



## Advocates Push to Provide Free Legal Representation to Tenants Fighting Eviction

*The goal is simple: to keep more tenants in their homes.*

Learn to Earn Dayton has aligned with community partners to implement a local pilot program that would “level the playing field” for tenants facing eviction, by providing low-income renters with legal representation to help them navigate the complex court system. The new pilot program seeks to provide legal counsel and wrap-around services to 125 tenants who face eviction in northwest Dayton.

During the October 23rd City Commission Work Session, Erica Fields, Senior Director of Strategic Initiatives, shared that the “Without an attorney, tenants are at a significant disadvantage and left to navigate the complex eviction process on their



Dayton Municipal Clerk Marty Gehres, ABL Senior Attorney Debra Lavey, and Erica Fields with Learn to Earn Dayton present the new Right to Counsel eviction prevention pilot program in a work session with the City of Dayton Commission.

own, demonstrating a critical inequity in the current housing court system.”

About 97% of tenants in eviction cases in Dayton Municipal Court are self-represented, according to

court data shared during a Dayton City Commission work session last month.

In contrast, only about one in 10 landlords and property owners in local eviction cases are self-re-

presented. The vast majority have private lawyers.

“Legal counsel helps tenants in eviction cases obtain more favorable outcomes, which could include negotiating a move-

out or a repayment plan,” said Debra Lavey, senior attorney with ABL.

Lavey said, “The main goal is to keep people in their homes when possible. Providing tenants with legal counsel should help prevent homelessness and increase housing stability.”

The pilot hopes to meet the varied needs of tenants, providing legal representation and social work, education, and empowerment. While the underlying goal is eviction prevention, the outcome could look different depending on the tenant’s needs. The program will pay for a full-time staff attorney with Advocates for Basic Legal Equality Inc. (ABLE) to represent tenants. It also will help cover the cost of services and support from a part-time  
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## Premier Health Hospitals Earn ‘A’s from the Leapfrog Group

The Leapfrog Group has awarded an “A” safety grade for fall 2024 to all Premier Health hospitals: Atrium Medical Center, Miami Valley Hospital, Miami Valley Hospital North, Miami Valley Hospital South, and Upper Valley Medical Center. The distinction, recognizing the hospitals’ achievements in protecting patients from preventable harm and error, was awarded to only 29 hospitals in Ohio.

“A good patient experience begins with ensuring patient safety and delivering high quality care to every patient every time. This takes personal commitment and shared responsibility from all of our caregivers,” said Roberto Colón, MD, chief medical officer for Premier Health. “Our patients and their well-being always come first.”

The Leapfrog Group, an independent national watchdog organization, assigns an “A,” “B,” “C,” “D,” or “F” grade to general hospitals across the country based on more than 30 national performance measures reflecting errors, accidents, injuries and infections, as well as systems that hospitals have in place to prevent harm.

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harm to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

“Our physicians, staff, and leadership have our gratitude for their unwavering commitment to patient safety,” said Mike Riordan, president and CEO of Premier Health. “This outstanding achievement demonstrates the high quality of care delivered to our patients and their commitment to our mission: To Care. To Teach. To Innovate. To Serve.”

## NAACP 73rd Hall of Freedom Awards

The Dayton Branch of the National Association for the Advancement of Colored People (NAACP), held its 73rd Hall of Freedom Awards to honor the outstanding achievements of individuals who have made rich deposits in the lives of the American people. The recipient of the Lifetime Achievement Award was selected by the General Membership and recipient of the President’s Award and the President’s Award of Honor were selected by the President.

The awards show commenced with remarks from Malik Patterson, Reporter, WHIO-NewsCenter 7 and Christopher Theo Smith, Videographer, WDTN-TV2 NBC, who served as the Co-Host for the evening. The presentation of colors was done by Meadowdale Career Technology Center JROTC Color Guard Team. Recording Artist Minister John Burg sang the National



Stacy Thompson Speare-Hardy.



Amaha Sellassie

Anthem and the Negro National Anthem followed by the invocation by Rev. Samuel Winston, Jr.

The President’s Award of Honor was presented by Dr. Derrick L. Foward, President of the Dayton Branch NAACP and Lu



Eric L. Ellington, Sr.



Allen Stephen

Dale. The recipient of the award was **Larry Horwath**. The purpose of this award is to honor and recognize individuals/organizations who have made meritorious contributions in their craft and are respected by their peers.

The Louise Troy Excellence in Education Award, was presented by Dayton Mayor Jeff Mims and Trotwood Mayor Yvette Page. The winner of the award was **Stacy Thompson Speare-Hardy**. The purpose of this

award is to honor and recognize educators with 10 or more years of service and achievement in public education.

The **W.S. McIntosh Courageous Activist Award** was presented by Dr. Morakinyo A.O. Kuti, 10th President of Central State University. The winner of the award was **Amaha Sellassie**. The purpose of this award is to honor and recognize an individual who has demonstrated activism in civil and human rights for 5 or more years.

The **Distinguished Volunteer of the Year Award** was presented by Debbie Lieberman, President, Montgomery County Commission and Karl Keith, Montgomery County Auditor Karl Keith. The winner of the award was **Eric L. Ellington, Sr.** The purpose of this award is to honor and recognize volunteers who unselfishly have given their time and talent for five or more consecutive years to ensure efficient administrative  
*Continued on Page 3*

## Tartan TOPS Program Opens New Paths for Students



Students hang out, study and decompress in the Tartan TOPS Student Lounge on campus

DAYTON, Ohio — There’s something special about putting on a cap and gown on your college graduation day.

For many students with intellectual disabilities, that special milestone is something they could dream of but never truly envision.

However, one Ohio

community college views strengths and passions as just as important as earning credits and a certificate.

Mary Lee is a student in the Tartan Transition Option in Post-Secondary Education Program, or Tartan TOPS for short at Sinclair Community College in Dayton, Ohio.

“It has been amazing. It really helped me navigate the transition from high school to college,” Lee said.

She graduates in December and plans to head to a four-year college.

Her ultimate goal is to be a history teacher.

“I’m excited because  
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## Ohio Study Offers New Hope For Lymphedema Care



Ohio is leading the way in new research that may help those affected by lymphedema.

Lymphedema is a chronic condition that causes painful swelling due to buildup of fluid in the lymphatic system, which is part of a person’s immune system. For many patients, this condition can develop follow-

ing cancer treatment.

Teresa Lau, a breast cancer survivor and lymphedema patient at The Ohio State University James Cancer Center, described how new monitoring technology has provided her peace of mind.

“This is great for somebody who lives an hour away from OSU,” she  
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# Around DAYTON

## Miami Valley Weather

## 5 day Forecast

<b>Saturday</b> Mostly Cloudy High 55 Low 41	<b>Sunday</b> Mostly Cloudy High 62 Low 52	<b>Monday</b> Rain High 63 Low 55	<b>Tuesday</b> Rain High 68 Low 47	<b>Wednesday</b> Cloudy High 56 Low 35
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# Be Focused!

