



Volume 75 No. 8 *“And Ye Shall Know The Truth...”* December 7, 2022



Center of Hope Family Services CEO Tracee Perryman, PhD, and Board Members Larry Stegall and Reginald Temple

In This Issue...

McNair on Biden
Page 2

Tolliver
Page 3

CBC on House Leadership Team
Page 4

Homeschooling
Page 5

HOPE Toledo
Page 7

A Healing Journey
Page 8

Mental Health
Page 11

Trauma Care
Page 12

Book Review
Page 13

Classifieds
Page 15

Cover Story:
Center of
Hope's Silver
Anniversary
Page 16

At 80 Joe Biden Is Getting It Done

By M. Mike McNair, EdD, Publisher, The Buckeye Review

Guest Column

For all the surveys being touted about so many people not wanting Joe Biden to seek re-election, I point to the same survey's predicting a red tsunami in the midterms. The surveys were vastly overstated and colossally wrong. No doubt the same junk science is being applied to the surveys that news outlets are using to report most people surveyed do not want Biden to seek re-election. To that and to them I say...read the room. Read the midterm results. And read the successes.

We can be proud when he speaks on the world stage. We are confident he will not embarrass the United States. This is in stark contrast to the unpredictable guffaws of Donald Trump's appearances.

Trump's tawdry appearance in Helsinki in 2018 is seared in the international community's conscience as he cow-towed to the Russian leader and threw the American Intelligence community under the bus. And his giving a pass to American Nazis at Charlottesville VA in 2017 with his "nice people on both sides" quibble was disgraceful. This was long before the extortion of the Ukrainian president for political gain, which led to his first impeachment. But this is not about Trump.

President Biden said America is back two years ago when he was elected. Since then he has been incredibly successful legislatively. Keeping his commitment to build from the middle out rather than the top down has been consistently applied in decisions as well as legislation. Honoring the direction of the nation and uniting NATO and the western coalition has been a safety message that gives comfort to a watching world.

Internationally the globe needs America's economy to be stable and its direction to be certain. The inflation that is raging is a global issue affecting all economies. So too are the global tensions with Vladimir Putin's offensive against Ukraine, Xi Jinping's obvious intentions toward Taiwan, notwithstanding the U.S. leadership and Kim Jong-un's sabre rattling on the Korean Peninsula. Not to mention Iran and the Middle East.

Domestically, the real Infrastructure bill will have deep and long positive implications in states both red and blue. The American Rescue Plan funds, too, have a wide reach around the nation. Witness the health initiative launched in this edition of the Buckeye Review about the Youngstown Health Department. It will likely be a model for other communities to make health care a priority. Imagine that. Expanded health care amid an international health crisis that is still reverberating through the economy.

Republicans are gladly spending the ARP and Infrastructure Bill funds and taking credit for the flow of cash while they voted against it. Hubris! Then turn around and blame the cash flow for the soaring inflation. Which, by the way, is not true. The Inflation Reduction Act, which both reduced the deficit and reduced health care costs for seniors on insulin, was huge.

Due to the tendency to be a little skittish about age, even those close to the president completed understated his recent birthday as he turned 80 years old. But there are many octogenarians functioning at high levels and, if we're honest, we hope we all can do the same. Obviously, there is a sunset on our vitality and longevity, but his predecessor and the GOP leader is not much younger.

I'm not sure who is saying Biden shouldn't run, more importantly, why

not. The Democratic Party is passing the leadership torch in the House of Representatives to a younger group of leaders. The seniors are not leaving. Their experience and wisdom are valued, needed. In the multitude of counselors, there is safety. But at the helm, clearly America and the world needs a longer tenure of President Joe Biden.

Ed. Note: M. Mike McNair, EdD, is publisher and editor of the Buckeye Review. In 2018 when the Vindicator became extinct, the Review became the valley's oldest publication, serving the general market of Youngstown-Warren, generally with particular emphasis on the African American community, since 1937.

A former member of the Youngstown Rotary, he has served the valley in multiple roles including, Communications Supervisor for Youngstown City Schools; executive pastor; Founder of 100 Black Men, a mentoring program; relationship coach and clinical counselor.



Mike McNair

Statement from Vice President Kamala Harris on the Passing of Congressman Donald McEachin

Congressman Donald McEachin was a relentless advocate for his community, a dedicated colleague, and loving husband, father, and grandfather. In Virginia's General Assembly and the United States Congress, he was tireless in the fight for justice. We were elected to Congress and joined the Congressional Black Caucus the same year, and worked together to advance critical issues on behalf of the American people. I was particularly honored to partner with him on legislation to advance environmental justice and secure a cleaner, healthier, and more fair future for all. I will miss his friendship and his advocacy and passion for improving our world for generations to come.

The Second Gentleman and I send our condolences and prayers to his wife Colette, their three children, and all those mourning his loss.



Congressman Donald McEachin

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I Will Take "Dinner Invites" for \$500

By Toni Odejimi

Howard University News Service

QUESTION: Name the two buffoons who recently went to Mar-A-Lago for dinner with Donald Trump and which cause a firestorm of controversy?

ANSWER: Who is White Supremacist, Nick Fuentes and anti-Semite, Kanye West (Ye)? Correct! You just won \$500.00!

Can anybody tell me why in the world would Kanye West be best buds with an avowed White supremacist, election denier, Holocaust Denier and a person who spouts racial antagonisms against Black people!

Only someone who is mentally ill and has no working knowledge of Black history would throw in his lot with Nick Fuentes (Google his name for those who are not familiar with his rantings and ravings) and top it off with a visit to the lair of the White Supremacist in Chief, Donald Trump.

Why is it that some people horribly equate being a fat cat with money, with having common sense and a working moral compass? In the world of Nick Fuentes, the likes of a Kanye West are an anathema to his code of ethics, but mindless Kanye would have him tag along with him to this Trump feedbag.

What is even more credulous is Herr Trump feigning that he does not know who Fuentes is when the firestorm erupted about this planned dinner. Planned? You just do not drop in at Mar-A-Lago and have dinner with Herr Trump. Preparations are made and security is managed before the table linen is set and the crystal glasses are brought out.

Now, only many days later, is the so-called GOP "leadership" waking up and putting their finger to the wind; and discerning that it is best to issue some feigned outrage at this unique dinner party...an avowed racist and a clueless Black man, finding common ground, to wit: hating Jewish people.

