

Volume 81 No. 5 *“And Ye Shall Know The Truth...”* **December 13, 2023**



Avis Files, Director of Family and Supportive Services for Pathway, Inc

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Getting On the Agenda

By Rev. Donald L. Perryman, Ph.D.
The Truth Contributor



What I miss is the enduring commitment of leaders like Reverend Rose, who not only stood up for what's right but also persevered long enough to inspire action and effect change, continuing their fight until meaningful progress was achieved or the battle was won.
- Doris Greer

When I received a call from Carty Finkbeiner, I braced myself, unsure what to expect. You don't always know from what angle the sometimes-volatile former mayor might come at you. However, the news he shared filled me with an overwhelming sense of joy.

Finkbeiner had successfully orchestrated, on my behalf, the return of Rev. Floyd Rose to Toledo on January 8, 2024, to be honored at the United Pastors for Social Empowerments' (UPSE) Social Justice Impact Awards banquet.

Rose, whose health has been declining and who seldom travels these days, still receives calls from Toledo seeking guidance on social justice and civil rights issues. It's remarkable, considering it's been nearly three decades since he left Toledo for Valdosta, Georgia. Unfortunately, an entire generation in Toledo has grown up unaware of the legacy of this civil rights icon, a testament to his enduring influence.

Yet, Rose's portfolio of social justice outcomes is stunning.

During his time as president of the Toledo NAACP, Rev. Rose took a stand that dramatically shifted the city's political landscape. He daringly organized a mini-convention within the NAACP, leading to a straw poll that showed significant support for the then-Republican mayoral candidate, Donna Owens. This bold move was in response to the city leadership's failure to consider qualified Black applicants for top municipal roles. Owens' subsequent election as mayor, with 47 percent of the Black vote, was a feat no other Republican has since come close to achieving. This historic moment was solely attributed to Rose's influence.

... continued on page 4

Community Calendar

December 16

St Marks Baptist Church Christmas Celebration: "The Wiseman;" Featuring the Fellowship Community Choir Toledo; 5 pm; 2340 N. Holland-Sylvania

December 17

NAACP Youth Council Meeting: 3 pm; Sanger Branch Library: 419-214-1551

December 22

Christmas Vendor Market: She DeZigns Event Hall; Presented by Bag Lady Financial; 4 to 8 pm: 419-450-2307

December 26 – January 1

Frederick Douglass Community Association Kwanzaa Celebration: Doors open at 5 pm nightly, celebration starts at 6

December 28

Padua Center Annual Kwanzaa Celebration: 4:30 to 7:30 pm

White Evangelicals: Jesus, Maybe ... Guns, Yes!

By Lafe Tolliver, Esq
Guest Column

There is a plethora of books in the public marketplace that, with a close inspection, note the scary drama of too many white evangelicals reaching for their "guns" rather than a prayer book.



Reports, books and interviews are depicting an "army" of disillusioned white evangelicals willing to vote for a noxious Trump personality rather than make a judgment call of who is morally fit to serve in the White House in 2025.

A common theme in the reporting from the white evangelical camps is that they view Trump as their God-ordained "avenger" of all things that ail them and that he is their champion to bring America back to the good 'ol days of *Leave It To Beaver*, *Ozzie and Harriet* and *Father Knows Best*.

You know. The period of American history when Blacks and other minorities were best and safety viewed as shoeshine boys or elevator conductors or, if possible, the occasional mailman walking the neighborhood. White America loves their sanitized story of the first Thanksgiving with the Native Americans (called "injuns" back then); and they swooned to see lil' Shirley Temple happily tap dancing with a grinning Bojangles in the farcical movies of Hollywood.

These were the days when macho John Wayne ruled the roost and overt racist politicians like Strom Thurmond, George Wallace and Lester Maddox made the evening news with their denunciations of all things, "Negro", especially any movement towards integrating their schools with a person named Lashonda or a DeMarcus.

But now. The stakes have been raised and the cultural and political outlook for too many white evangelicals is dire. Dire to the point that their outlook on life in these United States has darkened to the point that they would consider political violence as a means to balance the ship of state and restore what they consider as almost lost and gone, to its rightful place in America.

That place...you say? Simple: A deification of all things white and clean and as a corollary, pure and holy in their estimation. For, to them, their tabulation of the ills of the society is clearly seen in Black Lives Matters protests, immigration of those "others" (meaning non-Nordic ethnic lineages), the rise of feminism and a feeling of loss that America is no longer a White man's country...among other grips.

Now, here is where their logic gets twisted and downright perverted. Too many of the leaders of the white evangelicals, including the white Christian nationalists, have concocted a worldview that Donald Trump is their "hired" mercenary to do the pending gun battle with the forces of evil.

A battle that they portend will hasten the return of Jesus the Christ as portrayed in the Book of Revelation when the US of A (as a stand in for a godly Christian nation) fights the good fight against the forces of evil that are in current mortal combat in the Middle East.

Somehow these Bible illiterates have mangled the scriptures to their form and fashion so that they believe that they must take over all aspects of the culture before Jesus can return for his Church (aka: The Rapture).

