco and alcohol use. Unfortunately, oral cancer can go unnoticed in its early stages, which is why I stress to my patients: if you have a sore or spot in your mouth that doesn't heal in two weeks, come in. A quick check could save your life.

#### **Dental Trauma: Prevention is Key**

I see a lot of dental trauma, especially in men and kids involved in sports. I always recommend mouthguards—not just to protect teeth, but also to potentially reduce the risk of head injuries. Prevention is always better than treatment.



"Your dental health is a window to your overall wellness. Prioritize routine dental care—because a healthy smile is just the beginning. We invite you to contact our friendly team to experience the Landry Family Dentistry difference and enjoy good dental health for a lifetime," -Dr. Landry

#### Dr. Joseph G. Landry II MAGD, FICOI

Dr. Landry graduated from The Ohio State University in 2009 as the Professional Student of the Year Award recipient from all dental, medical, pharmacy, optometry, veterinary, and law students. In 2019, Dr. Landry earned Mastership in the Academy of General Dentistry (MAGD), which less than 2% of dentists achieve. Currently, he serves the dental profession as President-Elect of the Ohio Academy of General Dentistry. Dr. Landry is also a Fellow in both the International Congress or Oral Implantologists (FICOI) and Pierre Fauchard Academy International Honor Dental Organization. He shares a passion for dentistry with his wife, Marcia, a dental hygienist. They reside in Medina, OH, with their two children.





## Refresh Your Look & Shine All Season Long

Provided By Legacy Hair

Summer is the perfect time to embrace a fresh look—and what better way to celebrate the season than with a vibrant new hairstyle? A quick visit to a talented stylist can completely transform your vibe, whether it's a playful cut, sun-kissed highlights, or a smooth, glossy blowout. At Legacy Hair Studios, we believe your hair should reflect your confidence, personality, and the joy of summer.

Our creative team of expert stylists specializes in customized services like balayage, dimensional highlights, and color techniques designed to match your lifestyle and goals. Whether you're heading on vacation, enjoying weekends by the lake, or attending sunny soirées, our stylists ensure your hair is effortlessly stunning and summer-ready.

## This Summer's Top Hair Trends:

- BEACHY LAYERS: Soft, textured layers add movement and volume—perfect for that effortless, wind-swept look.
- BUTTERCREAM BLONDE: A creamy, bright blonde shade that glows in the sunlight and flatters all skin tones.
- GLOSSY BRUNETTE: Rich, reflective brunettes are making a major comeback—add a gloss treatment for extra shine.
- MONEY PIECE HIGHLIGHTS: Bright faceframing strands that instantly refresh your look.
- LOW-MAINTENANCE BALAYAGE: Subtle and sunkissed, this trend keeps color looking fresh with minimal upkeep.

Whether you're seeking a bold transformation or a soft seasonal update, Legacy Hair Studios is here to help you shine this summer. Book a complimentary consultation today—our team guarantees an exceptional, confidence-boosting experience.

Ready To Feel More Confident This Year? Let Us Help You *Discover Your Most* Beautiful Self.

To see the work of our talented stylists, follow us on Instagram and Facebook @LegacyHairStudios.

Call to book a color, cut, consultation or with any questions!

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## **Pawsitively Summer! Create a** Safe & Fun Space For Your Pets



Provided By Dog Guard

Summer is the perfect time and it's the perfect time for pets to enjoy the fresh air and sunshine. However, ensuring a safe and secure environment for pets while roaming can be challenging for many pet owners. Not every pet owner has the time or ability to supervise their pets constantly, and that's where Dog Guard Ohio comes in.

Heather Cottingham, Owner of Dog Guard Ohio, and her team understand how essential regular exercise is for a pet's health and well-being. However, they also recognize that life can get busy. That's why they offer a simple, effective solution that allows pets to enjoy the freedom they need while giving their owners the peace of mind they deserve.

Dog Guard Ohio specializes in underground dog fences, an ideal way to allow pets to roam safely and freely. Unlike traditional fences that can be expensive, difficult to maintain, or not suitable for every type of landscape, underground fences provide a discreet and reliable alternative. This solution offers pets a secure space to play, explore, and enjoy the outdoors while ensuring they stay safely within the yard.