## Put down your phone and focus on driving.



Studies show using a cell phone behind the wheel is as dangerous as drinking and driving.



937.223.6323  
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## RTA Hosting Informational Sessions on Tapp Pay, Benefits of Fare Capping

The Greater Dayton RTA will be hosting a series of informational sessions on the benefits of Tapp Pay and fare capping during the first week of Decem-



ber. Participants may also qualify to have \$10 added to their Tapp Pay account. Tapp Pay is the electronic form of payment RTA riders use to pay fares. Customers can either load funds onto a reloadable Tapp Pay card or through the Transit app on their smartphone by using a debit card, credit card, or cash. Tapp Pay allows for fare capping, which limits the amount of money a customer pays within a single day or a rolling 31-day period. This means once the customer reaches their daily or rolling 31-day cap all rides thereafter are at no charge.

The sessions will take place on the following dates and times in the

passenger waiting area at Wright Stop Plaza:  
Monday, Dec. 2, from 9-11 a.m.  
Wednesday, Dec. 4, from 2-4 p.m.  
Friday, Dec. 6, from 11 a.m. to 1 p.m.  
Customers who attend the sessions could be eligible to have \$10 added to their Tapp Pay accounts. To be eligible, a customer must either verify or create a Tapp Pay account. Customer must be present at the event to qualify. RTA representatives will be on hand to assist.  
To learn more about Tapp Pay, creating an account, and fare capping, visit [www.iritderta.org/pay/tapp-pay-faq](http://www.iritderta.org/pay/tapp-pay-faq).

## Advocates Push to Provide Free Legal Representation to Tenants Fighting Eviction... Continued from Page 1



Multiple states and cities throughout the country have right-to-counsel programs

social worker, a paralegal and an administrative assistant.

Supporters say lowering eviction rates has proven to significantly impact family economic mobility, neighborhood stability, and student success.

“Our tracked data underscores the critical role of housing in student achievement. Chronic absenteeism significantly heightens the risk of dropout, lower academic performance, and unpreparedness for college or career. Housing instability is by far the greatest predictor of students’ chronic absenteeism from school. This highlights how the housing insecurity crisis disproportionately affects our young learners,” said Fields.

According to court data shared by Emma Smales, Director of Data and Impact for Learn to Earn Dayton, more than 3,100 eviction cases were filed in Dayton Municipal Court last year. About half of those filings were associated with residential properties in the 45405 and 45406 ZIP codes, which cover large parts of northwest Day-

ton.

Partners shared that residents have long advocated for an access to counsel program in Northwest Dayton through The Power of Place Plan, a comprehensive community vision for NW Dayton neighborhoods.

A key aspect of this pilot is the data tracking and comprehensive evaluation, as the team works to determine how to scale to program to a larger geography and track if eviction prevention now may lead to greater economic mobility. Using the expanded data, the team will review of the challenges and successes in implementation, determine the estimated cost and fiscal impacts of implementing an ongoing eviction right to counsel in Northwest Dayton and in scaling across the region.

Partners shared that jurisdictions implementing right to counsel programs have seen cost savings related to housing social safety net responses and in economic value preserved by retaining residency.

The pilot recently launched Nov. 12 and has been designed leveraging

the national expertise of Stout, and will be implemented by local legal aid organization, Advocates for Basic Legal Equality, Inc. (ABLE). Support for the program has been provided by Blue Meridian Partners and the Dayton Legal Heritage Foundation of The Dayton Foundation, with support from the Wright-Patt Credit Union Sunshine Community Fund.

Additional partners include Dayton Tenants Union, Omega CDC Learn to Earn Dayton and others.

Tenants facing eviction living in Northwest Dayton (zip codes 45405 and 45406) with a household income below 200% of the Federal Poverty Level, pregnant or have children living in the home are encouraged to apply directly or through a referral agency for ABLE’s services through the Legal Aid Line intake line at 1-888-534-1432 or [www.legalaidline.org](http://www.legalaidline.org); or visit ABLE’s Dayton office at 130 West Second Street, Ste. 700, Dayton, Ohio 45402.

## Local Theater To Show ‘Wizard Of Oz’ For 25 Cents This Weekend



To celebrate the upcoming “Wicked” movie, a local movie theater is showing the 1939 classic for a discounted price.

The Plaza Theatre will offer a showing of “The Wizard of Oz” on Saturday at 4 p.m. Admission to the special screening is only 25 cents per person.

‘A fairy tale’: Best friends reunite in Dayton after 40 years

“The Wizard of Oz” tells the story of Dorothy (Judy Garland) and her dog, Toto, after a tornado rips through Kansas, sending them to the magical land of Oz.

The theater decided to show the film in honor of “Wicked,” which opens in theaters Friday, Nov. 22.

The new movie tells the origin story of the Wicked Witch of the West and

Glinda the Good Witch, played by Cynthia Erivo and Ariana Grande. The movie is the first part of a two-part adaptation of the extremely popular Broadway production from 2003.

Tickets are available at the door. Visit [myplazatheatre.com](http://myplazatheatre.com) for more information.

### The Dayton Weekly News

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**NAACP 73rd Hall of Freedom Awards...**  
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operations of the Dayton Unit NAACP.

**The Bob and Norma Ross Outstanding Leadership Award** was presented by Jenell Ross. The winner of the award was **Allen Stephen**. The purpose of this award is to honor and recognize outstanding local corporations, businesses, organizations, entrepreneurs that demonstrate their commitment to create partnerships that embrace diversity, equity and inclusion.

**The Miley O. Williamson Award of Distinction** was presented by Chief Daryl Wilson, Dayton International Airport Police Department. The winner of the award was **Joyce Ann Davis Willis**. The purpose of this award is to honor and recognize an individual for 20-plus years of activism working with the NAACP, their Church and other Civic Organizations.

**The Community Service Award** was presented by Mattie White, Vice President of the Dayton Branch NAACP. The winner of the award was **Young Ladies Aspiring Greatness**. The purpose of this award is to honor and recognize individuals who are making significant contributions to their community through their time, actions, talents and dedication.

