



Volume 70 No. 5

"And Ye Shall Know The Truth..."

January 5, 2022

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A Public Servant And A Woman of Distinction



Former Senator Edna Brown -- April 7, 1940 - January 1, 2022

Keeping the Memories Alive

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

The Truth Contributor

If I can help somebody as I pass along, then my living will not be in vain

- Alma Bazel Androzzo



2022 began with bad news of former Ohio Senator Edna Brown's passing. A local icon and trailblazer, Brown leaves a rich and profound legacy when educational suppression bills such as Ohio HB 322 and 327 attempt to erase those who have contributed to the Black struggle for justice and equity.

The Black community is losing pillars of inspiration and sources of strength like Brown, who was most proud of her drive to "serve" the community and the people of the State of Ohio. Her passion was rooted in her modest upbringing and experiences, which led to empathy with others who had fallen on hard times or faced unmet needs.

Characteristically, Brown was not interested in "feathering her own nest" like so many other politicians. Instead, she considered her calling to "reach out and help others, looking out for the well-being of all."

Brown's death leaves a significant void and reveals a need for education, awareness, and commemoration of Black leaders and historical trailblazers. Sadly, there is a widespread lack of historical literacy.

However, the Toledo Public School Board can help keep these memories alive.

This week the TPS Board will select a new member on January 4 to replace Stephanie Eichenberg, who recently resigned. TPS currently faces the threat of mass exodus of teachers and white families due to rampant student unruliness and gun violence. Therefore, the District, whose students are primarily Black and brown, will be wise to reflect the district's demographics in their pick.

Some on the Board prioritize a candidate with previous school board experience who can hit the ground running. Others would like to choose someone who possesses community service experience.

The Omicron variant of COVID-19 and widespread food insecurity throughout the district make Bishop Randall Parker III or Elgin Rogers, a Lucas County administrator, favorites to get the nod. Either candidate, in the words of Edna Brown, "can look at [their] own upbringing, background, and experiences and empathize with others and find [themselves] reaching out to help."

Parker and Rogers are both members of the Lucas County Democrats' Executive Committee. Parker is also a member of The Movement. Rogers, who may possess a stronger resume, founded the African American Leadership Caucus in 2012.

Although the Democratic Party is not formally a part of the selection process,

powerful Democrats lobby TPS Board members on behalf of both candidates.

Who should TPS choose?

Board members aren't commenting, but anything can happen behind closed doors. It will undoubtedly come down to which candidate can garner three votes. If any aspirant fails to gain a majority, Probate Judge Jack Puffenberger will make the final choice.

My prediction is that the new TPS Board member will be Rev. Randall Parker, III.

Yet, I applaud a selection that keeps alive memories of community icons. And, I celebrate the choice that continues Brown's legacy of "If I can help somebody, then my living will not be in vain."

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



Randall Parker III



Elgin Rogers

African American Men With HIV... continued from page 10

the University of Pennsylvania, credits the success to the intervention's tailored and interactive approach.

"We tried to understand the common barriers to physical activity for this population — what makes it hard? What would make it easier to incorporate into

their lifestyle?" says Jemmott. "For example, many of them are in poor physical shape, so we showed them exercises they could do while sitting in a chair."

With a single facilitator, participants engaged in interactive activities, brainstorming, physical exercise, watching videos and playing games like "Health Jeopardy" and "Health Basketball" to reinforce the information. They received a pedometer to measure their steps and a DVD showing exercises at different levels. They also identified people in their support structure and wrote a letter to themselves, promising to engage in healthy behavior, including reasons and strategies for doing so. Six weeks after the program ended, facilitators mailed them their letters.

While the intervention's three three-hour visits had a structured curriculum — nutrition in the first session, exercise in the second, and "managing your future health" in the third — it was also highly collaborative. Groups discussed their personal barriers to exercising, and then problem-solved together. Ideas that emerged were different for different groups.

The three sessions were designed using social cognitive theory, whereby the outcome people expect impacts whether they will engage in a given behavior. It also hinges upon self-efficacy — whether the participants believe they have the tools to succeed, despite the significant barriers they face, including unstable housing, alcohol dependency, substance use, and low incomes. These men living with HIV were encouraged to believe they could increase their physical activity, and that it would have a measurable benefit to their lives. They were also given the knowledge and skills necessary.

The researchers hope that this relatively brief, flexible curriculum can be adopted by community organizations that serve people with HIV, with the goal of increasing exercise and decreasing non-communicable disease. It may also be even more beneficial when men living with HIV encounter this material before the age of 40.

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A Clear and Present Danger – The GOP

By Lafe Tolliver, Esq

Guest Column

If there ever was a time that a New Year's resolution needed to be made, it would be a solemn promise by the Grand Old Party that they would go to the Land of Oz, cut in the front of the line and ask the benevolent wizard for both courage and a replacement spine.

What we have been experiencing since the era of Donald Trump is that his wimpy minions are collectively like the scarecrow character in the movie, *The Wizard of Oz*; they have no inner fortitude with which to stand up to a bully and a con artist.