... continued on page 6

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Letter to The Editor

A Rebuttal: Divisive Decisions

By Tony Totty, Democrat, President UAW Local 14

I found the opinion piece titled Divisive Decisions to be an incorrect and incomplete narrative when it pulled back the curtain of Toledo politics. Yes, the vacancy of Tina Skeldon Wozniak's Commissioner position is being contested between Ohio State Senator and Toledo's former Mayor Paula Hicks Hudson and Anita Lopez, the County Auditor. I believe the article had the timeline wrong for how we arrived at this point.



Tony Totty

When Commissioner Skeldon Wozniak made her announcement for retirement in the early fall, this is when Senator Hicks Hudson expressed interest in the position and started the process of exploring support. In the Sojourner Truth August 10th edition, the Embracing Change article wrote:

Finally, Paula Hicks-Hudson makes a legit case for candidacy, given Lucas County's demographics. Notably, there hasn't been a minority on the Board of Lucas County Commissioners since Bill Copeland, the first African American to hold a countywide post, retired in 2002.

Hicks-Hudson certainly has the credentials and a remarkable service record, including terms on Toledo City Council, city council president, mayor, state representative, state senator, and Lucas County Democratic Party interim chair.

This was the same article that announced the retirement of Commissioner Skeldon Wozniak. Anita Lopez wasn't even mentioned in the article as a person of interest, instead it was Michael Hart that had the support of the building trades. This also contradicts the narrative of a "delayed entry" from the former mayor.

Personally, I was for the third option of having a place holder in the in-

terim and letting the primary take its course. This would have prevented the Central Committee from taking a hard vote that would only deepen divisions. Another benefit from this option would be that neither candidate would lose their current leadership position. Now, if one candidate is appointed temporarily and loses in the primary they will be out of their current position. Senator Hicks Hudson agreed to the interim place holder compromise, but her opponent apparently would not. This was unfortunate. Fortunately, we do have two qualified candidates for this position.

This is the time when the black and brown community's need to come together on many issues like

- Fair maps to stop gerrymandering that takes our voices away for representation.
- Woman's reproductive issues.
- Medical debt relief and healthcare for our community's
- Education diversity
- Stopping Donald Trump from being elected, while reelecting Sherrod Brown and Marcy Kaptur.

I am a lifelong Democrat that supports the party's values. I believe that we should come together for the common good of our community with these values. I find it offensive when organizations that don't represent our best interest have such sway on our party.

The Divisive Decision article cited the Building Trades Union as a "Key party faction". In the recent past they have endorsed Republican Derrick Merrin over Erika White, Republican Josh Williams over Nancy Larson and Frank Larose as Secretary of State while inviting him to our Labor Day Parade for a photo op. With endorsements like these, one might question what our "base" as a Democratic Party is made up of. Some in the "base" shouldn't help elect those on the other side of the isle that are the architects for our community's demise. One has to ask if pitting respected leaders in our communities against each other wasn't a plan to further divide us. Once again, we need to come together to advance our community and our region.

In Solidarity,
Tony Totty
Democrat

Perryman...continued from page 3

Rev. Rose's impact also extended beyond politics into advocating for economic equity. He launched the Fair Share Economic Initiative, mandating businesses with a significant Black customer base to provide equitable employment and contracting opportunities. This initiative was not just a policy but a statement against economic disparity and a step toward rectifying long-standing inequities.

His activism was characterized by bold and effective tactics seldom, if ever, utilized currently in Toledo. For instance, when the Lion Store, a key downtown retailer, balked at aligning with his Fair Share Economic

...continued on page 6

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Avis Files: Shaping Destinies Through Data-Driven Initiatives

By Asia Nail

The Truth Reporter

In the fusion of Toledo's community programs, Avis Files stands as a visionary architect, shaping destinies through data-driven initiatives. A connoisseur of change, she birthed the Brothers United Fatherhood Program (BUFP) in response to the pressing needs of young, low-income fathers ensnared in the city's challenges.

"We've developed several programs out of Brothers United based on data," Files explains, highlighting the empirical backbone of their efforts.

Avis Files is the director of Family and Supportive Services for Pathway, Inc and founder of the BUFP.

Started in 2015, the Brothers United program has burgeoned into a transformative force, giving rise to several interconnected initiatives. The expansion includes Sisters United, addressing parenting education for women, and Brothers & Sisters United, focused on co-parenting dynamics.

Avis Files, originally from Cleveland, has called Toledo home for over three decades. "I laid the groundwork for BUFP through an earlier initiative called, "Keeping It Together: A Healthy Marriage Program, we ran out of the First Church of God Social Outreach Ministries," she shares.

What began with a focus on Black couples expanded to encompass singles and youth.

"In doing this work I realized Toledo needed fatherhood work. In 2015 we wrote a grant at Pathway and we won. Brothers United continues as a program under Pathway, Inc. which is the designated community action agency for Lucas County."

Brothers United isn't merely a program; it's a lifeline, with long-term goals etched into a logic model aimed to positively impact the nuclear family. The BUFP and its sister initiatives integrate curricula born from the insights of community needs assessments. Avis envisioned a future where family functioning would improve, adult and child well-being would flourish, economic mobility would rise, and fatherlessness in Toledo would diminish.