#### WITH A DOG GUARD OHIO UNDERGROUND FENCE, PETS RECEIVE:

- Freedom to explore: Pets can play freely within the yard without a leash or risk of wandering off.
- Safety and security: Customizable zones ensure pets stay safe while playing outdoors.
- Cost-effective and low-maintenance: Enjoy the benefits of a traditional fence without the high cost or upkeep.
- Expert installation: Dog Guard Ohio's team customizes the system to meet each property's needs, ensuring safety and functionality.

#### **WATCH A VIDEO HOW DOG GUARD WORKS:**







www.dogguard-ohio.com

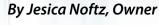
Our team invites you to contact us for a FREE quote for safe, underground pet fencing for them - peace of mind for you!

#### **FIVE STAR REVIEW**

"Heather and Sarah were so helpful! We love having our new fence; it gives you peace of mind. Heather explained everything very thoroughly, and Sarah was great at the installation. Very nice to work with and our new Frenchies did great with with the training. The entire process was extremely easy and I highly recommend Dog Guard." - Rhonda S.

Proudly Installing Dog Fences in the Following Ohio Counties: Ashland, Carroll, Columbiana, Coshocton, Cuyahoga, Erie, Geauga, Holmes, Huron, Lake, Lorain, Mahoning, Medina, Portage, Richland, Stark, Summit, Trumbull, Tuscarawas, and Wayne.

# The Benefits of a Cleaning Schedule for the Busy Professional





Balancing a demanding career with personal responsibilities can often leave little time for maintaining a clean and organized home. Yet, a tidy living space is essential for fostering a sense of calm and productivity. For busy professionals, creating an efficient

cleaning schedule is key to ensuring that your home remains a sanctuary without consuming all your free time.

#### The Importance of a Cleaning Schedule

A structured cleaning schedule is more than just a list of chores; it's a strategic plan that helps you manage your time effectively while maintaining a clean and welcoming home. By breaking down cleaning tasks into manageable segments, you can prevent overwhelming cleaning marathons and ensure that no area of your home is neglected.

#### **Benefits of a Cleaning Schedule**

- Consistency: Regular cleaning prevents the buildup of dirt and clutter, making each cleaning session more manageable. Consistency also means that your home always feels welcoming, which is particularly important when unexpected guests drop by.
- Time Management: A schedule helps you allocate time

efficiently, ensuring that cleaning doesn't interfere with other priorities. By dedicating specific times for cleaning, you can focus on your work and personal life without the nagging feeling of unfinished chores.

- **Reduced Stress:** Knowing that your home is consistently clean can alleviate stress and create a more relaxing atmosphere. A clean environment is linked to improved mental health, providing a sense of control and peace.
- *Improved Productivity:* A tidy environment minimizes distractions, allowing you to focus better on work and personal tasks. A clutter-free space can enhance creativity and efficiency, making it easier to tackle your to-do list.

#### **Designing Your Ultimate Cleaning Schedule**

Creating and maintaining a cleaning schedule tailored to your busy lifestyle is a powerful way to ensure your home remains a sanctuary of calm and order. And when the task feels too daunting, don't hesitate to reach out to cleaning professionals who can provide the expertise and support you need. **To get the comprehensive cleaning guide visit our blog.** 

Reach out to us today for a free estimate and see how Petal Sweet Cleaning can make a difference.

Visit our website www.petalsweetcleaning.com for articles and tips on our our blog - THE CLEAN SWEEP!