Kanye West is crying out for an intervention but who wants to take on his burdensome emotional and mental baggage because in Kanye's eyes, he, like Trump, sees himself as a genius without a peer.

In real time, we have seen the denigration and groveling of the GOP to the hostage demands of the MAGA minority and unless the stalwarts in the GOP take the Jell-O out of their backsides, things will only get worse since MAGA is on the move for a coup d'etat against Kevin McCarthy who wants to fulfill a lifelong dream of being speaker of the House.

For years, the GOP and its base (not the MAGA portion) turned a deaf ear and blind eye to the antics of Herr Trump because Trump gave them what they lusted after...federal judges and a litany of provable lies that he would make America great again.

However, with this latest debacle from Trump with his now scorned dinner guests, the GOP is sensing there is blood in the water, and they are beginning to believe that this unforgivable episode is enough cover for them to denounce Trump and still politically survive.

I mean, when Mike Pence, who is the poster boy for being a pushover for all things Trump, states that Trump was wrong in hosting such a dinner party and that he should apologize, you know there is now a disturbance in the force field!

Those in the know stated that when Ye asked Trump to be his running mate in 2024, Trump blew a gasket and the dinner table mood turned ugly and before long, short goodbyes were said.

Jewish organizations rightfully denounced Trump for this egregious infraction but they refrained from harsher criticism of him due to his so-called favorable policies regarding the turbulent Middle East.

But now, Trump has crossed that line in the sand and with his apparent lack of repudiation of both Fuentes and Ye, he is suffering the scorn of some Jewish backers who now realize that you can only pet a cobra for so long before it tires of you and bites.

There are times when accommodation simply leads to possible debasement and a cheapening of a relationship that was tenuous to begin with.

Kanye West is trying to position himself as a Black Hebrew (Israelite) and wants to reposition people of color to his camp of thinking, but it will not work because Ye is a troubled soul who has already threatened, "DEF CON 3" on the Jewish people.

Such a threat (unable to be actually carried out by Ye) will sound hollow in Christian circles who already know that Jesus is a Semite! So much for the logic of Ye.

So, where does this leave us? It leaves the weakened GOP trying to get a grip on its unmanageable base while at the same time, trying to give Herr Trump the heave-ho without losing his MAGA supporters.

If there is a split between MAGA and the currently existing GOP, what happens to the yet to be determined GOP nominee if that person is not Trump? If MAGA stays home out of protest due to the way they have treated their savior, Donald Trump, the Democrats waltz into power to the tune of Hammer's "You Can't Touch This!"

Contact Lafe Tolliver at tolliver@juno.com





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Congressional Black Caucus Endorses House Leadership Candidates and Offers Position on Proposed Democratic Caucus Rule

Special to The Truth

Following an extensive candidate forum on Tuesday, November 29, the Congressional Black Caucus released leadership endorsements for the 118th Congress. We appreciate the candidates for sharing their goals and vision for the 118th Congress, and we look forward to working together as we continue to move this nation forward.

The Congressional Black Caucus Proudly Endorses:

Democratic Leader, Hakeem Jeffries (NY-08)

Congressman Jeffries, a member of the Congressional Black Caucus, served as the House Democratic Caucus Chairman throughout enormous turmoil for our nation. Despite this, Jeffries led Democrats to unprecedented legislative successes. From surviving the longest government shutdown in history to the impeachment of a lawless president, a once-in-a-century pandemic, resulting economic crisis, reckoning with systemic racism, a violent insurrection, the inauguration of a new President, an insurrection, and a second impeachment. We are confident Congressman Jeffries will continue building upon his leadership experience and working to create a better future for all Americans in his historic role as the first Black lawmaker to lead a major party in Congress as Democratic Leader for the 118th Congress.



Congressman Hakeem Jeffries

Democratic Whip, Katherine Clark (MA-05)

Congresswoman Katherine Clark has worked tirelessly to build the Democratic Caucus' capacity to serve our constituents with quality district services, build strong coalitions, and listen to all members. She has proven to run an effective and efficient Whip operation and has demonstrated her talents by incorporating CBC's priorities in legislation. The Congressional Black Caucus proudly endorses Congresswoman Katherine Clark to be the Democratic Whip for the 118th Congress.

Democratic Caucus Chair, Pete Aguilar (CA-31)

Congressman Aguilar is a proven consensus builder, and a fierce advocate for American families. We are confident Congressman Aguilar will ensure every Member's voice is heard and continue working to advance the big tent coalition of the Democratic Caucus. The Congressional Black Caucus proudly endorses Congressman Pete Aguilar to be the Democratic Caucus Chair for the 118th Congress.

Assistant Democratic Leader, Jim Clyburn (SC-06)

Congressman Clyburn, a member of the Congressional Black Caucus, has served the House Democratic Caucus in numerous capacities, from former Caucus Chairman to, our House Majority Whip. Congressman Clyburn is credited with helping deliver the 2020 Blue wave, which included Democratic Control of the White House, Senate, and the House of Representatives. His experienced leadership and institutional wisdom are unparalleled, and we are confident he will continue to advance his legacy of excellence in his role as Assistant Leader of the Democratic Party for the 118th Congress.



Congressman Jim Clyburn

Democratic Caucus Vice Chair, Joyce Beatty (OH-03)

Congresswoman Joyce Beatty is a member of the Congressional Black Caucus, the first-ever Chair of the House Financial Services Subcommittee on Diversity and Inclusion and the ninth woman to chair the Congressional Black Caucus. She is well positioned to serve as the first Black woman since Congresswoman Shirley Chisholm to serve in House Democratic Leadership. As Chair of the Congressional Black Caucus, which is comprised of Progressives, New Dems, Blue Dogs, LGBTQ, and more — Beatty is the only Vice Chair candidate running to have led a diverse caucus.

She has successfully prioritized supporting, including, and elevating members, connecting our Caucus Leadership, President Biden, and his Administration in pulling together the early negotiations for the historic Bipartisan

...continued on page 6

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f t y i

More Black Families Motivated to Homeschool

By Laura Onyeneho

Special to The Truth

Black families are taking their power back and making decisions about the education of their children either by the traditional route or by homeschooling. Many are choosing the latter.