Files goes on to explain the BUFP also has BYouth and SYouth programs that cater to 12-17 year-olds. "They learn essential lessons on healthy relationships and how to better cope with trauma."

This multifaceted approach truly reflects the evolution of Brothers United into a comprehensive platform, shaping destinies and fostering positive change within our community. Grounded in evidence-based curriculum and rigorous evaluation, Files and her team meticulously craft programming that resonates with participants' needs and aspirations.



Avis Files

Through pre-tests, post-tests, and surveys, they hone in on what people really want and ask for. "People always ask me, 'What's our secret sauce? How have we been successful as a nonprofit for nearly a decade?'," says Files. "My answer is always that we listen to our participants and tailor our programs accordingly."

The data has proven this key ingredient to be the secret sauce to the dynamic synergy between program and participant.

A visionary force behind Pathway Inc., Avis is on a journey to uplift young, low-income fathers ensnared in the grips of high crime and poverty.

In addition, her commitment extends to Brothers United Healthy Start, a collaborative effort with the Lucas County Health Department. "We've impacted the lives of 100 dads annually for the past five years," she explains. "Our program transcends boundaries, weaving threads of health, education, and support into the fabric of the Toledo community."

The story of Avis Files is one of strategic brilliance, where the discord of challenges faced by young fathers becomes the notes of a symphony composed for change. Employing a randomized control trial, Brothers United set out to answer critical questions no other program was asking.

As the study unfolded, it revealed the transformative impact of disaggregating data for both men in general and Black men, specifically. For Brothers United, ultimately, the goal of having data by gender, race and ethnicity is to achieve health equity for all.

BUFP participants, compared to their counterparts, exhibited positive self-reported attitudes and behaviors at the 12-month follow-up. They embraced new opportunities for economic mobility, honed job readiness skills, navigated improved communication, and resolved conflicts better shielding themselves from situations, such as domestic violence, that used to plague many.

"We guide fathers, mothers and youth toward an understanding of healthy relationships, healthy co-parenting; anything they need to be better parents and have a better family dynamic," says Files.

In Brothers & Sisters United, financial planning becomes not just a skill but a tool for breaking the shackles of poverty. The clinical precision of their studies, registered with vetted third-party agencies, attest not only to Files' commitment to robust data but also to the scientific rigor underpinning her vision.

The BYouth and SYouth initiatives also stand as a testament to this commitment. Files has a real foresight for nurturing future leaders. Guiding 12-17 year-olds through lessons on healthy relationships and trauma skills, her programs cultivate resilience against adverse childhood experiences (ACES). The ACES Test, a cornerstone of their approach, unveils the traumas participants carry, empowering them to build resilience plans

... continued on page 8

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Tolliver...continued from page 3

These Bible manipulators have drunk their own faux religious Kool-Aid and believe that they are on the front lines of fighting for Kingdom values and Trump is their anointed tip of the spear.

In their LA-LA land of bizzarro thinking and regardless of the heinous conduct of Trump or he being a con, a racist, a convicted sex abuser and is under 91 criminal indictments, that does not give them any pause to think that maybe, just maybe, they have backed the wrong horse.

You see, no matter how retched Trump smells and no matter how he reeks of sin and shame, the white evangelicals simply hold their righteous noses and convince themselves that when it is all over, the means justifies the end.

Rather than follow Biblical principles of interpersonal conduct and not seeking their peace and satisfaction in an earthly kingdom (with them ruling, of course) that they believe they are compelled to set up, they would resort, if need be, to political violence in the name of the Prince of Peace!

Go figure! Until you understand that many of these white evangelicals believe that America was theirs for the taking and robbing and killing of the Native Americans; and they have a "divine" right to it, you will be fumbling in the dark to explain their racist behavior towards all things non-white.

But, as obnoxious and insane as it sounds, the white evangelicals have spooked themselves into a non-permeable mindset that these are the last days and Trump is their cultural and religious hero that has been ordained by God to rescue America from itself.

To the white evangelicals infected with this cancerous lesion, they must remain true to their champion and support him no matter what happens. They gladly overlook his legion of errors and bombastic statements because they believe that they are on the right side of history.

Mockery, fault finding, ridicule, debasement, slander and even facts or logic does not sway them from their fealty to all things Trump. They have allowed themselves to be deluded by the big lie and are staying true to it.

America is in for a rough ride until the 2024 voting rodeo and if, by chance, Trump is able to stay out of jail and enough nitwits vote for

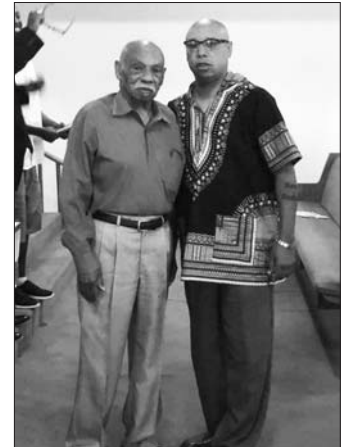
him, my advice?