**The Youth Development Award** was presented by Solomon Scales, President of the Littlejohn Junior Youth Council; Zora Boddie, President of the Dayton Youth Council; Claudine Tumusifu, President of the Move Forward Thurgood Marshall High School Chapter; and Judah Lindsey, Local Gold Medalist, ACT-SO Youth Program. The winner of the award was **Malcolm Keith, Sr.**

**The Dayton Branch NAACP Scholarships** were presented by Willie Terrell, Jr. The Jessie O. Gooding Scholarship was awarded to **Nealeonn Scott**, a student at Thurgood Marshall



**Young Ladies Aspiring Greatness.**



**Fredrick W. Strahorn**



**Honorable Alice O. McCollum**



**Silvia Anderson**



**Dr. Kameka Q. Parker**

High School. The LaVern B. Gooding Scholarship was awarded to **Claudine Tumusifu**, a student at Thurgood Marshall High School. The Lorenzo "Mr. Ren" Harris Scholarship was awarded to **Anaiyah**



**Malcolm Keith, Sr..**

**Rogers**, a student at Stivers School for the Arts. The Jean A. Foward Youth Empowerment Scholarship and the Dr. Derrick L. Foward Visionary Leadership Scholarship will be presented in March 2025 to college/university students. The Visionary Leadership Scholarship is designated for a student at Central State University.

**The Frederick Bowers Public Policy Award** was presented by State Representative Willis Blackshear. The winner of the award was **Fredrick W. Strahorn**. The purpose of this award is to honor and recognize outstanding public servants who deliver results on behalf of the American people.

**The Judge Arthur O'Neil Fisher Fair and Just Award** was presented by Tracy Fisher Singletary. The winner of the award was the **Honorable Alice O. McCollum**. The purpose of this award is to honor and recognize an individual who has been a true trailblazer of "first" and has performed their duty fairly, impartially and courageously.

**The Lt. Col. Charity Adams Earley Award** was presented by Judith Earley. The winner of the award was **Silvia Anderson**. The purpose of this award is to honor and recognize an outstanding individual who has demonstrated on-going leadership in any branch of the United States Military or within the Veterans Administration; or has been instrumental in fostering the continuing relationship between the Dayton area and the military and veteran's communities.

**The Breakthrough Award** was presented by Desiree Tims, Ohio State

Representative in waiting. The winner of the award was **Dr. Kameka Q. Parker**. The purpose of this award is to honor and recognize Unsung Heroes who are exceptional individuals that have demonstrated the ability to make a positive difference in the lives of others but are not widely recognized for the tremendous work they have accomplished.

**The President's Award** was presented by Dr. Derrick L. Foward. The recipient of the award was **Rickey L. Poole**. The President's Award is presented to individuals who have made exemplary contributions in one or more of the following areas: Economic Sustainability; Education; Health; Public Safety and Criminal Justice; Voting Rights and Political Representation; Environmental and Climate Justice; and Expanding Youth and Young Adult Engagement.

**The Lifetime Achievement Award** was presented by Dr. Derrick L. Foward and Tom Roberts, President of the Ohio Conference NAACP. The

recipient of the award was **Rev. Dr. P. E. Henderson, Jr.** Carl Henderson, Jr. accepted the award on his uncle's behalf. The purpose of this award is to honor and recognize outstanding leaders who have made significant contributions to the advancement of Civil and Human Rights over their lifetime.

After all the awards were presented, Tom Roberts introduced Curtiss Cook, a Dayton native and American Actor, who served as the keynote speaker. After the introduction was made, Minister John Burg rendered a musical selection, after which Cook delivered his phenomenal "Fully Committed to Turning the Page" address via on-screen from Australia. He left the attendees inspired, fired-up and ready to protect our democracy well into the future.

The closing remarks and benediction was given by Rev. Marcettes L. Cunningham, Senior Pastor of Shiloh Missionary Baptist Church.

**Tartan TOPS Program Opens New Paths for Students...**  
Continued from Page 1

it's a big accomplishment because I'm doing my TOPS classes on top of my classes for my Associates Degree," she said.

Lee spent a lot of time with her classmates at the TOPS student lounge.

The program helps pave a career path for part-time students who have an intellectual disability.

"I like being able to figure out what I'm going to do with my future. For my next semester, we're thinking about doing certain classes like health care delivery and what-not," said student Jayla Miller.

Helping to lead the effort is program coordinator Tristan Chaput.

She said recognizing strengths plays a big part in success.

"That is something that we are really focused on. What are you great at? How can we help you pair your passion, your skills, with a career that is going to make your heart sing," Chaput said.

Andrew Tucker has a passion for construction. He loves putting things together. It started with Legos and has grown from there.

"Being in a college experience has really helped me socially so I can be with people my own age and it will give me a lot of extra experience to help back me up when I'm going into the workforce," Tucker said.

Sometimes, recent grads like Harper Mesure come by and offer advice.

His major was culinary studies. Now he's a chef and works part time at the college day care.

"Keep working hard and my term is perseverance. So try to persevere and you can ask a trusted help with homework,"

Mesure said.

There are more than 300 similar programs in the U.S. and 10 in Ohio, but Tartan TOPS is different.

"Tartan TOPS is unique in the sense that our students take college level classes in an inclusive setting for college credits. They are walking away with a certificate, but they're also walking away with an academic transcript," said Chaput.

For Lee, picturing herself on graduation day feels more real by the minute.

"It feels exciting, very exciting," she said.

"We've had students come here who said I'm going to work in a mailroom or I'm going to do something that isn't achieving their full potential and now they're an assistant teacher, they own their own home, they have a driver's license and they own their own car. So we are helping them really understand what they are truly capable of," Chaput said.

For Tucker, he still has more to do, but knowing he'll graduate brings a feeling of joy. "It makes me feel proud of myself. It's like another checkmark on the things I want to experience in my life," he said.

Tartan stops started online during the pandemic with only four students and now they have 39.

So far, the program has had 25 students successfully complete the program and 14 more are set to graduate next month.

Tartan TOPS is currently recruiting for the Fall 2025 semester.



Business Webinar

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## 2025 Digital Marketing Strategies to Grow Your Business

Learn 2025 digital marketing strategies to stay ahead of the curve and drive growth for your brand or business.

SCAN TO REGISTER BELOW





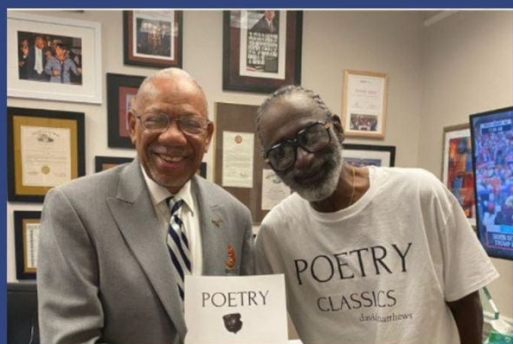
**Whitney L. Barkley, M.S.**  
CEO of Speakerazzi

**NOVEMBER 18, 2024**  
6:30 PM EST  
Zoom Link Will Be Sent



# Arts & Entertainment

## Dayton is Honoring The Poet david matthews!



The Poet david matthews, is receiving the Key to the City of Dayton, a Proclamation honoring his 5 decades of poetical excellence, and his new book "POETRY CLASSICS" will be inducted into Dayton's downtown Metro Public Library.