Homeschooling is increasing in the United States and the demographic doesn't fit stereotypical white conservative communities. A growing number of Black families have started teaching their kids from home, especially during the COVID-19 pandemic.

According to the Census Bureau's Household Pulse Survey, three percent of Black households chose to homeschool their children in April-May 2020, and by October, the percentage rose to 16 percent. Even though many students were learning virtually, the data focus didn't include children enrolled in public or private school.

Prior to the pandemic, some Black parents found that schools were failing to improve learning among their children, and the problem exacerbated well into the pandemic.

In 2019, only one and a half out of 10 Black eighth-graders who took the national reading and math exams scored at or above the proficiency level. One study found that students in majority-Black schools ended the school year six months behind in both math and reading, while students in majority-white schools ended up four months behind in math and three months behind in reading.

In some cases, homeschooling is a way to protect students from other factors such as institutional racism and stereotyping. The Texas legislature battled over state laws that constrict teachers from teaching curriculum or reading books about race and gender, and with the long list of mass school shootings, many families are concerned for their children's safety as well.

The Defender spoke with two experts, Cheryl Fields-Smith, EdD, associate professor of Elementary Education at the University of Georgia-Athens, and Brian D. Ray, EdD, president of the National Home Education Research Institute, to discuss the increasing trend.

Defender: Was there history in the practice of homeschooling before it became popular?

Ray: Yes, and I think there is a big picture. Parent-led education is the norm in the history of humankind. It was not until the late 1800s in the U.S where institutionalization started becoming the norm. When institutionalized schooling, or tax-funded schools became dominant in America, there was a fight against it. Not everyone wanted government run schooling.

Many historians have said this and I concur that these types of schooling are a lot about control, and not about empowering children to read, write and do arithmetic. In the 1970s, there was the Christian homeschooling movement giving parents the opportunity to teach their religious and moral values to their children and decrease the secular influences on them. Fast forward to the 2000s, homeschooling is growing and but if you get into race and ethnicity, it's still disproportionately white.

Defender: Why are more Black families considering homeschooling?

Ray: Not much research has been done on Black families and homeschooling, but I did a quantitative study on this, though it's not definitive, we found

out that on average these homeschooled children are scoring above average on standardized test [compared to] Black and white children in public schools. They get the attention, they're not being bullied, they are not being distracted and that's the nature of homeschooling.

These parents want to customize the curriculum for their children, rather than throw them in a group of 20-plus students in a system and see what happens. They want to use different approaches to learning and they want more time with family. Plus, many still detect plenty of unequal treatment toward our children especially young Black boys and low expectations of them. Many parents are concerned about the lack of cultural sensitivity in the curriculum as well.

Defender: Is homeschooling a way of activism for Black families?

Ray: Yes, it is. These institutions make the decision about the curriculum students will learn based on knowledge and information and not about values, beliefs and world views. Then, you're supposed to bring your child and drop them off to receive this curriculum. That's pacifism. In schools, we say we believe in the child's autonomy and thinking for themselves, but the whole time we're giving these children what the government or private organizations think they should be learning.

On the side of the parent, they are supposed to be submissive and passive. The parent is supposed to trust the school system. Drop them off on the yellow school bus every morning and walk away. Now, more parents want to be involved. They want to help their children explore their gifts and strengths and challenge their ways of thinking. That is the whole piece of the modern homeschool movement — activism

Defender: How can you measure the academic progress compared to those who are in public schools?

Fields-Smith: This is a really complicated topic that requires expertise in quantitative research beyond my ability. But, keep in mind that parents' definitions of academic progress will not always be the same as public schools. Schools tend to measure "success/achievement" through tests whereas parents do not.

Another complication in answering this question is that state laws vary a great deal from one another. Not all states require testing of homeschooled children, for example. States also use different tests for public school systems.

Defender: Does homeschooling have an impact on social and emotional behaviors of students who chose to go to college?

Fields-Smith: Absolutely. We need more research on this, but based on what I have found in my limited research, homeschooling helps Black children to develop positive cultural self-identities and provides them with opportunities to interact and collaborate with people from more diverse backgrounds than their resegregated publicly assigned schools would have and therefore, they are more able to adjust in college, for the most part.

Again, much more research is needed on this topic to be able to say anything definitive. Also, home education families vary a great deal from one another and so my research is again limited to say anything definitive regard-

... continued on page 7

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Congressional Black Caucus... continued from page 4

Infrastructure Bill. She then worked with progressives and moderates, and together secured passage of the groundbreaking infrastructure law, which set the stage for this year's Inflation Reduction Act. As one of five original founding members of Elect Democratic Women, Congresswoman Beatty helps raise dollars to support women running for office. Congresswoman Joyce Beatty has always stood up for what she believes in, regardless of whether it ends in applause or arrest. That is how she has led for her constituents, the Congressional Black Caucus, and we are confident she will continue to do so in her role as Democratic Caucus Vice Chair of the 118th Congress.

Democratic Policy and Communications Committee (DPCC) Chair, Joe Neguse (CO-02)

Congressman Joe Neguse is a member of the Congressional Black Caucus, current co-chair of the DPCC, DCCC Recruitment, and Red-to-Blue Co-Chair. Congressman Neguse has worked to effectively communicate to a broad constituency, ensuring that voices from across our caucus and the ideological spectrum are elevated and included. In addition, he has successfully engaged each member of our diverse caucus to develop our message framing that became an essential tool for our members as we defended our democracy and defied historic norms by limiting Republican gains in this year's election. Congressman Neguse has proven he is dedicated to putting 'People Over Politics', and we are proud to endorse him in his quest to Chair the House Democratic Policy and Communications Committee in the 118th Congress.

Democratic Policy and Communications Committee (DPCC) Co-Chair, Nikema Williams (GA-05) and Lauren Underwood (IL-14)

Congresswoman Nikema Williams is a member of the Congressional Black Caucus and Chairwoman of the Democratic Party of Georgia. In 2020, Congresswoman Williams led Georgians to cement the Democratic Senate majority, which helped to deliver the Biden-Harris presidency and mobilized a diverse majority to participate in democracy. She has prioritized building multi-racial, multi-ethnic coalitions, passing a major gun violence package, strengthening our nation's infrastructure, make transformational investments in health care and our environment, and investing in innovation and supply chains. We proudly endorse Congresswoman Nikema Williams for DPCC Co-Chair in the 118th Congress.