The cancer of Donald Trump's lack of any moral certitude or honor about governance and fidelity to the Constitution has so infected the vital organs of the GOP, that even radical surgery is not a guarantee that the so called, Party of Lincoln, can fully recover.

The Republican Party has morphed into a non-recognizable political organization that has lost its identity and its former allegiance to being a party of ideas and conservatism.

Now, it is shameless in reviling those GOP members who speak out against the excesses of Trumpism; and it turns its head from confronting outrages that in the past, it would have blasted as being, "un-American."

When the far-right fringes of the Republican Party, take front and center stage at GOP sanctioned events and rallies and they rant and rave about pure nonsense or engage in hyperbolic gibberish, no one, save for a tiny few members, have the courage to go on public blast and chastise their intellectually stunted members.

As usual, that Georgia Peach, Marjorie Taylor Greene, never passes up a chance to show how woefully ignorant she is about cultural issues. Sometimes, when she speaks you gotta wonder that people elected her to be their representative in Congress!

Now, this elected rep is shamelessly stating that the African-American holiday, known as Kwanzaa, is in fact a corrupted religion formulated by a psychopath.

Or, what about her recent statement that Democrats should not be allowed to move to a "red" state because they can dilute the voting power of the GOP, and also, they should be required to have a "cooling down" quarantine period before they can vote in their newly adopted state!

Goofy is as goofy does and for this rep, along with a host of other GOP reps and state legislators, saying kooky things and trying to pass them off as points of an intelligent discussion is Rep. Greene's stock in trade.

Or, how about the idea that she is floating regarding a "National Divorce" in which or by which certain states, red and blue, formalize a geographical division and each conglomeration goes their own way.

Take about busting up the Union! Yet, such pre-Civil War fulminations still do not cause a stir within the so called GOP leadership. And why is that you ask?

Simple, Rep. Greene, among others, will utter outrage after outrage because she is taking her cues from Herr Trump who has demonstrated that he has no check off list of offenses that would offend him.

If any words that a GOP extremist spouts from the rooftops are diabolical, offensive, racist or hate filled, the feckless Republican Party will

simply accommodate such reckless behavior and saunter on to the next lie.

As I have said before, Herr Trump is an avatar or a bright pernicious blend of what he believes that his "base" will want or will endure.

And for that, it must be clearly stated that the problem and the drama of enduring what is being spewed forth by the G.O.P. regarding immigrants, women, minorities, climate change and other still simmering problems, comes from the approval of the base of Trump's camp followers.

The Big Lie is only one lie among dozens of other lies, half-truths, and mischaracterizations that Trump gladly repeats because he innately knows that his people will back him despite what truths are being massacred in the process.

For people of color, the GOP as a monolithic block will intensely fight against open and free elections because of the changing demographics in which white voters are sensing that their grip on power via the voting booth is being slowly wrestled from them.

Such a belief that they will be consigned to a minority status and a concomitant loss of power and benefits drives them to accept the lies of the so-called culture wars as being a direct assault upon them, including the derision of the valid claims of critical race theory.

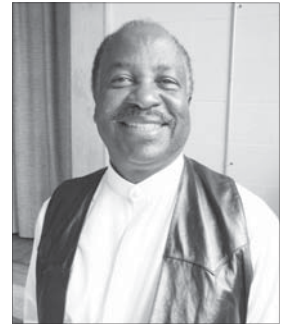
Blame for this corruption of the GOP must also be placed at the foot of the base of the party and that base eschews minorities and "others." This base galvanizes Trump and his heresies and he, in turn, throws them the red meat of discontentment, anger, and the fear of being shut out of participation in the affairs of the nation.

Now, Trump has been able to channel those phobias as if he were a medium at a séance and then passing along to mainstream America such vitriol.

Yeah, it is that base that greedily gobbles up the BIG LIE despite overwhelming evidence that smashes those unfounded claims. But no matter.

The BIG LIE is critically important to both Trump and his base because that is their created world view of how they can understand and cope with an ever-changing world in which the past is more comforting and safer than facing the future.

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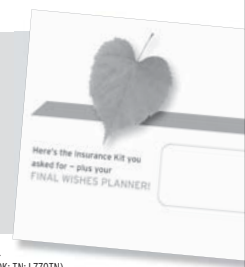
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TARTA Revises Boarding Practices In Response To Coronavirus Cases

The Toledo Area Regional Transit Authority (TARTA) has responded to the recent rise in coronavirus cases by requiring that passengers board through the rear door of all vehicles, beginning Tuesday, January 4, 2022.

This change is being made with the health of all customers and TARTA personnel in mind, according to TARTA CEO Laura Koprowski.

"Since the beginning of the pandemic, we have instituted a number of measures to help keep everyone safe while getting essential workers where they need to go on a daily basis," Koprowski said. "We have never stopped service due to the coronavirus, but unfortunately circumstances call for steering away from front door boarding as a social distancing measure.

"We ask for the cooperation and understanding of our customers as we navigate the unprecedented challenges posed by this continuing health crisis. We appreciate the efforts TARTA team members have made in ad-

justing with the changes to keep the area moving during a difficult time."