Buckle up...Buttercup!

Contact Lafe Tolliver @ tolliver@juno.com

Perryman...continued from page 4

Initiative, Rev. Rose showed up with busloads of African Americans and the media. When Black customers began cutting up their Lion Store credit cards in front of TV cameras, the move prompted the store to hire more Black employees and contract with an African-American Public Relations firm.



Floyd and Gerald Rose

Another notable example was his response to the exclusion of Black workers in construction projects. Rose strategically used dump trucks to blockade a major job site at the University of Toledo. This drastic action not only halted the project but also brought critical attention to the issue, leading to agreements worth \$50 million in wages and contracts for minority construction workers.

Doris Greer, a longtime community activist, recalls how Rev. Rose's activism transcended individual glory and also embodied compassion and a deep connection to the struggles of the marginalized. "He was a man who fought for the rights and dignity of the oppressed, irrespective of gender or background. His concern even for the migrant workers, especially the women who faced unimaginable challenges in such deplorable working conditions, was a testament to his vision of social justice," she says.

Greer's portrayal of Rev. Rose highlights his commitment to justice and equity, even as his physical ability to lead from the front lines diminished. In her memories, Rev. Rose is a towering figure, embodying the relentless fight for a more humane and just world.

Finally, reflecting on Rev. Floyd Rose's legacy raises essential questions for current Black leaders in Toledo.

What strategies and qualities are necessary to regain credibility and control over community issues?

The answer lies partly in embracing the tactics of Rev. Rose, who understood the power of direct action and community mobilization. He believed in bringing social justice issues to the forefront, making them visible, and then applying pressure.

Yet, since Rev. Rose's return to Georgia in 1995, our community has struggled with a dependence on a political party that often overlooks or altogether ignores the policy interests of the African-American community and distances itself from its most loyal supporters. This dependence has hindered our ability to advocate effectively for our needs.

Rev. Rose, a disciple of Dr. Martin Luther King Jr.'s methods of protest and direct action, often faced criticism for being a "publicity-seeker."

But as he explained 12 years ago, "My aim has never been about seeking confrontation, nor is it about shying away from it. The essence of resolving issues lies in dialogue. But first, we must capture the attention of those setting the agenda. This is the crux of the matter. Ensuring our issues are on the agenda is paramount. Confrontation or direct action is simply a tool to achieve that end."

Contact Rev. Donald Perryman, PhD, at drdlperryman@enterofhope-baptist.org

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Avis Files...continued from page 5

tailored to their needs.

This 3rd Party Test asks questions like: When you grew up did you see violence? Have you ever seen someone murdered? After taking the test participants are given a score that reflects their level of trauma.

As Files succinctly puts it, "Once we truly access someone's trauma and what their challenges are we tailor our programs around this information. I always like to say that Brothers United is the father and he had babies. Our other programs have naturally reproduced from our foundational work with fathers."

Since its inception in 2015, the programs have grown, evolving with the needs of the community it serves. The data, as of December 5, 2023, centered around Black families, paints a vivid picture of Files' impact, with more than 2,654 fathers and their 7,350 children benefiting from the program in Lucas County. In addition, 255 mothers and 507 children have benefited.

In the story of Avis Files and the Brothers United Fatherhood Program, Toledo is witnessing a metamorphosis, much like a city emerging renewed from a cocoon of challenges.

Through a decade of dedicated service, Files has not only transformed individual lives but has provided Lucas County, Ohio, with a robust dataset that transcends mere statistics. This data, foreseeably influencing policy and legislation for the next decade, underscores Brothers United's unwavering commitment to creating lasting change in the realms of healthy relationships and responsible fatherhood.

Through her commitment to uplifting and supporting local men and women through the Brothers & Sisters United programs are unmatched. Avis Files is an indomitable force, proving that with foresight, dedication and a touch of brilliance, one woman's vision can reshape the destiny of communities and create a symphony of change resonating far beyond our city limits.

For more information, contact Avis Files at afiles@pathwaytoledo.org or 419-279-0798



Brothers United



Avis Files - center - and her Brothers United group



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NHA Collaboration Addresses Health Disparities

By Tricia Hall

The Truth Reporter

Neighborhood Health Association (NHA) has served the greater Toledo area for years and recently celebrated a collaboration with The University of Toledo Medical Center and Toledo Clinic to open the Aurora Senior Health Clinic. The clinic, located near the Believe Center and Mayores Senior Center at One Aurora Gonzalez Drive, opened November 16 and with the goal of serving individuals who are 55 years of age and older by providing respectful access to primary care.

“We’re already serving the Old South End but there is still a need to pay attention to your aging population,” explained Shane Douglas, NHA Chief Operating Officer. “We plan to provide respectful customer service, greet them as they enter while providing access to quality care.”

The City of Toledo shared a plan which launched the conversation between the three entities to serve the senior population of the Old South End. The conversations began in June 2022.

Once a patient calls to schedule an appoint, NHA can identify the type of care that is requested and even verify if bilingual services are needed. Patients are able to receive multiple types of service on-site, with NHA providing the primary care service and UTMC and Toledo Clinic providing the specialty care services. The onsite nurse practitioner can review the patient’s

information, request a specialty service directly thus reducing barriers and wait time to receive the specialty care or follow-up instructions.