Congresswoman
Nikema Williams

Congresswoman Lauren Underwood is a member of the Congressional Black Caucus and the youngest Black woman to be elected to the House of Representatives. In 2018, Representative Underwood flipped a traditionally Republican district and became the first woman, the first person of color, and the first millennial to represent her Midwestern community in Congress. Congresswoman Underwood understands the discipline, creativity, and clarity required to be effective in our most competitive districts. She is a celebrated champion for Black Maternal Health and millennials in Congress, and we are proud to endorse Congresswoman Lauren Underwood for DPCC Co-Chair in the 118th Congress.

Proposed Rule Change**Amendment #9 — Democratic Steering and Policy Committee Rule 10**

A main responsibility of the Leader is to constitute the Steering Committee. This amendment would hamstring new Leadership, specifically the new Leader who will be the first Black Leader of a party in Congress. The appointments to Steering, both by the Leader and the Whip, have reflected the broad diversity of our Caucus, and the new Leadership has committed to continuing that in the future. To remove these positions will mean that key drivers of our policy agenda as Democrats will not have a seat at the table. It also removes a key position for Freshmen to have a seat at the table, thus limiting the input of another important and diverse subset of the Caucus. It is unclear why at this moment, such a change is needed before our new Leaders have had the opportunity to implement their inclusive vision for the Committee. The CBC recommends a NO vote.

Homeschooling... continued from page 5

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Defender: Are there challenges that Black parents need to be aware of when deciding to homeschool their children?

Fields-Smith: Black parents need to be fully aware of their state homeschool laws first and foremost before beginning to homeschool. Some states allow homeschool parents to hire tutors, but other states do not, for example. This will play a large part in determining how some Black families will be able to homeschool or even if they cannot homeschool.

If both parents have to work and they live in a state that does not allow hiring of tutors then there will need to be some flexibility in parents' work or in

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Congresswoman
Lauren Underwood

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Homeschooling... continued from page 6

the child's day. When families homeschool, they are not held to the 7 a.m.-3 p.m., Monday through Friday school day, which can be helpful in thinking creatively how to meet the requirements of teaching your own children.

I have found that parents who live in rural communities tend to experience a great deal of isolation when they choose to homeschool. To help overcome this, they have to travel an hour or more to find like-minded, culturally similar homeschool groups to partner with. This travel serves as an extra burden in the homeschool practice. Single parents also face a challenge in homeschooling, but it is not impossible, particularly if they live in a state with flexible homeschool policies. Single parents can use co-ops to enhance their homeschool practice, if laws allow co-ops to exist.

Defender: How can traditional school settings improve to better provide academic quality Black children need to thrive if a parent doesn't homeschool?

Fields-Smith: I think traditional schools need to value Black families and all families of color a great deal more. Many times, the parents in my studies tried to work with/partner with their local schools, but found they were marginalized or disenfranchised in the homeschool partnership as they attempted to advocate for their children. Instead of labeling children as "troublemakers," I wish teachers and other school staff had the time, energy, and ethic of care to work with parents to see what might be causing the behavior issues.

Sometimes it is the way a teacher teaches or sometimes it is the content being below the student's abilities. These are things that can be addressed if teachers and parents work together. Bullying continues to be a challenge and many Black families homeschool after trying to resolve the bullying issue within the schools. Homeschooling provides a refuge for Black children to be able to avoid issues such as discipline disproportionality, school safety and teachers' low expectations.

The rate of Black families homeschooling their children grew five times from May 2020 to October 2020.

It's Giving Tuesday..... (or something else)

John Jones, HOPE Toledo Executive Director

Many of you just celebrated the Thanksgiving holiday. I have many things to be grateful for this year. My hope is that you too found time to reflect on the people and things in your life for which to be grateful.

It is my firm belief that gratefulness leads to giving – giving of time; giving of talent; and giving of one's treasure.

We at HOPE Toledo, over our short existence of fewer than three years, have been laser-focused, as well as extremely blessed to serve young people and their families in seeking access to equitable educational opportunities. Over the past 30 months:

- * Over 170 Student Scholars have gained access to postsecondary education opportunities through the HOPE Toledo Promise
- * Over 30 Parent Scholars have begun their postsecondary educational journey
- * Seven (7) of our Scholars have successfully completed their degree and certification requirements
- * Nearly 55% of the Scholars beginning in the program from the initial 2 cohorts continue to persist with the most recent group persisting at a rate of nearly 70%

* HOPE Toledo Pre-K has served 225 children with access to high-quality preschool experience through our "demonstration project"

* HOPE Toledo Pre-K has partnered with over 20 childcare providers to grant access to affordable early childhood education that is available in neighborhoods near our children and families

Your support can help us continue to break down the inequities existing in our educational systems. Please consider a donation today of \$500, \$250, \$100 or any amount – large or small – to support our children (<https://www.hope-toledo.org/donate>). You can give by clicking the donate button below or you can send the donation to us directly via mail (HOPE Toledo, 300 Madison Ave., Suite 1400A, Toledo, Ohio 43604)

To learn more about our work, please follow this link to our newly released newsletter "Rays of HOPE." (<http://bit.ly/RaysofHOPEDec22>)
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A Journey Through Healing Hosts Healing for Holidays Program

By Tricia Hall

The Truth Reporter

Healing for the Holidays, a program of A Journey Through Healing, provides an opportunity for attendees to grieve. Individuals, couples, children, families and grandparents filled the sanctuary at St. Martin De Porres Catholic Church, where the program was held on Saturday, December 3.

The program opened with a welcome from Maynard Porter, scripture reading presented by Evangelist Beverly Lyles, musical solo selections by Arthur Bishop and Nicole Wilson, and a reading delivered by Pastor Carletta Williams.

"That's how I made it though, I called my grief the new normal," shared Williams.

According to Oxford Dictionary, grief is defined as deep sorrow, especially caused by someone's death. Portions of the program gave space for attendees to grieve, understand the grieving process and seek resources. Chaplain Beatrice Daniels, A Journey Through Healing's director, shared healing words of reflection.