TARTA required customers to board through the rear door of vehicles early in the pandemic as one of several safety measures, and had removed the requirement in July of 2021. Other policies TARTA has put in place to help people travel and stay healthy include:

- Remaining fare free through July of 2022
- Requiring masks on buses through March 18 and providing them for free on vehicles to customers who need them
- Enhanced cleaning procedures on all vehicles
- Providing hand sanitizer
- Requiring social distancing in the downtown Transit Hub

2022 School Choice School Fair for Grades K-8

The Northwest Ohio Scholarship Fund along with National School Choice Week are presenting a School Choice School Fair for Grades K-8 on Saturday, January 29 from 10:00 AM until 1:00 PM at the Franciscan Center, located on the campus of Lourdes University, at 6832 Convent Boulevard. Interested families can learn about the different educational options available in Northwest Ohio including private schools, charter schools, public schools and homeschooling as well as tuition scholarships.

"The pandemic created conditions that forced families to seek out fresh so-

lutions for their children's education. Parents saw more clearly than ever that children truly have a variety of learning needs. This fair will give parents an opportunity to visit with schools to see what they have to offer." Said Megan Salameh, Project Coordinator for the Northwest Ohio Scholarship Fund

Representatives from thirty participating schools and School Choice Ohio will have tables with informational materials to share. Parents will also have an opportunity to learn about the scholarships available for private education including the EdChoice Scholarship Program and the Northwest Ohio Scholarship Fund.

EdChoice scholarships provide students from underperforming schools as well as students whose household gross income is at or below 250% of the federal poverty guidelines. There are over 200,000 students eligible for an EdChoice voucher in the State of Ohio for the 2022-2023 school year.

The Northwest Ohio Scholarship Fund awards scholarship assistance for low-income students who reside in one of nineteen counties in Northwest Ohio for private school tuition and homeschool expenses.

The fair is part of National School Choice Week. It is an event for the whole family. Parking and admission are free. This family fun event will include a picture booth and DJ to entertain children. For more information visit <https://nosf.org/events/> or call (419) 720-7048.



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Former Ohio Senator Edna Brown's Astounding Life and Legacy

By Fletcher Word

Sojourner's Truth Editor

"I'm not driven by politics. It doesn't matter to me if an issue is not necessarily popular, as long as the issue is good for the community and good for people," Edna Brown told The Sojourner's Truth back in March 2003, a year after she had been appointed to fill the Ohio House of Representatives seat vacated by her predecessor, Jack Ford.

Brown passed away on Saturday, January 1 after a life spent in the service of others – a life celebrated many times by a variety of celebrants.

Former Ohio State Senator Edna Brown was born in 1940 in Tuscaloosa, Alabama and moved to Toledo in 1952. She graduated from the former Macomber-Whitney High School and attended Mary Manse College before beginning a 32-year career with the City of Toledo, concluding that service in the City Council's clerk's office.

She ran for City Council in 1993 while noting that "by working with the City Council clerks' office, I know the procedures of city government, so I won't have to go in there and learn how to be a council member."

Active always in the community, Brown was a key force in the founding of the Greater Toledo Urban League, was past chair of the Administration Board of Braden United Methodist Church and a charter member of the Executive Women's Golf Association, to name just a few of her activities.

In 2002, Brown was appointed to serve in the House of Representatives, eventually rising to minority whip, the number 3 post in the Democratic Party leadership. She was re-elected by her constituents three times.

During her tenure in the House, Representative Brown pushed through the passage of Shynerra's Law, which gave juvenile courts power to enforce protection orders defending one minor from another when one has been accused of crimes.

The law was named for Shynerra Grant, a 17-year-old Toledoans killed by her ex-boyfriend in 2005.

In 2011, Rep. Brown became Senator Brown, the first African-American elected to represent Toledo in the Senate. She would eventually become minority whip of that body.

In 2015, Senator Brown was worn in as a State Director with Women In Government at the 21st Annual State Directors' and 11th Biennial First Term Legislators' Conference in St. Petersburg, FL. She had been elected to that position by her fellow state legislative colleagues. Women In Government is a national, non-partisan organization of state legislators providing leadership opportunities, networking, expert forums and educational resources.

When Senator Brown retired in 2018 after 57 years of service to this community, she was feted at The Toledo Club by a host of friends. Almost 200 individuals attended the celebration, including current and past mayors, other elected officials and her Democratic colleagues who organized the event.

"Senator Brown is a woman that I respect," said Toledo Mayor Wade Kapsukiewicz at the time. "She is an honest and sincere public servant and person. Senator Brown works hard to get the job done. Her legislation impacts and advocates against abuse issues."

Her impact went far beyond her legislative accomplishments. In 2016, for example, Deborah Barnett launched a plan that Brown conceived called "100 Women" in which Barnett organizes influential women in the community to lend their support to various causes.