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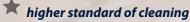
"My mom was so thrilled with the job done today she kept calling it her new house. Thank you Petal Sweet Cleaning, we look forward to you coming again"

### PETAL SWEET

CLEANING SERVICE

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# flexible cleaning to meet your needs

vetted, trustworthy cleaners

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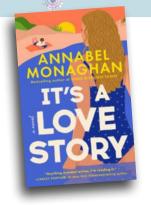








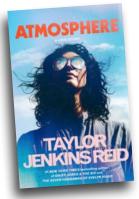
### Summer Reads: Stories of Love, Dreams & Second Chances



This collection of novels explores love, ambition, and self-discovery. It's a Love Story follows a former sitcom star facing her past to revive her passion and maybe find love. Atmosphere portrays a determined female astronaut fighting for recognition in the 1980s. My Friends celebrates art and human connection across generations. In The View from Lake Como, a devoted daughter's journey to Italy leads to romance and the courage to pursue her dreams.

Provided By Mary Olson, Readers' Advisory Librarian

#### It's a Love Story by Annabel Monaghan



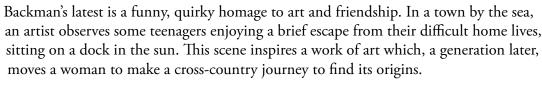
A delightful and poignant enemies-to-lovers romance from the author of Nora Goes Off Script that features a woman whose past makes her feel like an imposter in her present life. When creative film executive Jane Jackson finds a project she's passionate about, she must convince the studio that the film is worth making. Jane always seeks to over deliver, because as a teen, she starred on a mid-level sitcom where she played comic relief and never got credit for her musical talent. To sweeten the deal with the studio, Jane has promised a song from pop music's current it-guy, Jack Quinlan, whom she starred with on the sitcom (and who hurt her deeply). She'll need the help of cinematographer Dan Finnegan, whose hometown music festival is the only way to reach Jack. Will teaming up with Dan lead to a flop, or a star-crossed romance?

#### Atmosphere by Taylor Jenkins Reid



A romantic and riveting novel that shines a light on a brilliant female astronaut in NASA's training program during the 1980s, her struggle to be taken seriously as an astronaut, and the secret abiding love that propels her. Reid writes remarkable characters and a suspenseful plot with rich historical detail, making this an immersive and inspiring read that may be her best novel yet.

#### My Friends by Fredrik Backman



#### The View from Lake Como by Adriana Trigiani



A talented but overlooked marble artist finds herself—and love—with a one-way ticket to Italy. Jess is the dutiful daughter who takes care of everyone in her family, and puts herself last. She's a skilled artisan, written off by everyone except her Uncle Louie. After a stunning loss, Jess travels to Italy in the hope of resurrecting her long-buried dreams. Meeting gold artisan Angelo and discovering hidden truths about her family's history finally compels Jess to put herself first. A funny, witty, romantic novel with a beautifully described Italian setting.



**Book Reviews Provided By Medina County District Library** www.mcdl.info



Teens entering grades 6-12

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**120 MIN.** Mystery

Mystery Box

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More paid leave for more Americans

Reinforcing the WOSB program to help find customers

45% of members can't offer health coverage due to cost which impacts their ability to compete with large corporations

Concerns about lack of security framework for Al

Diversification of energy sources to reinforce our grid

Simplify the tax code making certain the TCJA Small Business Provision is permanent

Address needs of the "Microbusiness"

Follow NAWBO Northeast Ohio & NAWBO on Facebook and Linkedin for reminders & updates.

#### www.NAWBONEO.org

Follow us on Facebook, Linkedin & Instagram

NAWBO - The National Association of Women Business Owners - is a national organization that propels women entrepreneurs into economic, social and political spheres of power.

## Business Ask SCORE Series:

## Why don't we use praise more in our everyday work?



By James Breiner, Certified Small Business Mentor & Cleveland Chapter Marketing Committee Chair
You have high standards. That's really why you got into business. You felt that there wasn't enough high-quality and attention to detail in the products and services in your market niche.

You saw an opportunity to fill that unmet need. You know how important it is to you personally to hear positive feedback from your customers, suppliers, and employees. So why don't we use praise more in our own business? Maybe we're just too busy and preoccupied with the daily workload to notice good work. Or we think our employees should be grateful for the pay and benefits should be reward enough. Or we fear if we give too much praise, people will get big egos and become arrogant, unmanageable and ask for more pay and benefits. Or we find it hard to praise work when it is only 80% or 90% of what we wanted. This was one of my problems as a boss of 30 people. I was focused on fixing the 10% to 20% that was lacking.