November 19, 2024  
5:00PM

Downtown Dayton Metro Public Library  
215 E. Third Street/Bassani Room, 3rd floor

Reception following at the Edward A. Dixon Art Gallery  
222 St. Clair Street  
6 pm to 7:30 pm

Free and Open to the Public

## WYSO Public Radio Launches Music-Only Streaming Channel

YELLOW SPRINGS, OH—WYSO Public Radio, a nonprofit, community-owned public radio station serving Southwest Ohio with news, music and storytelling, will launch a music-only streaming channel called Novaphonic on November 4, 2024.

The channel can be accessed 24 hours a day, seven days a week by streaming online at novaphonic.fm or by broadcast on any HD radio.

With this dual-channel model, WYSO's existing music programming—such as "Midday Music," "Around the Fringe" and "Tables of Content"—will be simulcast on WYSO and Novaphonic, meaning there will be no interruption to the current WYSO schedule.

However, when WYSO begins a news show such as "Morning Edition" or "All Things Considered," Novaphonic will continue to air locally hosted music shows. The result will be a 24/7 schedule of music curated by the WYSO music team and reflective of music and musicians from our region and beyond, and from numerous genres.

"Our goal is to support a community of musicians and music fans and for that community to feel welcoming and inclusive. Diversity is an essential part of our daily mix of music," said Juliet Fromholt WY-



Juliet Fromholt  
WYSO's Music Director

SO's Music Director (left). "When we say 'Roots,' we're talking about bluegrass and folk, country and Americana. Rock sounds obvious on the surface but gets richer when we think about everything from punk to indie rock and everyone from Big Mama Thorton to David Bowie to St. Vincent and the Linda Lindas. Rhythm is hip-hop, yes, but it's also jazz, R&B, soul and of course some Dayton Ohio Funk! Pop music on Novaphonic takes those catchy hooks and melodies from mainstream music and puts them in the hands of artists on the fringes of it. So think Bjork, Sylvan Esso, Barteas Strange and Mitski. And world music brings us sounds and songwriting from artists whose musical traditions and influences find their home in many places, but especially the global South."

More information, including the full program schedule for Novaphonic and a link to listen online,

can be found at novaphonic.fm. Listeners can also sign up for a weekly newsletter, which will provide news and information about our region's music scene.

ABOUT WYSO

WYSO is a nonprofit, community-owned public radio station serving Southwest Ohio with news, music and storytelling. We are the area's only NPR station, carrying flagship programs such as "Morning Edition" and "All Things Considered."

WYSO's news team provides local news and public affairs programming and is a founding member of The Ohio Newsroom, a formal collaboration of Ohio's existing network of public radio newsrooms that creates a sustainable model for news coverage. WYSO's music department produces unique music programs featuring hand-selected music from songwriters and bands that reach across genres. WYSO's Eichelberger Center for Community Voices provides hands-on audio production and digital storytelling training and producers make stories that address the most pressing issues in our community including race relations, immigration, veterans affairs and more.

# Editorial & Comments

## Something to Consider

### Obstacles to Joy

By: Brenda Cochran  
Contributing Writer

In order to cultivate happiness and joy, individuals can practice knowing that there are obstacles to joy. Most of us have experienced the feeling that we could be enjoying our life more than we are.

There is a lot of information about how to cope with all of the negative experiences that we have, and not being able to enjoy the good in our lives but enjoying the good is important.

There are many obstacles that prevent us from enjoying the joy that is available. The first one is not paying attention. Unfortunately, our brain usually focuses on the negative more than the positive. This means that unless you consciously choose the good, you can risk missing it completely. This doesn't mean pushing yourself to enjoy what is happening or forcing a positive feeling, it is just showing us that the experience is good, so your brain will pay more attention to it. Think about this – the next time something good happens, point it out to yourself. This will start the training of paying more attention to the good.

The next obstacle is kill-joy thinking. Sometimes in the middle of a good moment while looking out at a beautiful view, or be-

ing together with your family, it comes to mind that this wonderful moment would be over. This brings about sadness, but this type of thinking is kill-joy thinking – which is exactly this – Reducing your joy

The third obstacle is "Being on the fence." Perhaps you decided to take time for yourself and at the same time – you think that you should be doing something else. You may have felt really tired because of your busy day at work, knowing that you could do with some relaxation. You just keep thinking about all the work you should be doing that is more important. The main point is that this guilt keeps us on the fence. When we are working or taking care of a family member, this little voice keeps saying that we really need a break. I think it is helpful to be firm rather than pushing yourself. Remind yourself that you can either be busy or you can take a break, but you must remind yourself that you can relax, but you must commit fully to either one.

I have been reading The Book of Joy by Dalai Lama and Bishop Desmond Tutu. Its main objective is to teach readers that joy can be cultivated even when we are suffering. We do so through practices such as acceptance, forgiveness, gratitude, compassion, and generosity. It also teaches that the way we respond to all of life's challenges,



Brenda Cochran

is what determines what our level of happiness is.

Dalai Lama and Bishop Desmond Tutu both experienced hardships throughout their lives but were nevertheless able to radiate joy.

Even though we are faced with negatives and/or adversity, we can still choose to cultivate joy through our perspectives and our actions, compassion, generosity, humor and humility because these elements are the keys to being able to cultivate joy that lasts.

The major conclusion from these two great men is that joy comes from not pursuing things, but from living in a community and helping others.

The following are two additional quotes concerning the obstacles to joy:

1. "You are allowed to not feel happy all the time."

2. "Life is a circle of happiness, sadness and hard times and good times. If you are going through hard times, have faith that good times are on the way."

## Inclusive Adult Programs at DML Expands

Born out of one of Dayton Metro Library's missions to offer programming that is accessible to all, last year the Miamisburg Branch created the All Abilities Adventures program specifically for adults. This program has become so popular that registration fills rather quickly. The good news is that this program has expanded to two more Branches, thus widening DML's reach to embrace inclusivity, creativity, and community.

All Abilities Adventures offers a variety of activities such as storytimes, puppet shows, craft stations

for artistic expression, sensory stations for relaxation, a coloring station for therapeutic creativity, and other Branch-specific activities. While All Abilities is led by Branch staff, direct support services are not provided. However, support staff are welcome and required to stay if supervision is needed. Registration is also required to attend the sessions listed below.

All Abilities Adventures is held at the following Branches:

Miamisburg: Monday, December 2 and 16, 11 am-12 pm. There is a session scheduled for Mon-

day, November 18, but registration is full. However, there is a waitlist for those interested. The December 2 session has very few spots remaining.

Trotwood: Thursday, November 21 and December 19, 11 am-12 pm  
Northmont: Tuesday, December 10, 10:30-11:30 am

For more information, to register, and to request accommodations if needed, visit DaytonMetroLibrary.org or call the Library's Ask Me Line at 937.463.2665.