“This clinic is a shining example of what can be done to meet the needs of seniors when organizations work together,” said Richard Swaine, UTMC CEO. “Our focus is on the ease of care and accessibility.”

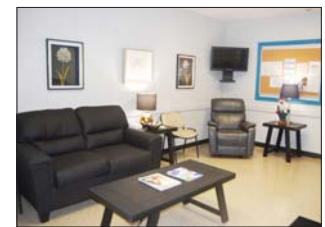
In addition to access to primary care physicians, patients will have easier access to specialists’ referrals, including cardiology and rheumatology, dental care and behavioral health consultations. The Aurora Senior Health Clinic is open Thursdays and Fridays with plans to offer additional hours in the future.

“We are proud to be part of a project that is bringing specialty care to an underserved part of the region,” said Michael D’Eramo, Toledo Clinic Doctor Health Administration.

NHA accepts most insurances on a sliding fee scale, this includes Medicare and Medicaid. Patients can book their appointments by calling 419-241-4230. NHA’s mission ‘through our exceptional health care services, we empower and educate, aggressively working to eliminate health care inequities, while supporting personal responsibility for one’s own health regardless of the ability to pay.



Alicia Monenee, medical assistant; Lauri Oaks, nurse practitioner; and Daijah Jackson, medical assistant.



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Your End of Year Mental Health Check-In

By Bernadette Joy Graham, MA, LPCC, LLC

Graham.bernadette@gmail.com

Can you remember how you felt last year in December of 2022? Do you recall any new year resolutions or goals you were so excited and adamant about making? Regardless of whether you are currently in mental health therapy or have never been or have no intentions of ever going in your life, an end of year mental health check-in is the least you can do for yourself during this wonderful season of giving.



Just from my lens and work done with clients this year as a mental health clinician, more than a higher than usual number of my clients shared far more than a few challenges. Personally, I remember last year specifically stating to myself I would not make any resolutions but I did have some expectations.....good ones (they didn't happen.)

When I began listening to the challenges incurred by my clients, I had no choice but to silently say to myself, "so it's not just me with the many issues to come up in 2023." This has been a year of great challenges for many of us and with challenges come change. Change means work, change means undoing, restarting, discomfort and when it is unexpected change such as health issues, a loss of a loved one or more than one, relationship break-ups, car accidents, a new household member, a move and all the many other things that can happen in life, it takes a toll on our mental and emotional health.

All of us do mental health check-ins even when we do not realize, but just doing a check-in is just part of the process. Not everyone does the other part of the process which is acknowledging the difference in her thinking and feeling but also doing something to change her thought process that will lead to differences in feelings and behaviors.

To get started, compare 2022 to 2023. On a scale from 1 – 10 with 1 being the worst ever and 10 being the best ever or keep it in a simplistic style of an emoji face such as sad, just okay, or the super smiley face. If changes did occur this year were there more unexpected than last year? Did you gain more or lose more in 2023 in anything from finances, weight/health, career/employment, housing to relationship status? Lastly, ask yourself if you learned anything about YOU this year despite how the lesson occurred?

What we think affects how we feel and how we feel determines how we

behave. Take a mental health moment to scale your end of year mental health check-in. If you think you dealt with any change, you have to acknowledge the other things to which those changes led. Regardless if you gained or lost anything or anyone you learned something about yourself. Now the question is that thing you learned will you utilize it for 2024? The bottom line of a mental health check-in is not self-diagnosis, please leave that to the professionals, but rather to acknowledge your sense of self-awareness.

A lot of change can happen in a day, good bad or ugly and sometimes all three within the 24 hours. Over the course of this past year your mental health may have oscillated like a roller coaster or just went downhill. If it is to the point of you feeling at the bottom, mental health therapy can be a real-life saver. Life happens, changes occur and sometimes we all need help in getting our thoughts back in order, to feel the best we can and act in accordance with moral standards and codes.

If you think 2024 is the year to start therapy, you can begin by checking for providers through your insurance or try an online platform list such as www.psychologytoday.com

Happy Holidays (they could be happier in therapy), and remember to get your mind right and everything else will fall in its place. Be well.

Bernadette Joy Graham, Licensed Clinical Professional Counselor and Certified Grief Recovery Specialist can be reached at 419 409 4929. www.bjgrahamcounseling.com Email: graham.bernadette@gmail.com

Telehealth or in office appointments available in both Toledo and Maumee office locations. Most insurances accepted, EAP, self-pay, Health Savings Accounts and sliding fee schedule. Call about discounts and pro-bono services for Military Veterans. Individual counseling services offered to ages 13 and older.

Next adult grief group begins the end of January 2024 at the Toledo location. Call or email to register for group.

If you feel you may be in a mental health crisis, please call 988 or go to the nearest emergency room.

Healthier Habits on a Budget This New Year

Special to The Truth

This new year, creating healthier habits can be easy and affordable with proper planning. Whether you're resolving to improve your diet, relax your mind or give back to your community, you can use these tips from the team at Dollar General to help you meet your goals.