#### Recognition is more important than money

If you're not good at giving praise, here's help: Donald O. Clifton's book *Soar with Your Strengths*. Clifton was chairman of the Gallup organization, whose annual employee surveys showed that the No. 1 reason people quit their job was to get away from their boss. Clifton's view was that we should spend most of our time focused on an employee's strengths and talents rather than their weaknesses. He blended his skills as a data scientist and psychologist with his business sense. His book transformed all my ideas about how to run an organization.

#### The benefits of praise

- It can help reinforce the values and the standards of your organization.
- It helps teach what you mean by quality.
- It can help people recognize their own strengths and develop them.
- It makes people more open to receiving criticism if that moment comes.
- It motivates people. Your best people appreciate sincere, specific praise and will go over and above to get more.

In my experience, people will develop much faster by focusing on their talents than by trying to improve their weaknesses. This is not to absolve people of responsibility for eliminating errors. It's just to say that the payback is greater when they work in areas of talent.



#### How to do it

Much of this how-to comes from the 1982 book *The One Minute Manager* by Ken Blanchard and Spencer Johnson.

#### Saying "good job" is not enough.

Your best people discount unspecific praise. The person must know exactly what the qualities are that you appreciate. Tell the person what is good about the work and how much it helps the organization.

- If the work is not perfect (and it never is), **hold off on saying, "but" or "however"** at this point. You can touch on those things in another conversation.
- It is better to do it **in private** to create an air of significance. Tell the person, "I want to compliment you on something."
  - Pause and let the person enjoy the moment.
  - Shake the person's hand. Encourage them to do more.

#### Levels of praise

At the lowest are some spoken words. Some written words by email might be better. **A handwritten note** is much more powerful. Beyond that, public recognition or a prize might be appropriate. But be careful: some people are embarrassed when praised publicly; it's a good idea to ask someone if they would enjoy this.

#### Final thought

In general, our biggest personal mistakes are seared into our memory. The trick is how we respond. We can make that memory a source of self-flagellation and anger or we can transform it into a lesson, strength. As leaders we can help people recognize how their talents will help them avoid making mistakes. The point is not that we were perfect and had a perfect organization but that we learned as a group how to deal with these issues. We treated our mistakes as learning experiences.

**Have questions?** Reach out to SCORE for free, expert mentoring and resources to guide you through your small business journey. Visit **score.org** to learn more.



WWW.SCORE.ORG/CLEVELAND

### **How to Unsubscribe from Small Business E-mails**

(Without Hurting a Local Business)

If your inbox is constantly flooded with promotional emails, newsletters, and special offers, you're not alone. Managing emails can be overwhelming, but it's important to differentiate between actual spam and emails from legitimate small businesses that are trying to grow. Small business owners work hard to build their brand, and every small business e-mail sent is part of their effort to connect with customers like you.

Before you hit that "Report as Spam" button, here's a responsible way to clean up your inbox while also supporting local businesses in your community.

#### The Right Way to Unsubscribe from E-mails

If you no longer want to receive emails from a small business, the best way to remove yourself from their list is to unsubscribe properly. Here's how:

**Look for the Unsubscribe Link** – Most legitimate businesses include an unsubscribe link at the bottom of their emails. Clicking this will often take you to a page where you can confirm your decision.

**Adjust Your Preferences** – Some businesses offer an option to change email frequency instead of unsubscribing entirely. If you still want to hear from them but just not as often, this could be a great option.

**Reply to the E-mail (If Appropriate)** – If it's a truly small, local business, sometimes replying with a simple, "Please remove me from your mailing list" will work.

**Check Your Subscriptions** – If you signed up for a newsletter or a loyalty program, you may have forgotten that you opted in. Some businesses provide a portal where you can manage your subscriptions.