Senator Brown has received the following awards and honors over the course of her public service career: African American Legacy Project 2010 legion, Tribute to Rose 2006 celebration, Council of State Governments Health Chair 2013, Coalition of Black Trade Unionists Toledo Chapter political achievement award, Oscar Griffin Award 2012, YWCA 2007 Milestones

...continued on page 6



Borthers Johnny and T.J. Hutton join their sister, Sen. Edna Brown at Ohio State House in 2013



Sen. Brown with union members

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Edna Brown... continued from page 5

for achievement in government, Braden UMC award, Josh Project Lifetime Lifesaver Award, Ohio State of Representative resolution 2010, Outstanding Service Award presented by Alpha Kappa Alpha Sorority Inc 2002, Legislative Leadership Award from Action Ohio Coalition for Battered Women 2011, Northwest Ohio Black Media Association Impact Newsmaker 2007, Mt. Nebo Baptist Church Voices of Hope Outreach Ministry 2011, Jack Wolfe Memorial Award presented by Ohio Association of Election Officials and Secretary of State J Kenneth Blackwell 2006, and Toledo Excel 2011.

Edna Brown was preceded in death by her husband Willie and a daughter, Carol Wilson.

She is survived by three daughters: Linda Brown, Cathy Dadzie and Christine Daniels. She is also survived by 13 grandchildren and great grandchildren along with two brothers and three sisters.



Senators Randy Gardner and Edna Brown present plaque to Billie Johnson, CEO Area Office on Aging



Councilwoman Yvonne Harper, Sen. Edna Brown, Municipal Clerk of Court Vallie Bowman-English



Mayor Wade Kapszukiewicz, Senator Edna Brown, Former Mayor Carty Finkbeiner



Paula Hicks Hudson, Senator Edna Brown, Willie Ann Moore

Padua Center... continued from page 12

veloping of our community in order to restore our people to their traditional greatness.

Kuumba (Creativity) - To do always as much as we can to leave our community more beautiful and beneficial than we inherited it.

Imani (Faith) - To believe with all our hearts in our people and the righteousness and victory of our struggle. (According to <https://nmaahc.si.edu>)

June Boyd, public servant, and longtime member of St. Martin de Porres Church, lead the libation. The libation ceremony is a Kwanzaa tradition where those present commemorate elders that have passed on and pathed the way for those living. The names are spoken aloud while an elder pours libation on a living plant. Those ancestors commemorated included Bishop Desmond Tutu, Rosa Parks, John Lewis and deceased family members of those present among others.

Sister Virginia Welsh, executive director of the Padua Center, lit three candles in the Kinara (candle holder) with Tuesday signifying the third day in the Kwanzaa celebration. Participants spoke in the front of the room to share the Ngoza Saba (seven principles) discussing pressing issues facing our community including voting rights, domestic violence, community resources, the family unit, gun violence, policing and education.

The event concluded with the Kakramu (the Feast at the End of Kwanzaa). Due to covid restrictions the food was prepackaged.

To learn more about the Padua Center or to volunteer contact 419-241-6465 or visit paduacenter.org.



Libation plant and Kinara (candle holder)



Phyllis Toney, Mistress of Ceremonies, presents the welcome



Sister Virginia Welsh, Executive Director of the Padua Center, lights the third candle of the Kinara

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Happy, Healthy 2022 to You!

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Dear friends, I know this is “*easier said than done*” but your health is worth it! I will not give a list of New Year resolutions for anyone to keep but I will keep encouraging you to choose small, healthy steps for yourself and your loved ones. The beginning of the year is a good time to reflect and redirect. As you consider personal resolutions or smart goals, keep them simple. You are worth this success.

One hopeful thing that has been shown through the pandemic is that our **small, positive, actions can make a positive difference**. An article titled, *First Things First: Parent Psychological Flexibility and Self-Compassion During COVID-19*, highlighted that “small things matter” and our daily patterns matter.

Although this 2020 article was focused on parents and interactions with their children, the principles apply to many other parts of our lives. They say that large, long-term goals like, “getting in shape,” “eating a healthy diet,” and “being a better parent” can be overwhelming. Small choices like, taking the stairs instead of the elevator, eating the apple instead of the cookie, and stopping to kiss a child on the head are smaller steps that add up.

Research has shown that small reductions in sugar, small nurturing social interactions and just a little more sleep can add up to big differences in our overall health.

This article also shows that doing things perfectly is not as important as our overall patterns. We do not have to make perfect New Years’ resolutions. They state: *A doughnut on occasion has little health impact. Doughnuts all day, every day, on the other hand, may be problematic.* Often, we are not very aware of our daily patterns and habits. If we are honest about our unhealthy behaviors we then can make small changes and benefit over time.

I like using the term “guidelines” because they are **not hard and fast rules**. They offer a suggested pathway for us to make healthy choices. I don’t have to be a registered dietician to try to put the Dietary Guidelines into practice in my life for the best benefits of healthy food choices. As mentioned above, our small, daily choices can add up to larger, longer-term results.