Food and Fitness

If you are looking to improve your physical health in the new year,

begin by making slight changes to your eating and fitness habits to aid long-term consistency. For example, use healthier alternatives in your favorite meals. Dollar General's Better For You recipes provide healthier and affordable options for breakfast, lunch, dinner and even dessert. Additionally, consider setting daily exercise goals, such as taking a morning walk or squeezing in a 30-minute strength training session during lunch. Workouts ;don't have to take a long time to increase your energy and stamina.

...continued on page 12

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Enjoy the Holidays, But Be Careful

Ryan Rollison

The Truth Contributor

Happy Holidays to you all!

I get a lot of the same general questions and concerns this time of year. How do I maintain my weight, how can I make healthier food choices during the holidays, make time to train and several other questions.

Well, honestly this is a very difficult time of year for everyone including myself. I mean who wants to say no to all the holiday goodies lying around the house or at work?

For starters you can just simply not buy the sweets to have at your own house and that will eliminate part of the constant temptations. It's hard to pass it up when you are walking through the store but it's even harder or impossible to pass it up when it's in your house and in your face all day long. I know you have no control over what people bring into work but do your best to not put yourself in the position where it's in your face during the whole workday.

Another thing that will help you is to eat your regular meals on the holiday itself. A lot of people don't eat like they normally do, because they are planning to overindulge later that day. If you eat like it's just a regular day you will be less likely to overeat because you will not be starving by the time you feast begins. You will avoid the huge insulin spike and avoid so much fat storage. It's extremely important to keep your insulin from spiking all the time, not just today.



This is where people really mess their eating up and then they do it for the following next couple of days with left-overs. You must stick to your eating plan and not overeat just because it's in front of you. Drink your water like you should be doing anyways and carry on as normal. The only difference is you will have family around and more food for you to splurge on. You must show some discipline and self-control here.

Don't overeat all of the carbs such as potatoes, dressing, pastas and other starchy carbs on the table. Enjoy some but go easy, fill up on more meat and veggies this year. You could also make a dessert that is low sugar and/ or low fat that you can enjoy while everyone else is indulging in the high fat, high calorie and high sugar desserts that will halt your fat loss efforts.

I always make a cheesecake that's virtually fat free and sugar free (email me for recipe). Everyone loves it and they don't know it is sugar free until I tell them. Use sugar free jello, puddings, low or no fat cream cheese and modify recipes to fit your needs. I also add protein powder to my desserts; it tastes great and reduces your insulin spikes.

Don't be a victim this holiday season, get creative and eat healthy. Also, keep your exercise program moving along. The last thing you want to do is increase your calories while decreasing your activity level. Don't slack now and to be honest this is the season when you need to start getting yourself ready for your summer body, NOT in the spring.

I know with the holiday parties your time may get limited but you have to stay focused and make time to train. Schedule it like an appointment. Be strong! Your friends and family will tempt you, but be resilient, show them and yourself that you are stronger than the temptations. There is plenty of time to plan ahead for this holiday season. Good luck!

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Healthier Habits... continued from page 11

Nourishing the Mind

Taking steps to care for your mental health can help decrease stress and improve your mood. Proper rest each night is fundamental. Work toward maintaining a consistent sleep schedule that includes waking up and going to bed at the same time. Next, find an outlet to express daily thoughts, such as updating a journal each night before bed. Finally, create time to practice enjoyable hobbies such as playing in a sports league, crafting or reading.

Community Care

Getting involved in your community can be a healthy habit that benefits your and others' wellbeing. To get started, research local nonprofit organizations and choose one that connect to your values. Consider donating time, funds or products to help build strong relationships with neighbors and make a positive difference.

Through implementing these smart and affordable resolution ideas and strategies, you can help maintain a healthier lifestyle and improve your wellbeing.

Courtesy StatePoint

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From Winter Slump to Winter Wake Up

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

As human beings, there are times when we will all experience emotions such as sadness or grief. There are days when we feel down and days when we feel on top of the world. It is important to note that there are differences between feeling the emotions of sadness or grief and experiencing the Winter Blues or having a diagnosis of Seasonal Affective Disorder (SAD) or Depression. SAD is a type of depression that's related to changes in the seasons. If you think you have SAD or depression, please discuss your symptoms with a doctor or mental health professional.

The Winter Blues are connected to seasonal changes and less exposure to light. Although related to SAD, the Winter Blues symptoms are less severe and may not necessitate professional treatment. If what you are experiencing is more complex than the winter blues, please bring it up to your doctor or counselor. The following recommendations here will focus on preventative actions that individuals can plan to help minimize the Winter Blues.

Light. One challenge during the wintertime, especially in northern Ohio is that we do not get as much exposure to natural light during the day compared to other times of the year such as springtime or summertime. This winter, bundle up and get outside to experience the sunshine! It's good to get out on sunny days as well as gray days when the weather cooperates. Inside, open blinds and curtains. Use brighter light bulbs or consider a light therapy box.