#### When to Mark an Email as Spam

Not all emails deserve the dreaded spam button. But when should you actually use it? Here are some situations where marking an email as spam is totally justified:

- There's no way to unsubscribe.
- The sender is unknown, and the email looks suspicious (phishing scams, shady promotions, etc.).
- The email is completely irrelevant to you (e.g., an international company sending you random product deals).

Using the spam button incorrectly—especially on small businesses—can hurt their ability to send emails to legitimate subscribers. Email providers like Gmail, Yahoo, and Outlook track spam reports, and too many complaints can cause all their emails to be flagged, even for customers who actually want them.

#### Why You Shouldn't Mark Local Small Business E-mails as Spam

If you recognize the business and they are a part of your local community, do them a favor and don't mark their emails as



**spam.** Here's why:

They're Not Spammers—They're Just Trying to Grow – Unlike major corporations with massive marketing budgets, small businesses rely on email marketing to reach their audience. When you flag their emails as spam, you're making it harder for them to connect with people who do want to hear from them.

It Affects Their Email Deliverability – Email providers track spam complaints. If too many people mark a small business's emails as spam, their messages could get blocked entirely—even for customers who subscribed willingly.

They May Be Offering Something Valuable – Even if you don't need their product or service right now, you might in the future. Keeping an occasional email in your inbox or adjusting your preferences instead of blocking them entirely could be beneficial.

### The Bottom Line: Be Considerate and Unsubscribe Responsibly

Your inbox, your rules. But before you start mass-marking emails as spam, take a moment to think about who's sending them. If it's a true spammer, go ahead and hit that report button. If it's a small business, do the courteous thing—unsubscribe properly.

Supporting small businesses doesn't mean you have to keep getting their emails. It just means being thoughtful about how you manage your inbox. After all, that small business might just be the one you turn to when you need a great local service, a last-minute gift, or a special deal on a service you need as you continue to grow.





August 20th

Your Invited!

### Meet 75 + Businesses and Organizations from Northern Medina County and Beyond

Wednesday, August 20th - 5:00 PM - 6:30 PM OPEN to Public

> Northern Medina County Business Showcase





JOIN US for a VIP Cocktail Reception & Business Networking from 3-5PM (\$30- Includes Two Drink Tickets & Appetizer with a Private Preview of Vendors)

Pre-register at www.nmccalliance.com

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## Celebrating a Legacy of Empowerment

## The Urban League of Greater Cleveland and the Vision of Marsha A. Mockabee



#### Marsha A. Mockabee

By the time this summer's National Urban League Conference opens in Cleveland, Marsha A. Mockabee will do more than just welcome thousands of guests to the Huntington Convention Center—she'll celebrate a legacy that has been 15 years in the making. As President and CEO of the Urban League of Greater Cleveland (ULGC), Mockabee has led the organization through some of its most significant mo-

ments. The Conference, scheduled for July 16–19, represents more than just a major event—it symbolizes the progress the League has achieved under her leadership. "We've worked hard to be in a different place—and we absolutely got there." Originally, the conversation focused on her 2026 "redirection"—her preferred term for what others might refer to as retirement. However, given the volatility nonprofits face today, including political tension and funding challenges, the discussion shifted toward resilience and reinvention.

#### A Leader in Transition, a Movement in Motion

### We need to reconsider our approach to fundraising, our operations, and our mission protection

Mockabee is embracing transition with strategy and clarity. She's not just preparing to step away—she's ensuring the ULGC is positioned to thrive. From staffing to space redesign, her focus remains on sustainability and equity. That clarity was forged in a crisis. In 2009, she stepped in as interim CEO amid organizational chaos. Layoffs followed, and morale was low. "I told the 13 who remained, 'Get in the boat and row. I don't know where we're going, but I'll tell you when we get there." What could have been the League's final chapter instead became the beginning of a remarkable turnaround. By 2011, she was appointed as the permanent CEO. A pivotal moment occurred in 2018, when the League adopted a new Vision Statement: to be the leading voice for African American empowerment in Greater Cleveland. That vision is now a living reality. Under her leadership, the League's budget has tripled to over \$4.5 million. Its board—chaired by Kevin Clayton,

Executive Vice President and Chief Impact & Equity Officer at Rock Entertainment Group and Cleveland Cavaliers—is both diverse and dynamic. The staff is thriving, and the League now has a consistent presence in regional decision-making spaces once considered out of reach.