**YOU'RE INVITED TO**  
*The Northwest Senior Gala*

**Friday, November 22, 2024**  
3:00pm - 6:00pm

**Northwest Recreation Center**  
1600 Princeton Drive  
Dayton, OH 45406



Join us for an elegant event for our community's seniors. Dress in your best formal attire for ballroom dancing, live music by Dianne Coble Ensemble, and dinner.



City of Dayton Department of Recreation  
937-333-8400 • www.daytonohio.gov/rec  
Scan the QR code to view a current list of schedules and programs.





# Education

## Wilberforce University Set to Begin Rehabilitation Project on Academic Complex



Wilberforce, OH – Wilberforce University is pleased to announce that work is scheduled to begin on the much-anticipated Historic Preservation Project on three buildings that comprise its academic complex. Funded by a \$750,000 grant from the National Park Service’s Historic Preservation Fund, the project aims to rehabilitate crucial spatial elements of the Stokes, King, and Walker buildings, making them more accessible and compliant with ADA standards. After an extensive period of preparation which required identifying architectural and project management that met stringent guidelines for federal construction projects, Miami Valley Works, led by Eric Swan, and Craig Dillon of CED Architects were selected. The project will include enhancing the accessibility of the academic buildings by installing new elevators, exterior ramps, entrance doors, restroom upgrades, and stairlifts

as needed. Additionally, the project will join two buildings currently separated by a green field and add state-of-the-art facilities for the music program. “We are excited about finally moving forward with this project,” said Executive Vice President and Chief of Staff Dr. Kenneth E. Jones. “It took some time to identify contractors who met federal requisites. However, Wilberforce was committed to seeing this project through to completion and we are eager to get started.” Established in 2006, Miami Valley Works is a debt-free, client-focused facilities management and general contracting company. Known for its high-quality solutions and cost-effective services, Miami Valley Works has a strong record of accomplishment in historical restoration and facilities management. Dillon Architects has been providing quality service for Springfield, Ohio, and surrounding areas since 1995. Senator Sherrod Brown (D-Ohio), who announced the grant last year, emphasized the importance of

preserving the legacy of Historically Black Colleges and Universities (HBCUs). “By working with our National Park Service to honor key sites at HBCUs, we are preserving the legacy of these institutions,” said Brown. “This investment at Wilberforce University gives future generations of Ohioans the opportunity to learn about our state’s proud history. Dr. Vann R. Newkirk, President of Wilberforce University, highlighted the project’s impact on the community and student engagement. “This project not only enhances the Wilberforce community by preserving our historic campus but also significantly enhances the value of the Wilberforce community,” he says. “Further, by improving accessibility and modernizing our facilities, we are creating a more inclusive and dynamic environment for our students to thrive.” The project is expected to be completed in 2025. For more information about the project email ke-jones@wilberforce.edu.

## HBCU Graduate Wins Prestigious Award for Literary Excellence

Nationwide -- In recognition of November 2024 as National College Application Month, an HBCU graduate, a 2024 Trio Achiever, and a three-time author, Dr. Juan P. Chisholm is acknowledged as the Winner of the prestigious 2024 Pencraft Book Award for Literary Excellence for his book *Mission Possible: How to Graduate from College Debt-Free* as Winter’s Best Book for Young Adults.

In a recent announcement, the highly-respected Pencraft Book Organization for Literary Excellence named author and Florida native, Dr. Chisholm as the Winner of its 7th Annual Best Book Awards in the Young Adult (General) category for his book.

This incredible and remarkable acknowledgment is also a testament to the impact of *Mission Possible: How to Graduate from College Debt-Free* as its timely message in showing its readers how to find money to cover the cost of college tuition, housing, and books without student loans continue to resonate with a significant audience interested in pursuing a college education. Additionally, college students, high school students planning to attend college, their respective parents/guardians, and others benefit from the practical message and easy-to-implement steps to follow in *Mission Possible* to go to college and graduate debt-free (or graduate as close to debt-free as possible).

The publication continues to be celebrated around the world as a pre-eminent book to support



Dr. Juan P. Chisholm

students to go to college and graduate debt-free. It has also been recognized as an award-winning book by the American Book Fest, International Book Awards, Paris Book Festival, London Book Festival, the Florida Book Awards, and others.

November Kicks Off National College Application Month

With November kicking off College Awareness Month, high school students planning to attend college, their respective parents/guardians, and current college students are encouraged to make plans about their future and to learn more about opportunities that will give them access to valuable information to help them succeed. The month of November also serves as an excellent starting opportunity for students and their parents/guardians to set college goals and envision possibilities and to

use the rest of the school year to lean into those college goals and embrace all possibilities.

*Mission Possible: How to Graduate From College Debt-Free* goes hand-in-hand with College Awareness as it not only serves as an invaluable tool to support its readers in finding money for college tuition, housing opportunities, and books without student loans, but it was also written by a person that actually graduated from multiple colleges debt-free.

*Mission Possible* will also help its readers to set college goals and to overcome negative beliefs about college and the cost of college tuition, housing, and books that may be preventing a would-be college student from wholeheartedly pursuing every possibility that life has for them.

Learn more about the book and a free virtual seminar that he will be hosting at [GraduateDebtFreeClub.com](http://GraduateDebtFreeClub.com)

Purchase a copy of *Mission Possible: How to Graduate Debt-Free* on Amazon

### About the Author

Dr. Chisholm is an acclaimed business owner, teacher, investor, award-winning author, and motivational speaker. He has successfully completed the world-renowned Executive Education program in Strategic Finance for Smaller Businesses at the Harvard Business School in Boston. He is also a proud graduate of Florida State University (FSU). After graduating from Florida State University, Dr. Chisholm earned his Law Degree from Florida A&M University College of Law in Orlando, Florida where he was the two-time recipient of the prestigious Percy R. Luney Spirit of Service Award. All of this was done debt-free.

Be sure to follow him on the following Social Media Platforms:

- Facebook – Graduate Debt Free Club
- LinkedIn – Juan Chisholm
- Instagram – @Juan.Chisholm
- TikTok – @Juan.Chisholm

## Sinclair Community College Appoints New Police Chief

Sinclair Community College is announcing the appointment of Mike Coss as the new Director of Public Safety and Chief of Police, effective November 16, 2024. Coss, currently the Assistant Chief of Police at Sinclair, is replacing cur-

rent Chief Tom Thompson who is departing Sinclair on November 15, 2024, to accept a position with Mercy Ships where he will be working in the legal department and managing the Child Safety Program. “Chief Thompson’s leadership and dedica-

tion have been invaluable, and we know that Mike will continue that tradition of excellence that defines Sinclair Community College,” said Dr. Steven Johnson, President. “Mike’s extensive experience, dedication to public service, and deep

understanding of our campus community make him the ideal choice to lead our Public Safety Department.”