Research has shown that each step we take to match up with the recommendations of the Dietary Guidelines is linked to a:

- Lower risk of heart disease
- Lower risk of Type 2 Diabetes
- Lower risk of cancer
- Lower risk of obesity
- Lower risk of hip fracture

Six in 10 adults live with one or more diet-related chronic diseases. People living with diet-related chronic conditions and diseases are at an increased risk for severe illness from COVID-19. For friends who are reading this list and might already be living with one or more of these chronic diseases, eating healthy can also be used to help manage our health and wellness. Following these recommendations cannot guarantee a life free of health problems but it can help reduce our risks. The following reminders are four key points from the Dietary Guidelines.

First, **choose healthy food that meet your personal tastes, traditions, and budget**. Second, make healthy food choices at every age. Eleanor Roosevelt said, “Today is the oldest you’ve ever been, and the youngest you’ll ever be again.” It is never too early or too late to improve food and beverage choices, and to establish a healthy dietary pattern. For younger family members and friends, the goal is to help them learn and adopt healthy food choices at a young age for the benefit of their entire life. Establishing healthy eating early in life may be beneficial over the course of decades. For older people (remember, all of us are the oldest we’ve ever been), making different choices now can benefit our health now and into the future.

Make it a goal to eat healthy foods and drinks from all five food groups. Remember, this is a guideline, not a complicated rule. Use suggestions and ideas of how to make this work for you from each of the food groups: fruit, vegetables, grains, protein foods (meat and beans), and dairy. Food choices from within all five food groups are the building blocks for a balanced diet to help your body get the nutrients it needs. Lastly, think through foods and drinks that are high in added sugars, fat,



sodium, and alcohol. Like the example before with the doughnut – it doesn’t mean you can’t ever have it but make sure it fits into your overall healthy patterns.

Welcome to 2022. Here’s hoping it will be a year of new discoveries, healthy opportunities, and lots of small steps to a healthy year.

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A Mental Health Moment

New Year....New Hope

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

The Truth Contributor

Happy New Year Dear readers! Since 2019, life has been rather challenging in both new and same old ways. New things such as masks and vaccination mandates and old things such as crime, violence and homelessness. So, what have or will you vow to change for this new 2022 year?



A challenge is a challenge such as the mental health challenge I wrote about for the last three months of 2021....how did you do? You can rate it on a scale from 1 – 10, if you at least made a goal or two give yourself a 2 or 3, if you met a goal or followed through that would be a solid 7 and if you feel you made great change in your life, give yourself a pat on the back and keep on going!

This month, I am revisiting an historic challenge that has yet to see improvement but I believe has worsened due to the pandemic....Domestic Violence (DV). Victims of DV had a most difficult time seeking and receiving help before the pandemic and then locked down more than likely with their abusers in 2020.

Going further back, I'd like to share a true story from October of 1993, when a man received a distressing call from his daughter and arrived at her home with the police only to find her body on the floor lifeless after being stabbed 21 times by an ex-boyfriend while her two young boys ages 8 and 11 were in their rooms. He and his wife would later take custody and raise those two boys (who are today successful men and doing well by their grandparents). The ex-boyfriend served 17 years, and died of cancer in a local hospice in 2017. The young woman was the only child of Mr. & Mrs. Art and Ellen Jones.

In great efforts to bring awareness and to address DV, the Jones' worked with local shelters and organizations to help victims and survivors in need as no parent would ever want to receive a phone call and later find a child's body as Mr. Jones did on that evening. With the help of other individuals, the "No More Domestic Violence Inc" exists today as a 501c3 Non-profit and the Jones' are just as devoted today to helping others now more than ever.

So where does mental health fit into DV? Everywhere and everyone. For clarity, the Jones' are not past nor present clients of mine but I learned of their story in the past few months from them directly. I specialize in grief and their loss

is a great one yet I was amazed at, first, how they stuck together. Often the loss of a child separates the parents. I'm sure they had their moments but they are still together today strong as ever.

Secondly, they took the energy of their grief and put it to work as I addressed earlier to help others as both a preventative and intervention measures. While mental health has an immense stigma attached so does DV. There is embarrassment and fear to leave the situation as DV has shown to cross all socioeconomic classes, races, genders and sexuality. It can happen to children and the elderly as well.

Domestic Violence is a violent crime against a partner in a home dwelling. It is abuse of physical, sexual, emotional and mental toward another person in a home. Due to the abuse happening in the home, the victims often feel it is a private matter and hide their wounds both physical and emotional in nature often from fear of retaliation from their abusers.

Abusers inflicting pain on another are committing a crime and typically suffer from a mental health diagnosis and instability. It is not a crime to have a mental health diagnosis but left untreated often causes terrible and fatal crimes. They need help, professional assessments to assist in changing their ill thinking and behavior.

As DV is a crime, the police and courts are involved. The abusers are sometimes sentenced to time in jail and/or probation and protection orders. *The victims and survivors also need mental health care as any abuse will reduce if not totally inhibit a person's functioning in caring for their children, working, education and relationships overall if not properly addressed. Victim's/Survivor's please note...this is not an experience to sweep under the rug and try to forget...please seek help to heal the wounds you cannot see.*

According to the National Coalition Against Domestic Violence about 20 people per minute are physically abused by an intimate partner. "About 1 in 4 women and 1 in 9 men experience severe intimate partner physical violence, sexual violence, and or partner stalking and injury (PTSD, contraction of STDs, etc)." By state, Ohio ranks in the middle as of 2021 DV against women was 35.6 percent and against men 30.0 percent.