### "It's the trust, the respect, the love from the community—that's what matters most."

#### Faith, Purpose, and a Divine Assignment

For Mockabee, impact always outweighs accolades. Her journey is grounded in faith and guided by purpose.

"My role here has always been a divine assignment. God told me, 'Keep your ears and heart open.' And that's what I've tried to do." As Cleveland looks ahead to hosting the 2025 National Urban League Conference, the spotlight rightfully shines on Marsha A. Mockabee and the Urban League of Greater Cleveland. However, her gaze remains on the horizon—focused on what's next for the League, the city, and the people she has long served.

"We're navigating new challenges, but we're ready. And I may be planning for redirection," she says, "but I'm not done yet."



National

## Cleveland-Area Residents Invited to Free Alzheimer's Educational Conference

Provided By Alzheimer's

The Alzheimer's Foundation of America (AFA) will host a free Alzheimer's & Caregiving Educational Conference in Cleveland on Wednesday, July 16, 10:00am to 1:00pm at the Crowne Plaza Cleveland at Playhouse Square, 1260 Euclid Avenue. The free conference is open to everyone and will allow participants to learn from experts in the field of Alzheimer's disease, brain health, caregiving, and aging. "Knowledge is a useful and powerful tool that can help make any situation easier to navigate, especially something as challenging as caring for a loved one with Alzheimer's disease," said Charles J. Fuschillo, Jr., AFA's President & CEO. "Connecting families with useful, practical information and support that can help them now and be better prepared for the future is what this conference is all about. Whether Alzheimer's is affecting your family, you are a caregiver or just want to learn more about brain health, we invite you to join us on July 16." Sessions will include:

Early Identification of Cognitive Impairment --

Many people mistake Alzheimer's disease with memory loss associated with normal aging. Early detection is key. To determine if you do have a memory issue, it is highly recommended to get a memory screening. Dr. Douglas Scharre will describe how to differentiate between normal aging and when to see your provider for early diagnosis of cognitive impairment. He will also compare various cognitive assessment tools

Caregiving Strategies to Prevent Burnout -- Burnout is a very common threat facing Alzheimer's caregivers, which is why it's essential for caregivers to have a support network and make time for self-care. Katherine Judge will discuss caregiver burnout; how to spot the warning signs; the importance of caregiver self-care; and practical strategies caregivers can use to take care of themselves.

The Memory Disco: A Caregiver's Tool for Music-Centered Care -- Music therapy offers a wide range of emotional, cognitive, and physical benefits for people with Alzheimer's disease, particularly in the middle and late stages of the illness. It is increasingly used in dementia care because music can access parts of the brain that remain preserved even as other cognitive functions decline. Kaylie Glenn will teach how music can be a powerful tool for dementia care. She will provide practical strategies to incorporate music into daily routines and create meaningful connections.

**Driving Under the Influence of Dementia** -- Driving is a complex task that depends on attention, memory, judgment, spatial awareness, reaction time, and decision-making - all of which can be compromised when someone has a progressing dementia-related illness. Mary Molnar, OT, will discuss the role that dementia, memory and executive function play in older driver safety. She will teach techniques and best practices designed to assist older drivers and their families in making informed decisions about driving safety as cognitive and physical abilities change.

For more information or to register for the July 16 conference, visit www.alzfdn.org/tour. Advance registration is highly recommended. Those who cannot participate in the conference or have immediate questions about Alzheimer's disease can connect with licensed social workers seven days a week through AFA's National Toll-Free Helpline by calling 866.232.8484, texting 646.586.5283, or web chatting at www.alzfdn.org by clicking the blue and white chat icon in the right-hand corner of the page. The web chat and text message features are available in more than 90 languages.





#### **EDUCATING AMERICA TOUR** ALZHEIMER'S & CAREGIVING CONFERENCE CLEVELAND, OH

10:00 AM | Welcome & About AFA Charles J. Fuschillo, Jr.