"I'm happy that you are here for our 19th annual memorial service. Every year we have a different group of people who are now apart of a club, because we're in this together, we're all dealing with a broken heart through our tears. The candles are different sizes, because grief is different for each of us. Walk with your loved one, this is your process," said Daniels.

The service concluded with the blessing of candles that were given to each attendee. Attendees were asked to call out

the name of the person they are grieving, before lighting a candle in remembrance of that individual. The service closed with an Altar Prayer and fellowship meal, and Rev. Le Roy Williams was the service leader.

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(c3), contact beatricedan@msn.com. Current board members: Jennifer Bembry, Marya Czech, Jacqueline Jackson, Diana Labiche, PhD, C.E. Savage, M.L. Sneed, Norman Bell, Sr, honorary board member, and T.C. Young Communications Advisor.



Bea Daniels



Rev. Le Roy Williams



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Why You Should Step Up Your Self-Care Game During the Holiday Season

Special to The Truth

While the holiday season is full of fun, festivities and meaningful time spent with family and friends, it's often accompanied by work and school deadlines, tedious to-do lists and shopping stress. Here are a few reasons to step up your self-care routine during this busy period so you can usher in the new year, happily and healthily:

Catch Some Z's

The holidays come on the heels of the end of Daylight Saving Time, and your body may still be adjusting to the time change. Plus, with all the commitments of the season, you may be more likely to be pulling early mornings and late nights. These factors combined could be leaving you feeling drowsy during the day. Even more concerning, lack of sleep over time can contribute to a number of chronic health issues. Set yourself up for greater alertness and better health this winter by carving out time for sufficient, high-quality sleep. Having trouble nodding off? Check out sleep aid apps that offer soundtracks, guided meditation and breathing exercises.

Gain Smile Confidence

According to a 2020 Cigna Dental Report, smile satisfaction is one of the top three drivers of self confidence among U.S. adults. So while practicing good oral care and maintaining a solid beauty and self-care routine is always important, it's especially so during a time of year when you may be eating extra sweets and smiling more for the camera.

The good news is that you can give yourself the gift of a healthy, beautiful

smile you can feel confident about, starting at an affordable price with the new Oral-B iO4 + iO5 electric toothbrush series. Multiple brushing modes offer a personalized clean, and when you brush for 2 minutes, which is what the American Dental Association recommends, the brush lights up to celebrate the accomplishment. What's more, the iO Series 5 provides you with real-time tracking and coaching via the Oral-B app, helping you commit to better oral care throughout the holidays and beyond.

The many innovative features of an Oral-B iO toothbrush, which include a pressure sensor that helps guide optimal brushing to protect gums and teeth, will help ensure you get a purifying, clean feel like you just left the dentist. In fact, 96% of Oral-B iO users feel more confident about their oral health when using an iO brush. To learn more, visit oralb.com.

Reduce Stress

The holidays are supposed to be fun, and yet, stress often creeps its way into the festivities. To be more present for all the joyful moments the season has to offer, keep your stress levels in check by prioritizing a bit of "me time" each day. Whether you use that time to take a brisk walk around the neighborhood, check out that fitness class you've been wanting to try or to curl up with a good book, you'll be giving your mind and spirit the mental refresh that it needs.

During the season of giving, don't neglect your own needs. For greater health and happiness, give your beauty and self-care routine a tune-up over the holidays.

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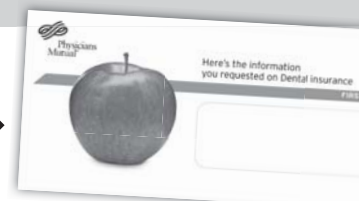
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A Mental Health Moment

Mental Health Resources for a New Year

By Bernadette Joy Graham, MA, LPCC, CCHt, Licensed Mental Health Therapist

The Truth Contributor

Like many of you, we undoubtedly share the feelings of how fast 2022 passed as well as the disappointments of violence, political unrest and concerns for all for not just our futures but future generations. Health care enrollment is growing and many individuals are struggling to understand Medicare parts, co-pays, deductibles and rising fees.

If you are one who has changed places of employment your healthcare coverage and company may have changed altogether leaving you to not quite understand whether you can keep your same medical providers and overall costs or will you be seeking new providers and will all or part of your prescriptions be covered?

Those challenges of healthcare, most people will take into consideration what they have in the past...medical, dental, vision, specialists and medications. While the stigma of mental health has dropped and more mental health programs are being included and provided, many are not. Mental health is still part of your overall health and whether or not you have read past mental health topics I have covered in the past, I will again repeat how important it is to take your mental health just as seriously as your physical health.

So where do you begin? As you scour through your medical plans, whether it be Medicare, Medicaid or a plan through your employer, look for the specifics under mental health. First, does the plan you are considering or have even cover mental health and, if so, are there deductibles to be met (what you have to pay out of pocket first before the insurance will begin to pay for your mental health services, and co-pays which is another pay out of pocket issue.

Not every mental health provider takes every plan just as medical provider services and costs change. If your plan is under an employer ask human resources or the department that oversees medical coverage about mental health coverage, you would be surprised to know that many do not even include mental health. If you are under Medicare and/or Medicaid, ask the same questions as far as what is covered such as how many visits per year and if there are co-pays or deductibles.

If you find yourself in none of the above categories, you may contact various agencies to see how you can obtain mental health coverage, quality coverage where you are able to obtain the mental healthcare from individuals whom you feel comfortable. More harm can come than good if you are with a mental health provider that does not understand your culture, your lifestyle or even your specific issue such as bi-polar, major depressive disorder, grief and bereavement, gender specific issues and so forth.

Below I will list a number of resources that will get you started on this new year journey to your mental health. Just be relentless in finding mental health care, take a mental health moment and reflect on how much your life can improve, change and keep your overall health healthy. Your blood pressure numbers are just as important as your mental health state.

- If you are employed begin asking the departments as your job questions you have about inclusion as to what's covered and costs.
- If you have Medicare/Medicaid, contact them to find out your options, if you are covered fully and how much is covered such as medications if needed.
- If you are a veteran, please contact the veteran's outpatient treatment center in Toledo. The next closest is Ann Arbor. (419) 259-2000, Toledo center is located at 1200 South Detroit, Toledo, 43613.
- Lastly, if you don't know where to start, contact the mental health recovery services, (419) 213-4600, so they may direct you in the right place to get your needs met.
- If you do understand your coverage and just need help in finding a mental health provider, first contact your insurance provider so that you are covered in network with providers that are contracted with that coverage. You may also



contact websites such as www.psychologytoday.com, www.goodtherapy.org, or www.betterhelp.com

Please note this is not an exhaustive list of ways to find mental health providers but a good start. Ask your medical providers for mental health providers they would suggest. (You do not need a referral to see a mental health provider).