Coss began his career at Sinclair in 2005 as an officer and has since risen through the ranks, serving as a Lieutenant and,



Mike Coss

most recently, as Assistant Chief. He holds degrees in Criminal Justice from both Sinclair and the University of Toledo. Additionally, he is a graduate of the STEP (Supervisor Training and Education Program) and PELC (Police Executive Leadership College). Prior to joining Sinclair, Coss served with the Perry Township Police Department in Montgomery County, Ohio, and the U.S. Army Military Police Corps, where he deployed to Panama and the Persian Gulf.

As Director of Public Safety, Coss will oversee the Sinclair Police Department, the Department of Public Safety, and the Communications Center.

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Benjamin E. K. Speare-Hardy II, Rector

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**SERVICE SCHEDULE**  
Adult Bible Study - Sunday 9 AM  
Worship Service - Sunday 8 AM & 10:30 AM  
Sunday School - Sunday 10:30AM

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**FAX: (937) 222-7336**

**SUNDAY**  
Sunday School.....8:30 a.m.  
Morning Worship Services.....10:00 a.m.

**WEDNESDAY**  
AM Prayer Meeting.....9:30 a.m.  
Bible Study.....11:00 a.m. and 6:00 p.m.

**Saturday**  
Bible Study.....11:00 a.m.

**Pastor Cory J. Pruitt**  
1501 W. Dr. Martin Luther King Jr. Way, Dayton, OH, 45412

**WAYMAN CHAPEL A.M.E. CHURCH**  
3317 Hoover Avenue ~ Dayton, Ohio 45407  
**Rev. Gerald A. Cooper, Pastor**

937-268-6729 ~ Office      937-267-9804 ~ Fax

**SUNDAY**  
Church School      9:00 a.m.  
Worship Services      10:00 a.m.


**WEDNESDAY**  
Prayer Meeting/Bible Study      Noon

**THURSDAY**  
Food & Clothing Pantry 10:00 a.m. - 1:00 p.m.

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**Rev. Elmer S. Martin, Pastor**  
1620 West Fifth Street  
Dayton, OH 45402-2910  
Church Phone: 937-223-5115  
Fax: 937-223-8872  
Email: greater\_allen\_ame@att.net



**Church Sunday School.....9:15 a.m.**  
Sunday Worship.....10:45 a.m.  
Women's Bible Study - Monday.....6:30 p.m.  
Noonday Bible Study - Wednesday.....12:00 p.m.  
Prayer Meeting - Wednesday.....7:00 p.m.  
Bible Study - Wednesday.....7:30 p.m.

**Believers Christian Fellowship Church**



3010 McCall Street, Dayton, OH 45417  
Tel. No.: 937-279-9343, Fax: 937-279-9342  
Toll Free: 1-844-679-9343  
email:bcfchurch@swohio.twcbc.com

**Rev. Dr. William E. Harris, Jr. Senior Pastor**

Sunday Service.....9:30 a.m.  
Church School - Sunday.....8:45 a.m.  
& Wednesday.....1:00 p.m.  
Bible Study/Prayer Meeting - Every  
Wednesday starting at.....6:00 p.m.

Check out our website: www.believers-christian.org  
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**(937) 275-6906**  
**Fax 276-6267**

**Reverend Rockney Carter, Senior Pastor**

**Sunday**  
Church School.....9:30 a.m.  
Morning Worship.....11:00 a.m.  
Tues. Bible Study.....6:00 p.m.  
Wed. Prayer Meeting.....6:00 p.m.

**Other Ministry**  
email: rockney.carter@gmail.com  
1684 Earllham Drive • Dayton, OH 45406

**Bethel Missionary Baptist Church**  
401 S. Paul Laurence Dunbar St. - Dayton, Ohio 45407  
Rev. Xavier L. Johnson, Senior Pastor  
937-222-4373 - Office - Email: offices@bmbcd Dayton.org




**SUNDAYS**  
Church School      9:30 a.m.  
Morning Worship      10:45 a.m.

**WEDNESDAY**  
Bible Study      12:00 noon  
Word & Worship      6:30 p.m.

Bethel services are aired on DSTV Time Warner Wednesdays at 3:00 p.m. and Saturdays at 9:00 p.m. Time Warner Cable 992

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Morning Worship.....10:55 AM  
Wed. Prayer Service.....6:00 PM



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4000 Shiloh Springs Road, Clayton, Ohio 45315  
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Services Each Saturday:  
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Morning Worship      11:00 a.m.  
Mid Week Prayer Service      7:00 p.m.  
Dr. William T. Cox, Sr., Pastor

**SHILOH BAPTIST CHURCH**  
3801 Fairbanks Avenue  
Office: 937-268-6711 Fax: 937-221-8040



**Rev. Dr. Marcettes Cunningham, D.Min., Pastor**  
Sunday School 9:30 a.m.  
Morning Worship 10:45 a.m.  
Wednesday  
Prayer/Bible Study, 12:00 & 7:00 p.m.  
Evening Prayer, 6:30 p.m.

**Dixon United Methodist Church**  
1691 Infirmary Rd. - Dayton, OH 45417



Church Phone: (937) 835-3366  
Email: Dixonumc1691@gmail.com  
Website: Dixonumcdayton.org

Sunday School.....10:00 a.m.  
Sunday Morning Worship.....11:00 a.m.  
Midweek Bible Study- Wednesday.....6:00-7:30 p.m. Via Zoom  
Prayer Meeting - Saturday.....10:00 a.m.  
Text In Prayer Request 1-888-646-9678

**Dr. Bridget D. Weatherspoon, Pastor**

**Advertise Your Church in the Dayton Weekly News**

# Religion

## Shiloh Church, United Church of Christ Hosts Annual Holiday Bazaar

Shiloh Church, United Church of Christ is excited to announce its Annual Holiday Bazaar, a cherished community tradition that brings friends, families, and neighbors together to celebrate the season in warmth and generosity. Taking place on Friday, November 22, 2024 from 10:00am-5:00pm and Saturday, November 23, 2024 from 10:00am-3:00pm at Shiloh Church, 5300 Philadelphia Drive, Dayton, Ohio 45415, the bazaar will feature unique handcrafted goods, seasonal treats, and an array of holiday gifts, perfect for everyone on your list. Highlights of this year's event include: Gift Shopping: A wide range of high-quality,

handcrafted goods made by talented local artisans as well as holiday decorations. Festive Foods and Homemade Goodies: Featuring a lunch café, candy, country store, pies, cookies, mincemeat and refreshments, offering a taste of the holidays. Raffle Prizes: An exciting selection of prizes donated by local businesses and individuals. This event is open to everyone in the community, and admission is FREE! **Event Details:** When: Friday, November 22, 2024 from 10:00am-5:00pm and Saturday, November 23, 2024 from 10:00am-3:00pm Where: Shiloh Church, 5300 Philadelphia Drive, Dayton, Ohio 45415 Admission: Free and

open to all For more information about the event, please contact Shiloh Church at 937-277-8953 **About Shiloh Church,** United Church of Christ: Shiloh Church has served the Dayton community for over 170 years, providing support, outreach, and fellowship to people of all backgrounds. Through our programs, events, and community service, we strive to make a positive impact on the lives of those in need and foster a spirit of love and generosity. Shiloh Church, which is a member of the Open & Affirming Coalition (openandaffirming.org), welcomes and celebrates diversity within our congregation. Learn more at Shiloh.org