If you would like to assist in the Jones' efforts in any capacity, please contact them directly with information below. If you are a victim, contact law enforcement, get to safety, ask for help. People, please stop calling the police for a false allegation just because you're angry for them not

wanting to be with you or whatever the case may be, you are taking police away from doing their job, it's just wrong.

You may contact No More Domestic Violence, Inc., at Mailing Address P.O. Box 141241 Toledo, Ohio 43614 Home Address 642 Hampton Avenue Toledo, Ohio 43609 **Phone 419-345-2970**. In addition, there is the National Domestic Violence Hotline, **1-800-799-SAFE (7233)**. Seek out mental health care (both victim and abuser). If you have to question if you are an abuser, that's a red flag that yes, you need some help.

Red flags are often ignored in relationships early on, don't ignore them even if you are color blind. If you have ever seen a purple bulb nightlight outside someone's home, it is a national symbol of Domestic Violence so that the historical issue that still does not have the attention it needs today in 2021 is still important and matters. **We all** matter and we all have various issues that can complicate and end our lives. People who have not experienced DV have less of a reason to support the issue or care than if they are a person who experienced say discrimination. We can't all support everything that has a cause but we can all support each other where we can and see fit.

Mr. & Mrs. Jones, I commend you for your tireless efforts and pray that you receive the support you need to carry out your mission so that no parent ever has to hold a memory of losing a child to such violence. Thank you for sharing your story with me and allowing me to share it with others. Unfortunately, grief is the price we seem to have to pay for love. Love is not violent. Watch out for red flags and turn on your purple lights people, it's a new year with renewed hope.

If you make just one goal this year, make it to get your mind right....everything else will fall in place accordingly.

Bernadette Graham is a Licensed Professional Mental Health Counselor, National Certified 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 and Fridays only). Office location is 3454 Oak Alley Ct. Suite 300 Toledo, OH 43606 www.bjgrahamcounseling.org Available for team building, employee empowerment in motivation and better understanding mental health in the work place. Accepting new client ages 13 and older.

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3454 Oak Alley Court Suite 300
Toledo, OH 43606

Sickening: Anti-Black Racism and Health Disparities in the United States by Anne Pollock

By Patrice Powers-Barker, OSU Extension, Lucas County

The Truth Contributor

Something inside isn't working quite right.

Your stomach hurts, your lungs are on fire, you gurgle where you shouldn't, and there's a sharp pain where there wasn't one yesterday. You've tried every home remedy there is, but something inside you isn't right. So, as in the new book *Sickening* by Anne Pollock, will the inside of you be treated based on the color of your outside?

On October 21, 2001, Washington D.C. postal workers Thomas Morris and Joseph Curseen died from inhaled anthrax, a poison which authorities presumed had leaked from a package that was sent to a member of the Senate. Morris' and Curseen's co-workers believed that their workplace, which was staffed mostly by Black employees at that time, was contaminated in several places – and yet, despite the danger, “postal workers were repeatedly told that there was nothing to worry about.”

Before they died, both men sought medical help, but their concerns were dismissed.

Perhaps because of the proximity to 9/11, most white Americans were unaware of this incident, says Pollock. She sees this as a starting point for discussion about health disparities for Black Americans in modern times.

Not quite four years after Morris and Curseen died, Hurricane Katrina hit the southern coast of Louisiana, where “the impacts of the storm were most heavily borne by... residents who were Black and poor.” This includes those who lost access to or were denied medication, as well as those who were forced to shelter in unsanitary or overcrowded conditions.

Being imprisoned is notoriously bad for one's health, but release, says Pollock, can likewise be detrimental to one's well-being. You only need look as far as Flint, Michigan, to see what happens when a utility fails in a largely Black community. Just trying to live in America can come with violence, if you're young and Black; or injustice if you're pregnant and Black. You can do what you can do to stay healthy but, as Pollock quotes a British journal, “being poor in America, and especially being poor and Black... is still hazardous to your health.”

There's no doubt about it: *Sickening* is sobering.

It's made even more so by the fact that author Anne Pollock is a professor of global health and social medicine in London, which widens the focus of everything she presents here.