• If you are in a mental health crisis or know someone who may need mental health help immediately, please call 988 or go to the nearest emergency room or urgent care.

Bernadette Graham is a Licensed Professional Mental Health Counselor, and Certified Grief Recovery Specialist. She is also a Certified Clinical Hypnotherapist. Provide feedback or reach out at graham.bernadette@gmail.com. For appointment information please call 419.409.4929 (Appointments available on Tuesdays, Fridays, and Saturdays in office or telehealth. You may find more information at www.bjgrahamcounseling.org Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new clients ages 13 and older starting January 2023.

Thinking "Beyond the Hospital" for Black Men Recovering from Traumatic Injury

Special to The Truth

Research from Penn Nursing and Penn Medicine found that where these patients live and return post-hospitalization affects whether they'll experience symptoms of depression or PTSD as they heal.

When someone arrives at a hospital with a severe injury, the law guarantees that person will receive care. But how will recovery progress when it's time for that person to go home?

"How often, when we discharge patients, do we think about the environment they're going back into and take that into consideration?" says Therese Richmond, PhD, the Andrea B. Laporte Professor of Nursing and associate dean for research and innovation at the University of Pennsylvania School of Nursing. "We need to start thinking beyond the hospital doors."

For research recently published in the Journal of Racial and Ethnic Health Disparities, Richmond, recent Penn Ph.D. graduate Marta Bruce, and colleagues from Penn Nursing and the Perelman School of Medicine looked at how environmental factors might affect the healing process for Black men who had suffered traumatic injuries.

Following such individuals for up to four months post-discharge, they found that where these people lived affected how likely they were to experience depression or PTSD as they recovered. What's more, factors like a neighborhood's crime rate, disconnectedness, disadvantage, and racial and ethnic makeup influenced symptom severity.

"A lot of research has focused on finding explanations for poor health outcomes in the individual, at the genetic or molecular level," says

... continued on page 12

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Mercy Health's Mobile Mammography Van visits area locations

As Mercy Health continues to evolve to better meet the needs of our patients and community, we are pleased to announce the region's first mobile mammography unit has visits scheduled throughout the region.

The mobile mammography unit is customized for patient convenience and will deliver 3D mammograms to women age 40 and older. It is equipped with the newest 3D technology and offers patients the option of self-compression, meaning the patient will have the ability to control the compression once they are in position.

The unit will make access to mammography services easier as well as increase capacity. It will offer safe and easy screenings at convenient locations throughout the 21 counties in northwest Ohio and early diagnosis of breast cancer has proven better outcomes.

Thursday, December 1

Mercy Health – Perrysburg Primary Care & Walk-in
1103 Village Square, Perrysburg, Ohio 43551

Friday, December 2

Tiffin Community Health Center
1344 West Seneca Avenue, Tiffin, Ohio 44883

Wednesday, December 7

Mercy Health - Point Shoreland Family Medicine
2755 Shoreland Avenue, Toledo, OH 43611

Thursday, December 8

Swanton Primary Care
22 Turtle Creek Drive, Swanton, Ohio 43558

Friday, December 9

Jefferson Family Medicine
2200 Jefferson Avenue, Toledo, Ohio 43604

Monday, December 12

Progressive Wellness Medical Office Building
7640 West Sylvania Avenue, Sylvania, Ohio 43560

Tuesday, December 13

Franklin Medical Center
2213 Franklin Avenue, Toledo, Ohio 43620

Wednesday, December 14

Old West End Community Health Center
2244 Collingwood Boulevard, Toledo, Ohio 43620

Thursday, December 15

Mercy Health – Perrysburg Primary Care & Walk-in
1103 Village Square, Perrysburg, Ohio 43551

Friday, December 16

Mercy Health - Waterville Primary Care
1222 Pray Boulevard, Waterville, OH 43566

Monday, December 19

Progressive Wellness Medical Office Building
7640 West Sylvania Avenue, Sylvania, Ohio 43560

Tuesday, December 20

Bryan Community Health Center
228 South Main Street, Bryan, Ohio 43506

Wednesday, December 21

Starbright Primary Care
28555 Starbright Boulevard, Perrysburg, OH 43551

Wednesday, December 28

Starbright Primary Care
28555 Starbright Boulevard, Perrysburg, OH 43551

Please note, while mammogram screenings may be covered by insurance, for best coverage, please verify if Mercy Health – St. Charles Hospital is an in-network provider with your insurance carrier. If you are uninsured or underinsured (have high deductibles), we have financial need-based assistance programs available to help you. If eligible, you may qualify for a no-cost mammogram. Call 419-696-5839 for more information.

Screenings at the Mercy Health Mobile Mammography unit are by appointment only - call 833-MAMM- VAN to schedule your screening on the mobile unit.

To view the full list of dates and locations, visit [mercyc.com/toledomobilemamm](https://www.mercy.com/toledomobilemamm) or <https://www.mercy.com/news-events/events?UseUserLocation=true&Location=43608&CategoryName=Mammography+Screenings&IntervalInDays=90>

Talk with your doctor about when you should have a screening mammogram. Screening mammograms are usually a covered benefit with most insurance carriers.

Certified radiologists read all mammograms and because a second look can mean a second chance, we double-check all mammograms with a computer-aided detection system that detects more breast cancer than mammography alone. You and your physician receive a copy of the results.

“Beyond The Hospital”... continued from page 11

Bruce, who, until recently, worked as an intensive care nurse at the Hospital of the University of Pennsylvania. “We’re trying to move beyond that. People live complex lives, and we think their health outcomes can be better explained by where they live and the conditions they’re exposed to.”

This work is the next step in a study funded by the National Institutes of Health that involved more than 600 Black men who had been seriously injured, either intentionally or accidentally. This particular study included 451 adult Black males residing in Philadelphia who were hospitalized for traumatic injury.