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## First Lutheran Church To Close In Downtown Dayton After 185 Years

First Lutheran Church of Dayton at 138 W. First St. is closing in downtown after 185 years of service. Large signs announcing the church's closure were placed outside. "With thanks to God First Lutheran Church has accomplished much in its service to the Dayton community for 185 years. Over the years many men and woman made personal sacrifices for this church to grow and flourish," read a message that went out to the congregation and community. "We celebrate all the talents and



The First Lutheran Church of Dayton will be closing after 185 years of service. The last service will be Sunday, November 24, 2024 at 10:00 am. MARSHALL GORBY/STAFF

skills that built up this community of faith." Paul Tober, a council

member and volunteer for First Lutheran, said the decision was based off the

financial strain of running the church while fewer people attended services.

"We had to close because of attendance going down," he said. The church has about 20 people attending Sunday service. At one time, First Lutheran had approximately 2,500 members, Tober said. He noted attendance is an issue across the board for churches, saying most saw attendance drop following the COVID-19 pandemic. While many churches, First Lutheran included, offered services via Zoom and on Facebook, attendance didn't recover once lockdown restrictions were lifted.

Tober also said more people live in the suburbs now and attend services closer to their neighborhood. The church's last service will be at 10 a.m. Sunday, Nov. 24. Everyone is welcome to attend. "You may hold special attachments to this congregation and to this building through baptism, marriages, confirmations, final celebrations of loved ones," read the community letter. "We will be celebrating your contributions and church memories at our closing service."



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## ADAMHS Receives \$4.1 Million in State Opioid Response Funding

Montgomery County – Montgomery County ADAMHS has received \$4.1 million from the State Opioid and Stimulus Response (SOS) funding. This marks the fourth round of SOS grant funds awarded throughout Ohio. OhioMHAS received these SOS 4.0 grants through the federal Substance Abuse and Mental Health Services Administration (SAMHSA) to support local organizations that offer prevention, harm reduction, treatment, and long-term recovery services for Ohioans struggling with an opioid or stimulant use disorder.

“We are grateful to Governor Mike DeWine and OhioMHAS Director Lee-Anne Cornyn for trusting Montgomery County ADAMHS with this funding. While we have made progress in lowering overdose deaths in Montgomery County, we still have work to do. This funding will allow us to continue inno-

vating to save lives in our communities,” said Helen Jones-Kelley, Executive Director of Montgomery County ADAMHS.

“In Ohio, we’ve put into action one of the nation’s most comprehensive and aggressive strategies for fighting substance use and preventing overdose deaths – and these SOS grants are a key piece of the puzzle,” said Governor DeWine. “We are empowering our local partners to advance their work to protect communities and families from the devastating consequences of opioids and other substances. Ohio’s overdose death rate has started to decrease significantly in recent years, and our goal is to use these grants to continue this encouraging progress.”

“We are pleased that Montgomery County received this award. Through the previous SOS awards, we have seen an overall decrease in overdose deaths in Montgomery

County. This new award will position Montgomery County to continue prioritizing target populations to further reduce opioid overdose deaths. Funding priorities include pregnant and postpartum women and children, recovery supports such as recovery housing, peer supports, and employment supports, and programs that provide increased access to medications for opioid use disorders,” said Jennifer Hochdoerfer-Chiles, Senior Program Coordinator and Grant Writer for Montgomery County ADAMHS.

The \$4.1 million to Montgomery County ADAMHS is the largest award in the State of Ohio. For more information or to schedule interviews, please contact Tina Rezash Rogal at 937-416-1458 or [trezash@mcadamhs.org](mailto:trezash@mcadamhs.org).

## DML to Hold 2nd Community Conversation About Youth Safety

Dayton Metro Library will host a second Making Your Dayton Metro Libraries Safe: A Community Listening Session on Monday, November 25, from 4-5 pm, at the Southeast Branch. Community members – those affiliated with organizations/agencies and families/individuals/youth – are invited to attend and share what ideas and skills they have to contribute to this ongoing effort of making DML a safe place for all.

Community stakeholders have been invited to weigh in, and representatives from DML will be available to answer questions about the safety and engagement of area youth during afterschool hours. Community members – including youth – are welcome to submit questions and suggestions prior to November 25 at [DaytonMetroLibrary.org/news/safe-libraries/](http://DaytonMetroLibrary.org/news/safe-libraries/).

This second conversation comes on the heels of

the October 22 Community Conversation that was held at the Main Library, which was well-received. Notes and a summary of that session can be found on DML’s website.

The Southeast Branch is located at 21 Watervliet Avenue, Dayton, 45420. For more information, visit [DaytonMetroLibrary.org](http://DaytonMetroLibrary.org) or call the Library’s Ask Me Line at 937.463.2665.

## Operation Santa Accepts Letters for 2024 Holiday Season



Christmas is more than a month away but Operation Santa is in full swing

the holidays. The program is open now for children or families to write their wishes down for Santa to fulfill. They should be postmarked by Dec. 9, the USPS said.

Operation Santa has also partnered with Toys ‘R’ Us to put together an online catalog where you can choose the gifts and have them sent directly from “Santa’s Gift Shoppe.”

Writers need to include their names, address and of course, their holiday wishes, and send them to Santa in the mail. Santa’s address is : Santa 123 Elf Road North Pole, 88888

The USPS said that you should write legibly, list gifts in order of preference and be specific. For more tips, click here .

To make it a bit easier, the USPS has a series of templates ready to make the letters stand out. Starting on Nov. 18 , the letters will be available online for anyone to read and hopefully grant the wishes contained in them.

To adopt a letter, you create an account on the Operation Santa website. After you read them and select who you want to help, you buy the gifts and ship them.

The deadline for either shipping on your own or through the online catalog is Dec. 16. The United States Postal Service started the program 112 years ago in 1912. It was created by then Postmaster General Frank Hitchcock, when he allowed local postmasters to open letters addressed to Santa and the employees to respond on Santa’s behalf.

As the program grew, it got too big to be handled by the post office employees alone so in the 1940s everyday people chipped in to answer the letters meant for Santa.