People. Connect with others. This benefits not only you, but also other people. Make plans with friends to meet in person or on the phone. Send a text, note, or mail to let others know you're thinking of them. Join a new group or volunteer for other people. Let close family and friends know about your Winter Blues. Let them know how to best encourage and support you. Some people purposely plan many events with others during this time to make sure they get out and socialize. Make plans now to meet up for coffee – or tea, or a light meal or snack. Some healthy food ideas are listed below.

Movement. For those who have a regular outdoor exercise routine, winter weather can thwart the best made plans. For days and evenings when it's too cold, icy, or dark to exercise outside, have your indoor options ready! Try indoor walks, chair exercises, or blast the upbeat music for a dance party.

Warmth and Comfort. This slower, colder time of year invites opportunities to rest and relax. Where's your favorite blanket or soft scarf? What is your favorite warm drink? Have these winter supplies ready for warmth and comfort. Although this is not the same as the previous recommendation of increasing natural light exposure, this is a good time of year to enjoy the coziness of low lights, candle light, and holiday lights. In the midst of the cold, gray weather, search out and create simple ways to relax.

Food and Nourishment. Often, when I think of "comfort foods" I think of sweets and desserts. Others might crave salty, crunchy foods. In fact, one symptom of SAD can be a craving for surgery or starchy foods. With a little planning, our food can offer comfort as well as daily nutrients.

While sweet and salty foods can play a small role in our food choices, take some time to identify, and list your favorite healthy foods that can play a larger role in daily food choices. From that list make sure you have

these comfort foods available to enjoy at mealtime or for a healthy snack during the day. It probably won't surprise you that the following food recommendations for a healthy winter diet are not different from recommendations that are also good for our hearts and immune system.

- Whole grains like oatmeal and brown rice
- Lean protein like chicken and turkey, as well as dried beans and lentils
- Fatty fish like salmon
- Seeds and nuts like sunflower seeds, chia seeds, walnuts, pistachios, pecans, macadamias, peanuts, and cashews
- Fruits like bananas and citrus fruit like oranges, grapefruit and clementines
- Vegetables like leafy greens, winter squash, sweet potatoes, and cauliflower
- Brew some green tea, black tea, or herbal tea
- Enjoy a small amount of dark chocolate

Black Church Alliance... continued from page 16

men and women of God to unite, align and propagate the gospel... we have always been the foundation for greatness in our neighborhoods, our communities, our cities, this nation."

"We believe that everything that was good for us sprang from the basement of our churches, the Sunday School room down the hallway, or the parking lot meeting that took place after service," she continued. "The church was, is, and will always be 'our destination place,' the genuine location where the real village was born. Pastors have always been the glue that brought us together and will simply be the glue that keeps us together. Recovery is a family affair and you have been and become part of the UMADAOP family that has helped us help those families recover and recover well. Thank you, Village, LET'S DO IT AGAIN! Acts 2:44"

Special guest speaker, Angela Dawson, MS, MRC, PC executive director, Ohio Commission on Minority Health, spoke about the African American churches' historic, current and future roles in addressing youth violence and how the church and its ministries and programs can be funded and supported to do the work in this increasing issue.

Acknowledgments and recognitions were given by Bishop Marjorie Holt; Pastor Emeritus Robert A. Culp, First Church of God; Pastor Cedric Brock, IMA of Toledo President & Mt. Nebo Baptist Church; Pastor Willie Perryman, NAACP President & Jerusalem Baptist Church. The benediction was given by Pastor Robert Bass of United Missionary Baptist Church.

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FUNDING OPPORTUNITY!!

The Mental Health & Recovery Services Board (MHR SB) of Lucas County is pleased to announce the Community Mental Wellness Grants funding opportunity. MHR SB seeks to provide up to \$20,000 per proposal in funding to grassroots organizations in Lucas County. We are looking for submissions that aim to reduce the impact of mental illness & addiction on individuals and families in Lucas County and reduce violence and its effects in Toledo.

Interested grassroots organizations are encouraged to apply.

For more information and qualification criteria and to submit your proposal on our easy-to-fill online application, please visit www.lcmhrsb.oh.gov/publicnotice/ or <http://www.lcmhrsb.oh.gov/publicnotice/>.

EMPLOYMENT OPPORTUNITIES

Lucas Metropolitan Housing (LMH), located in Toledo, Ohio is seeking experienced applicants for the following position(s): **LHSC Director**. For complete details, visit <https://www.lucasmha.org> and click on Careers. **Deadline: 12/29/23**. This is a Section 3 covered position. HUD recipients are encouraged to apply and are to indicate on the application if you are a LMHA Public Housing client or Housing Choice Voucher Program participant. Persons with disabilities are encouraged to apply. **NO PHONE CALLS**. Equal employment opportunity shall be afforded to all qualified persons without regard to age, race, color, religion, religious creed, gender, military status, ancestry, disability, handicap, sexual orientation, genetic information or national origin.



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A Healing Ceremony for the Holiday

By Tricia Hall

The Truth Reporter

The members of A Journey Through Healing facilitated their annual 20th Holiday Memorial Service, an experience that provides an opportunity for attendees to grieve. Dozens of individuals, couples, children, families and grandparents once again filled the sanctuary at St. Martin de Porres Catholic Church, where the ceremonial program was held on Saturday, December 2.