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Funding for this project was made possible (in part) by the Ohio State Opiate Response (SOR) -5H79T1083294-02 Grant from Health and Human Services and the Substance Abuse and Mental Health Services Administration and the Commission on Minority Health.

The Wind at My Back by Misty Copeland with Susan Fales-Hill

By Terri Schlichenmeyer
The Truth Contributor

You don't belong here.

It's a declaration that seems confusing, at first. Who says? Who's in charge here? You don't belong because... why? The answer is almost always as rude and hurtful as the statement itself, almost as unthinkable now as it was 70 years ago. But in *The Wind at My Back* by Misty Copeland with Susan Fales-Hill, those are four words that strengthen resolve.

c.2022
Grand Central Publishing
\$29.00
240 pages

For six years, the whole time she was a soloist at the American Ballet Theater, Misty Copeland was often the only Black dancer on the stage. She got used to it, but never got comfortable with it. Racism is common in dance and most Black dancers in American history were encouraged to stick with "modern" performances.

That wasn't the kind of dance Copeland had always dreamed of.

Still, she persevered. Just being with the ABT kept her in place for what the future might bring and besides, she felt like she was representing. Her presence there was encouraging to Black girls who were told they'd never be ballerinas.

And then Copeland met Raven Wilkinson.

Wilkinson was born in 1935 to educated, upper crust Black parents and had set her sights on ballet when she was five years old, having experienced the Ballet Russe de Monte Carlo. She cried then at the emotion in the ballet, and she knew that she wanted to dance. Her parents enrolled her in the School of American Ballet and later, she was trained by Madame Swoboda, one of the Bolshoi Theatre's premiere ballerinas.

On the cusp of realizing her dream, however, Wilkinson was told that it was "never going to happen" because she was "Colored."

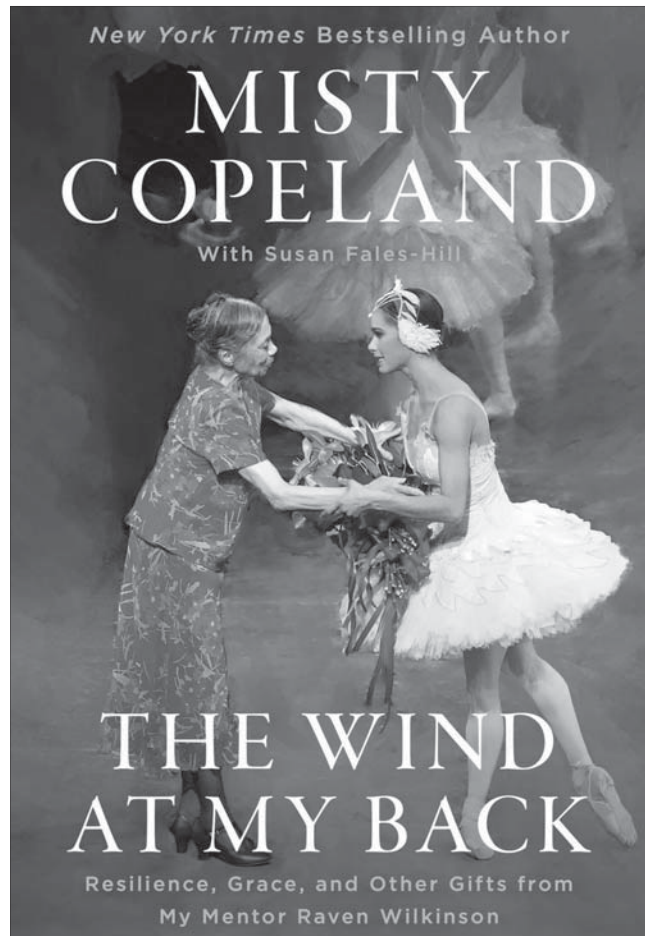
And yet, she, too, persevered and she began touring with a professional troupe which took her to the American South where she fought for her dignity and she endured threats on her life. Still she danced, a pioneer, a professional and a "first." And when she met Copeland, she became a supportive, loving, wise, thoughtful, powerful mentor...

While it sure looks like a book and it feels like a book, *The Wind at My Back* isn't really a book. No, it's a love letter to an elder trailblazer with grace, both inside and out.

Author Misty Copeland, somewhat of a pathfinder herself, weaves the story of her career in with that of Raven Wilkinson, whose work was basically hidden in plain sight for decades. In telling Wilkinson's story, loudly and publicly, Copeland also writes of the friendship the two women had, and how Wilkinson pushed Copeland to soar to greater heights, career-wise and in Copeland's personal life. This gives the book an intimate feel, sometimes uncomfortably so, but the sense of gratitude and absolute love for a woman who ignored the word "no" when society repeated it overpowers any squirm you might feel.

A working knowledge of ballet will enhance your enjoyment of this book,

but it's not an absolute necessity. If you (or your teen!) merely love a good double-biography, *The Wind at My Back* belongs on your bookshelf.



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December 7, 2022

Page 15

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The Mental Health & Recovery Services Board (MHR SB) of Lucas County is pleased to announce its FY 23 Mini-grant funding opportunity.

Mini-grants are an important strategy in MHR SB efforts to encourage activities throughout Lucas County that promote positive mental health and prevent substance abuse. MHR SB seeks to provide funding up to \$5,000 per project to grassroots organizations in Lucas County that provide programs and/or services aligned with MHR SB's mission and goals. Services can include programming that offers skills, strengths, resources, supports, or coping strategies to support mental wellness.

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/



SENIOR SECRETARY – TRIO TRIO PROGRAMS

Bowling Green State University is a tier-one, public university serving 19,000 students on two campuses in northwest Ohio. The University has nationally recognized programs and research in the natural and social sciences, education, arts, business, health and wellness, humanities and applied technologies. BGSU seeks talented individuals to join our community in Bowling Green, Ohio, recognized as one of the "Best College Towns of America."