10:30 AM | Early Identification Douglas Scharre, MD Director of Cognitive and Memory Disorders,

Neurology Department, Ohio State University 11:00 AM | Caregiving Strategies to Prevent Burnout Katherine Judge, PhD Researcher, Cleveland State University

11:40 AM | The Memory Disco: Care Partner's Tool for Music-Centered Care Kaylie Glenn President & Founder, Day by Day Project

12:05 PM | Driving Under the Influence of Dementia Mary Molnar, OT ner, Senior Care Authority - Greater Cleveland

















Wednesday,

10 AM - 1 PM









## Discover the Empowering Benefits of Virtual Shooting at Engage Virtual Range

Provided By Engage Virtual Range

Women's empowerment continues to become an increasingly popu lar topic in the news. Women are starting to prioritize their safety through self-defense classes, firearms training, and just making overall smarter choices when it comes to their wellbeing.

But, many women aren't sure where to start and can feel intimidated by the idea of visiting a traditional gun range. That's where Engage Virtual Range comes in. We created our virtual shooting range to be a safe space for shooters of all experience levels to hone their skills, build confidence and grow comfortable with using a firearm.

#### **5 BENEFITS OF VIRTUAL SHOOTING**

#### 1. Educational and Fun Experience

We understand that not everyone who walks through our doors is an expert shooter. Our goal is to make everyone a better, more confident shooter. Through our safe, immersive, and cutting-edge simulated shooting, we can help anyone from age 12+ learn to be a responsible shooter while having a lot of fun.

#### 2. Learn From Professional Instructors

One of the best parts about our simulated gun range is our instructors. Every instructor is highly qualified and trained to help you get the most from your session. Our instructors are NRA-certified and retired military or law enforcement professionals. In addition, we offer various extensive courses for those carrying a firearm, novice shooters, and individuals to build their confidence.

**3. Ideal for Families, Friends, Date Nights, and Group** Outings Our simulated gun range is intentionally designed to be versatile. Our instructors are well-versed in personalizing all reservation appointments to best suit your group. We consider your goals, skillset, comfortability, and the fun factor!

#### 4. Have Fun and Challenge Yourself

Whether you come alone or bring your family and friends, it's easy to compete head-to-head or test yourself to beat your previous scores. We've found a way to make it uniquely fun and competitive to learn to shoot.

#### 5. Experience a Realistic and Immersive Environment

Our simulated shooting range offers all the benefits of a traditional range without any of the frustrations. There is NO live ammo, NO loud sounds, and NO smoke. Instead, you get realistic sim guns with blowback, engaging simulations that test your skills in an immersive environment.

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ACCESS TO CLUB TOURNAMENTS AND EVENTS. We offer access to club tournaments and events, giving you the chance to compete and socialize with other golfers. Our golf membership offers a wide range of exclusive events for you and your family members.

#### Golf Membership Benefit #3

ACCESS TO A PRO SHOP AND GOLF INSTRUCTION. As a member, you'll have access to our pro shop and Head Golf Professional, Todd Company, PGA. His golf instruction can help you to improve your game and choose the right equipment. Yet, another extremely valuable top benefit of Red Tail Golf Club membership.

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Since 2004, our digital magazine and community have connected local businesses and organizations to Northeast Ohio women who actively seek information to improve their personal or professional life. Our content includes special features, **health**, **well-being**, **beauty**, **business**, **community**, **leisure**, **lifestyle**, **events** and **so much more!** 

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Ed "Flash" Ferenc, Tony Musachio

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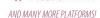
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## - Women's Resource Guide - Networking-Sharing-Educating-Referring-Empowering

#### **Dress for Success Cleveland**

www.dressforsuccess.org/cleveland - 216.881.6048

Our Mission: Empower women to achieve economic independence by providing a network of support, professional attire and development tools to help women thrive in work and in life. Our Vision: A world where women do not live in poverty, are treated with dignity and respect, are strengthening their families, and shaping their communities.