Rev. Timothy Pettaway Sr, the founder and head pastor of Walk the Word Church, served as the pastoral leader, scripture was presented by Minister Nadine Hadley, a welcome delivered by Diane Labiche, PhD, and inspirational reading by Evangelist Beverly Lyles.

"The teddy bear that I received from Beatrice knows so much. The teddy bear knows all kinds of things that I said and didn't say. If your heart is broken, know that the Lord loves you. I thank God for Beatrice," shared Evangelist Lyles.

The service continued with musical selections, reflections from the youth who attended the Journey Through Healing camp, the candles were blessed and before the closing remarks were delivered, people had the opportunity to light candles and fellowship.

"Camp Journey is where the children learn how to control their emotions, these babies shared so much with us," shared Rev. Pettaway, Sr.

According to Merriam-Webster, grief is defined as a deep and poignant distress caused by bereavement, can cause suffering or trouble or annoyance. A Journey Through Healing's annual Holiday Memorial Service creates a safe space for individuals who are grieving to receive support, support others, cry, receive a hug and seek resources regardless of age. Countless number of individuals lite candles to remember a loved one who died.

"For 20 years I have talked to thousands of individuals about their grief. Understand that grief is not just about death but about loss. Everyone is here because of loss," shared Beatrice Daniels, founder and executive director of A Journey Through Healing. "I started this organization 20 years ago because I loss my best friend, my mother. We shared everything with each other, but she didn't share with me that she was ill. I lost her three weeks later. I felt like no one understood my grief and from that I wanted to help people to never feel that way."

A Journey Through Healing, Inc. seeks to provide the tools to help you travel through your grief and loss. They facilitate to caregivers,

bereaved individuals, and families in the community on how to promote an awareness of grief and the needs of grieving people, providing support to both the bereaved and those who grieve through experience by facilitating the tools that are needed to get through the journey of healing.

Beatrice Daniels is a licensed chaplain and a trauma and grief management coach who specializes in one-on-one sessions, group settings and community presentations that focus on grief and loss. The organization is a 501(c)(3), contact beatricedan@msn.com. Current board members are: Jennifer Bembry, Sister Marya Czech, Jacqueline Jackson, Diane Labiche, Brenda Lanier, Maynard Porter, C.E. Savage, M.L. Sneed, Norman Bell, Sr. honorary board member, and T.C. Young Communications Advisor.



Beatrice Daniels



The lighting of candles



A Journey Through Healing campers

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Black Church Alliance Hosts Pastors Luncheon

By Dawn Scotland

The Truth Reporter

On Friday morning, December 8, over 50 area pastors attended a Pastor's Luncheon at Reynold's Reception Hall hosted by UMADAOP of Lucas County (Urban Minority Alcoholism and Drug Abuse Outreach Program) reviving the Black Church Alliance for Healthy Communities and serving as a clarion call to create and support programs to combat Toledo's health disparities.

The Black Church Alliance for Healthy Communities is a coalition that seeks the active participation of Black churches in a collective effort to uplift and transform the communities they reside in. Recognizing the deep-rooted social and health disparities in disadvantaged neighborhoods, The Black Church Alliance for Healthy Communities calls upon churches to bring their unique strengths and resources to this crucial mission.

The Black Church Alliance for Healthy Communities is poised to work hand-in-hand with neighborhood organizations, harnessing their local expertise and community connections. These organizations are ready and eager to collaborate, bringing a wealth of practical resources, training, and education that may be shared with church members.

The vision is to unite the collective power of the Black church towards healing broken communities in order to promote unity and prosperity. The Black Church Alliance for Healthy Communities can build a legacy of health, wellness, and enduring strength for generations to come.

The welcome was given by Bishop Marjorie Holt, DMin, of Bethesda Christian Center, the invocation by Rev. Jerome Graham of Indiana Baptist Church and a greeting by Bro. Larry Jones UMADAOP Board Member.

Remarks were given by Executive Director of UMADAOP, John L. Edwards, Sr.

"We are hosting this event to revive a program we started years ago," stated Edwards, who has served as the executive director since UMADAOP's inception 43 years ago. He noted that the organization had created this initiative working with the church as a collaborative some 25 years ago.

"[When we first started] we focused mainly on substance abuse disorders and violence. But we realize that as the years have moved on that our communities are grappling with numerous kinds of other health problems... where are community is not a healthy place in many cases." he said.

"The issues in our community are many including mental health issues, substance abuse, diabetes, infant mortality, and respiratory illnesses from COVID."

"I don't think our communities can do much of anything, in way of attaining wellness, without the church. The church is our best hope and perhaps our last best help to turn the corner on some of the problems we're seeing," addd Edwards. "We can't do it as an organization operating as a silo. We really need the help of the churches to do these things."

"This gathering is Real, Relative, Relevant, and Rewarding for the mission and purpose of remembering the commission of the church," said Bisho Holt. "We have been commanded as

... continued on page 13



Over 50 pastors were in attendance at the luncheon



Area pastors and supporters



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