The Senior Secretary performs administrative tasks for 2 federally funded grant programs of Student Support Services and Ronald E. McNair. This position includes but is not limited to the management of 2 highly confidential databases necessary for tracking program participants and successful submission of annual performance reports to the Department of Education as well as other information required for the successful performance of grant programs. This position also monitors, tracks and reconciles 2 grant program budgets on FMS and WRL; processes payments in and out of 2 grant budgets and assist the program director in budget creation, scheduling meetings, and sending communications both on and off campus. The position requires strong verbal and written communication skills as well as independent judgement and initiative. The position also requires sorting and distribution of mail, greeting visitors, answering department phone, ordering office supplies, and preparing typed copy, maintaining staff calendars and arranging travel. The position hires, trains, and evaluates student clerical assistants and process payroll. The hiring range for this position is \$16.35-\$17.89, based on previous experience.

Deadline to apply: The search committee will review applications until the position is filled, however, **for best consideration, applications should be provided by December 14, 2022.**

For a complete job description & to apply for this position visit <https://bgsu.hiretouch.com/> or contact the Office of Human Resources at (419) 372-8421. BGSU. AA/EEO/Disabilities/Veterans. In compliance with the ADA Amendments Act (ADAAA), if you have a disability and would like to request an accommodation in order to apply for a position with Bowling Green State University, please call 419-372-8421.

NOTICE TO BIDDERS LEASING OF TIRES FOR THE TOLEDO AREA REGIONAL TRANSIT AUTHORITY (TARTA)

TARTA seeks bids from qualified vendors to furnish leased tires for its bus fleet.

The scope of work for this project includes but is not limited to: Provision of all tires for TARTA's revenue service vehicles (buses) and all related tire services. For a complete scope of work, visit tarta.com/news-alerts/tarta-business/open-procurements.

TARTA has established a Disadvantaged Business Enterprise (DBE) goal for this project of 11.65%.

Bids must be received by TARTA on or before Friday, December 16, 2022 at 2 p.m. local time, via sealed envelope or email. Mailed bid packages should be in a sealed envelope clearly marked with the bidder's full name, address and telephone number and "TARTA Tire Leasing IFB 2022-24," and sent to:

Sophie Giviyan, CFO
Toledo Area Regional Transit Authority
1127 W. Central Avenue
PO Box 792
Toledo, OH 43697-0792

Email submissions should be marked with the same information and sent to: sgiviyan@tarta.com

TARTA officially distributes bidding documents from the Purchasing Department. Copies from any other source are not considered official copies. Only those vendors who obtain bidding documents from the Purchasing Department are guaranteed to receive addendum information if such information is issued.

Questions about this project should be directed to Sophie Giviyan, CFO, at 419.245.5200.



We are looking to fill the following positions within our agency. For detailed information visit our website at:

<http://areaofficeonaging.com>

Aetna Care Manager
Plan 4 Home Care Manager
Provider Relations Assistant
Provider Relations Specialist
Waiver Service Coordinator
Information & Referral Specialist
OHCW/SRS (IE) Assessor Supervisor
OHCW Care Manager (Toledo and Western Counties)

Qualifications: Varies by position and prior experience. Must pass an agency-required drug screen and fingerprint criminal background check. Maintain reliable transportation, insurance, valid driver's license, and the ability to satisfactorily undergo Motor Vehicle Record checks on at least an annual basis.

Excellent Benefits: Very welcoming, professional, family-friendly work environment. EOE.

Submit resume to jobs@areaofficeonaging.com

Area Office on Aging
2155 Arlington Ave.
Toledo, Ohio 43609
Attn: VP of Human Resources

Center of Hope Family Services 25th Anniversary

By Tricia Hall

The Truth Reporter

On Friday, December 2, 2022, Center of Hope Family Services invited the community to celebrate 25 years of serving the community and also shared plans for the future.

The celebration was held in the new headquarters, 4447 Talmadge Road, suite H in Toledo. Guests enjoyed music, hors d'oeuvre and a tour of the new facility.

"In 1989 we had a trusted vision, we saw people coming into Center of Hope (the church) with a need and saw what serves were there. These are my people, so we must serve them," said Pastor Donald Perryman, PhD, during a video presentation.

Center of Hope Family Services (COHFS) is a family-led 501(c3) that provides evidenced-based and culturally-responsive programs and services for youth and adults. Center of Hope programs address access to high quality education, mental wellness services, job readiness, court advocacy and family support.

Additionally, during the beginning and throughout the peaks of the COVID pandemic, when schools were teaching students through on-line methods and stores were closed, COHFS addressed those gaps within basic needs. COHFS printed educational packets for students, provided at-home cooking classes, and even provided family-size meal kits among other services.

"We started out providing social services before Center of Hope Family Services was established, because it was offered through the church. The name Center of Hope was selected for the social service programs because it symbolized something uplifting, something different that people could see as a sign. Especially for the people who just needed access to opportunities and were slipping through the cracks," shared Center of Hope CEO Tracee Perryman, PhD.

During the festivities, Tracee Perryman thanked her family, staff, board, partners and funders for supporting the vision. "Kids are the staying power in this type of industry. Our board get the vision and the community's needs. Our funders and partners have supported us for years. Like, Greater Toledo Community Foundation, who started working with us in 2007."

"Center of Hope Family Services and Dr. Tracee Perryman have done phenomenal work in the community and we're here to support," shared Keith Burwell, Greater Toledo Community Foundation CEO.

In June 2022 COHFS moved into the new facility and began several construction projects to elevate the programing experience for students. COHFS currently partners with Sylvania Schools, Washington Local Schools, and Toledo Public Schools.

Once all construction projects are completed, COHFS's facility will offer a bus drop off/pick up location, and ample education enrichment space for each of the partner school district students. COHFS is also in talks with the facility management to purchase additional space in the coming years.

"We expanded into Sylvania and Washington Local Schools already and realized that Lucas County Job & Family Services has an office around the



Tracee Perryman with Terrie and Brian Cook



Willetta Perryman, Tracee Perryman, Rev. Donald Perryman

corner from us, so that provides another opportunity to serve more people. We're still serving the Central City students, especially since the church is still in the Central City," said Tracee Perryman.

COHFS Leadership: Tracee Perryman, PhD, CEO and Co-Founder; Pastor Donald Perryman, PhD, Chief Innovation Officer and Co-Founder; Willetta Perryman, Chief Program Officer and Co-Founder and Randall Clark,

Data Management Director. COHFS Board: Fletcher Word, Larry Stegall, Reginald Temple, JacQuelon Wilson and Amanda Goldsmith. For additional information, visit the website <https://www.cohfs.org/>