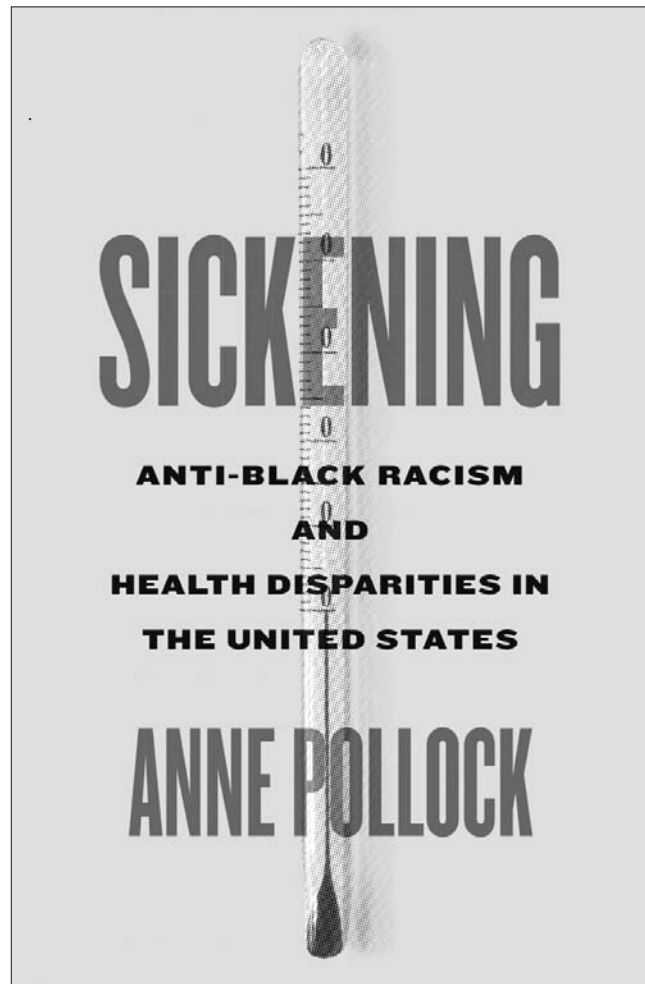
Under that microscope is not a good place for America to be.

And yet, despite that the anecdotal evidence Pollock uses to prove health disparity for Blacks in the U.S. is shocking, it also feels like surface-skimming. These tales are nothing new – not news-wise, and certainly not to Black readers – but their presence in this thin, important book may leave the small, sometimes more impactful, tales to go untold. Readers

c.2021
University of Minnesota Press
\$21.95 / higher in Canada
203 pages

deserve those tales, too; fortunately, Pollock's “template for analysis” can help with deeper digging, and further learning.

Policy makers would be well-served to read this book, as would students and activists who want a launching-off point. *Sickening* is a good, if not quite thorough, start; all you have to do is look inside...



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Alzheimer's Association to Hold In Person and Virtual Educational Programs on Variety of Topics

for the Community and Families Impacted by the Disease

We are pleased to announce that the Alzheimer's Association Northwest Ohio Chapter will be presenting in person educational programs in addition to virtual programs throughout the month of January to help individuals and families who may be impacted by the disease. The programs are very helpful for anyone experiencing signs of memory loss, their family members who may be concerned, and community members looking for more education. The programs discuss topics such as what Alzheimer's disease is, warning signs to look for, and how to have those difficult conversations.

During January, we have some special virtual offerings including information on the new Alzheimer's treatment Aduhelm and some valuable tips when talking with your doctor!

All programs are free and open to the public. Registration is required. To register for the program, call 800.272.3900. Masks required for in person programs. Zoom Link will be sent for virtual programs after registration.

IN PERSON PROGRAMS:

Understanding Alzheimer's and Dementia

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2388855&profileDefinitionId=93>> Jan 11 1pm Toledo

'10 Warning Signs of Alzheimer'

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2370790&profileDefinitionId=93>> Jan 19 11am Perrysburg

Healthy Living for Healthy Brain and Body Jan 20 1pm Toledo

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2433468&profileDefinitionId=93>>

VIRTUAL PROGRAMS:

10 Warning Signs of Alzheimer'

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2388855&profileDefinitionId=93>> Jan 11 6pm

Understanding Alzheimer's and Dementia

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2427551&profileDefinitionId=93>>/New

Advances in Alzheimer's Treatment

Jan 12 11am 10 Warning Signs of Alzheimer'

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2427503&profileDefinitionId=93>> Tips on Talking to Your Doctor Jan 19 11am

Understanding Alzheimer's and Dementia

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2427527&profileDefinitionId=93>> New Advances in Alzheimer's Treatment

Jan 25 6:30pm

Dementia Conversations Jan 26 5:30pm

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2413750&profileDefinitionId=93>>

Understanding Alzheimer's and Dementia

<<https://www.communityresourcefinder.org/ResourceView/Index?id=2366627&profileDefinitionId=93>> Jan 27 6pm

About the Alzheimer's Association

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia – by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. Our vision is a world without Alzheimer's and all other dementia. In Ohio, more than 600,000 Alzheimer's caregivers provide care for more than 220,000 loved ones impacted by Alzheimer's disease. Visit alz.org or call 800.272.3900.

The Truth

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Brief Intervention Increased Physical Activity in African-American Men Living with HIV

Participants improved both their aerobic and muscle strengthening activities, which could help them live longer and more active lives.

It should come as no surprise that as we age physical activity becomes increasingly valuable in staving off non-communicable diseases like diabetes, heart disease, and high blood pressure, as well as diminished muscle tone and bone density — major issues for longevity and quality of life.