Collective efforts based on partnerships between government and nongovernmental stakeholders and increased investments in innovative approaches will be needed to reach the least active people and to reduce inequalities in access to measures promoting and improving physical activity.

It went digital in 2017 where people could read and adopt the mountains of letters.

## Ohio Study Offers New Hope For Lymphedema Care... Continued from Page 1

said. "It lets you know if, like, my arms swell up and so, what can I do? What are the next steps?"

The study Teresa referred to, called Project Limb Rescue, uses wearable technology to monitor lymphedema in real time. Ohioans with this condition can participate by visiting OSU for a brief session where they wear sensors that measure fluid build-up. The program aims to help patients detect

swelling sooner, potentially reducing complications. Lymphedema affects about four in 10 breast cancer survivors.

Study coordinator Lynne Brophy, a breast oncology clinical nurse specialist at the Ohio State Comprehensive Cancer Center, noted the benefits of the program for patients across Ohio.

"Our research study is to help people developing lymphedema detect it at home," she said. "It means they're saving money by

not having as many physician visits."

Brophy added that research leads to new discoveries and encourages people to join the trial.

"I hope people will be open to participating and helping either themselves, perhaps, or their neighbor," she said.

OSU researchers are recruiting participants between ages 18 and 90 who have undergone lymph node removal surgery.

## Adults at Risk of Disease From Not Doing Enough Physical Activity

The World Health Organization (WHO) recommends that adults have 150 minutes of moderate-intensity, or 75 minutes of vigorous-intensity physical activity, or equivalent, per week. Physical inactivity puts adults at greater risk of cardiovascular diseases such as heart attacks and strokes, type 2 diabetes, dementia and cancers such as breast and colon.

The study was undertaken by researchers from WHO together with academic colleagues and published in The Lancet Global Health journal.

"These new findings highlight a lost opportunity to reduce cancer

and heart disease, and improve mental health and well-being through increased physical activity," said Dr Tedros Adhanom Ghebreyesus, WHO Director-General. "We must renew our commitment to increasing levels of physical activity and prioritizing bold action, including strengthened policies and increased funding, to reverse this worrying trend."

Of concern, disparities remain between gender and age. Physical inactivity is still more common among women globally compared with men, with inactivity rates of 34% compared to 29%. In some countries, this difference is as much as 20 percentage points. Additionally, people over 60 are less ac-

tive than other adults, underscoring the importance of promoting physical activity for older adults.

"Physical inactivity is a silent threat to global health, contributing significantly to the burden of chronic diseases," said Dr Rüdiger Krech, Director of Health Promotion at WHO. "We need to find innovative ways to motivate people to be more active, considering factors like age, environment, and cultural background. By making physical activity accessible, affordable, and enjoyable for all, we can significantly reduce the risk of noncommunicable diseases and create a population that is healthier and more productive."

"Promoting physical



# Health



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## Alzheimer's Association Encourages Dementia Caregivers to Make Their Health and Wellbeing an Equal Priority

During National Family Caregivers Month in November, the Alzheimer's Association is encouraging dementia caregivers to make their own health an equal priority as they navigate the demands and stresses of caring for someone else.

"As difficult as it may be, caregivers need to make their health and well-being an equal priority," said Dayna Ritchey, program director for the Alzheimer's Association Greater Cincinnati and Miami Valley Chapters. "Maintaining one's health can help caregivers be better. No caregiver should face this disease alone and the Alzheimer's Association is here to help."

Currently, there are more than 414,000 caregivers in Ohio providing care to more than 236,200 individuals living with Alzheimer's.

Caring for those living with Alzheimer's or other dementia poses special challenges for family caregivers. As dementia symptoms

worsen, caregivers can experience increased emotional stress, depression, anxiety, and new or worsened health problems. In addition, caregivers often experience depleted finances due to disruptions in employment and paying for health care or other services.

"Caring for a person with Alzheimer's takes longer, lasts longer, is more personal and extensive than most other diseases, and takes a heavy toll on the health of the caregivers themselves," said Ritchey. "During the course of the disease, caregiving tasks escalate and become more intensive. As a result, many dementia caregivers neglect their own health needs and that can lead to a crisis."

According to the Alzheimer's Association 2024 Alzheimer's Disease Facts and Figures, the impacts on Ohio caregivers include:

- 63.7% have chronic health conditions
- 27.8% have depression
- 17.4% are in poor physical health

To help caregivers balance competing priorities

while maintaining their overall health and well-being, the Alzheimer's Association offers these tips:

Find time for yourself. It's normal to need a break from caregiving duties. No one can do it all by themselves. Consider taking advantage of respite care or help from family and friends to spend time doing something you enjoy.

Become an educated caregiver. Understand the disease, its progression and accompanying behavioral and physical changes. Know resources in your community that can help.

Build a support network. Organize friends and family who want to help provide care and support. Access local caregiver support groups or online communities, such as ALZConnected, to connect with other caregivers. If stress becomes overwhelming, seek professional help.

Take care of yourself. Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.

Avoid caregiver burn-

out. Sustained caregiver stress can lead to caregiver burnout – a state of physical, emotional and mental exhaustion. The Alzheimer's Association offers Caregiver Stress Check to help caregivers identify and avoid caregiver burnout.

Accept changes. Eventually your loved one will need more intensive kinds of care. Research care options now so you are ready for the changes as they occur.

Understand you're doing your best. It's normal to lose patience or feel like your care may fall short sometimes. You're doing the best you can. For support and encouragement, consider joining an online or in-person support group.

"Being a caregiver is an impossible job, yet I see them make it possible every day," said Valerie Jones, Miami Valley Chapter volunteer support group facilitator. "My goal as a support group facilitator is to create a safe space where they can unload and restore to be that miracle worker for their loved ones."



"At the same time, I remind them to take care of themselves while they are advocating and providing care for their loved ones. Understanding that Alzheimer's affects more than the diagnosed, it changes their whole community," said Valerie Jones, Miami Valley Chapter volunteer support group facilitator. "It's important that dementia caregivers not isolate themselves."

Caregivers can find local dementia caregivers support groups and helpful free resources including care consultations and monthly education programs at [alz.org/dayton](https://alz.org/dayton).

There are 236,200 Ohioans 65 and older living

with Alzheimer's disease, according to the Alzheimer's Association 2024 Alzheimer's Disease Facts and Figures. More than 4,900 Ohioans died from Alzheimer's in 2021. A total of 414,000 Ohio caregivers provide 624 million hours of unpaid care each year valued at over \$11.4 billion.

To learn more about Alzheimer's or other dementia and to access free support and resources, visit [alz.org/dayton](https://alz.org/dayton) or call the Miami Valley Chapter at 937.291.3332 or the 24/7 Helpline at 800.272.3900.