#### **FEM City Akron**

www.femcity.com/akron

Contact Jessica Wagner at akron@femcity.com We're not your average women's networking group. Members-only organization infused with gratitude, positivity, purpose & soul. Curated and created by women for women, FEM CITY® is a community dedicated to arming you with everything you need to grow and live a happy life. We create local business workshops and innovative social events every month personalized for you and the FEMS in our community. Join us at our next event and let's all gather and grow business together in positivity.

#### **League of Women Voters**

www.lwvgreatercleveland.org
President@LWVGreaterCleveland.org
A nonpartisan political organization, encourages
the informed and active participation of citizens in
government, works to increase understanding of
major public policy issues, and influences public
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#### **McGregor PACE**

mcgregorpace.org 888.895.PACE (7223)
McGregor PACE [Program of All-Inclusive Care for the Elderly] Using a community-based approach, PACE enables older adults to remain among familiar surroundings while receiving the help they need. With access to three Health Centers, PACE provides services that address the medical, rehabilitative, social, and personal care needs of individuals who are able to live safely in the community. Now serving Cuyahoga and Lorain Counties.

#### **Hospice of Greater Cleveland**

www.hospicegreatercleveland.org / 216.268.8493

A new collaboration between Judson and McGregor Senior Living Communities for which both organizations aspirations have always been to provide continuity of care and quality service through our dedicated teams. We are pleased to announce that the two organizations have embarked on a new joint venture which will expand the range of compassionate services and bring an expanded, dedicated team of professionals to our residents and their families. This partnership, built on the strength of both organizations, is designed to provide the utmost comfort, dignity, and support to our hospice residents during their end-of-life journey, ensuring a seamless and enhanced experience for all.

### National Association of Women Business Owners

www.nawboneo.org - 440.725.0675 Diane Helbig, President

NAWBO propels women entrepreneurs into economic, social & political spheres of power worldwide by: Strengthening our members' wealth- creating capacity & promoting economic development; Creating changes in the business culture Building alliances, coalitions & affiliations; Transforming public policy.

As a NAWBO member, you'll access: Capital: Education & resources to choose the best financing options for your business; Confidence: Leadership training and tools to grow personally and professionally; Community: A community of women who support women & provide the catalyst for change across the country & the world; Capitol: An advocate for you & your business with elected officials from the nation's capital to your state capital.

#### National Council of Jewish Women/ Cleveland

www.ncjwcleveland.org 216.378.2204 26055 Emery Rd., Warrensville Hts., OH 44128 The mission of National Council of Jewish Women/ Cleveland (NCJW/CLE) is to help improve the lives of women, children, and families in Northeast Ohio. Inspired by Jewish ideals, we offer our members volunteer and advocacy opportunities in everything from literacy to foster care support. We also host a variety of inspiring programs and educational webinars with national speakers and thought leaders. To support these programs, NCJW/CLE runs Thriftique Showroom, an upscale resale shop in Bedford Heights, and Designer Dress Days, an annual sale, offering gently-worn designer clothes at a fraction of retail prices. To learn more, contact Mindi Axner at maxner@ncjwcleveland.org.

### Womankind Maternal and Prenatal Care Center

216.662.5700 - www.womankindcleveland.com Since 1975, Womankind has been providing free prenatal care and a full range of support services to pregnant women in need in Northeast Ohio.

#### Women In Networking

www.wincleveland.org 216.243.1003
Emily Smayda Kelly, Esq.
Women In Networking is an organization that supports female professionals by providing continual opportunities for business development and professional growth.
wincleveland@gmail.com

#### **Women of Color Foundation**

www.womenofcolorfoundation.com 216.391.4300, Ext 307 or 866.962.3411, Ext 307 Alexandria Johnson Boone, Founder/ Chairwoman The Women of Color Foundation is a 501(c)(3) non-profit organization whose mission is to facilitate the collaboration, networking, mentoring, leadership development and training of women and girls of all colors. Based in Cleveland, the Foundation hosts several events each year.

If you would like your organization included in The Women's Journal Resource Guide, please contact us at info@womens-journal.com

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