Some of us have more risk factors than others. In a new study in the journal AIDS Patient Care and STDs, John B. Jemmott III worked with one of the highest risk groups for these chronic diseases: African-American men over 40 who live with HIV. And while anti-retroviral drugs often taken by these men have increased their lifespans, research indicates the drugs also make them more vulnerable to the non-communicable diseases associated with aging.

In a randomized controlled trial with 302 participants, Jemmott and his research team showed that three sessions of health promotion based on social cognitive theory and the reasoned action approach increased the odds that these men, who on average have low rates of physical exercise, would meet federal guidelines for physical activity in both aerobic exercise and muscle strengthening. Even a full year after the sessions, their physical activity levels were higher than the control group.

The men who completed the intervention also experienced significant increases in self-reported aerobic and muscle strengthening exercise.

While there have been several research-based attempts to increase physical activity in African American men over 40 living with HIV, Jemmott's study was the first to succeed.

Jemmott, the Kenneth B. Clark Professor of Communication and Psychiatry at

...continued on page 2

GRANTS ADMINISTRATOR/OFFICE MANAGER

The Fair Housing Center is seeking an energetic, critical thinker who can manage multiple projects. This position is a key administrative role and is responsible for coordinating the development, administrative management, reporting, and closeout of grants. This person will ensure that the Center's grant management activities are executed professionally, efficiently, and on schedule. This position also performs office management duties and regularly interacts with the Board of Directors. The Fair Housing Center offers competitive salary and benefits package.

SKILLS REQUIRED

Qualifications: To perform this job successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed below are representative of the knowledge, skill, and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

- Excellent written and oral communication skills; exceptional interpersonal skills, a focused listener.
- Advanced MS Office skills, including Excel.
- Strong organizational and project management skills that reflect ability to perform and prioritize multiple tasks seamlessly with excellent attention to detail.
- Ability to take initiative and manage projects assigned through completion with minimal supervision.
- Ability to work effectively independently and as a highly resourceful team player under pressure and within deadlines.
- Creative and innovative thinker, who actively presents new opportunities, proposes solutions and recommends best practices.
- Ability to anticipate challenges and effectively resolve potential issues through creative problem solving.
- Ability to work creatively and with flexibility in a fast paced environment while maintaining high work standards.
- Ability to develop rapport and engender trust.
- Exhibits a positive attitude and professional demeanor.

Education and Experience Requirements:

2+ years of applicable grant administration experience, required. Experience in foundations, nonprofits, human resources and finance highly desirable. Bachelor's Degree preferred.

The Fair Housing Center is an equal opportunity employer.

Please send resume and cover letter detailing qualifications to HR@toledofhc.org.



CLASSROOM AIDE

Status: Part-Time

Start Date: As Soon As Possible

Hourly Rate: Starting \$15/hour

Hours: Monday through Friday, 2:30-7pm

ABOUT US:

Center of Hope Family Services, Inc. is a 501(c)(3) nonprofit corporation founded in 1997. Our mission is to improve the life outcomes of adults, children, and families in urban settings.

ELEVATE is an after-school program for students in kindergarten through eighth grade. This center is a part of Center of Hope's 21st Century Community Learning Center, which is funded by the Ohio Department of Education. In 2011, Center of Hope was rated as a High Quality Center and model for tutoring programs, statewide. Center of Hope received the 2018 Ohio Department of Education Statewide Summit for Enrichment Education, 21st Century Community Learning Center Award in Student Reading/Literacy Improvement. Dr. Perryman and Center of Hope was also awarded 2018 Excellence and Innovation Award for innovative programs. In 2017, Center of Hope was 1 of only 3 21st Century Community Learning Centers funded, and in 2019, Center of Hope was the only Toledo 21st Century Community Learning Center funded by the Ohio Department of Education.

SUMMARY:

Provides daily supervision of children, taking steps to ensure that all children remain physically and emotionally safe.

1. Facilitates academic and recreational activities that contribute to the care, growth and development of children needs.
2. Facilitates a safe, calm, nurturing, and non-disruptive environment.
3. Assists with record keeping duties
4. Assists in preparing and maintaining program materials.

REQUIRED QUALIFICATIONS:

Education:

Required High school diploma or general equivalency diploma (GED). Associate degree or equivalent in Education, Social Work, or related field (Preferred).

Experience:

One to three years experience working with children and adults (Preferred).

Background Check:

Must be able to pass state and national background checks.

To apply, please email your resume to emaas@cohfs.org.

WELLNESS DIRECTOR WAYMAN PALMER YMCA

Full Time Position

Salary - \$38,000 - \$48,000 Annually

Responsible for member recruitment, retention, and community engagement. The Wellness Director will also be responsible for ensuring a quality experience for all members and participants. Bachelor of Science in exercise science/exercise physiology or related field preferred. Ability to work varying hours such as early mornings, evenings and weekends on occasion. If interested send resume by January 5, 2022 to dfrison@ymcatoledo.org.



GEM Service Job Posting

GEM Service is a trusted adviser and leading organization in the commercial / industrial service industry. We offer routine maintenance, repair services and replacement/upgrade capital projects in the areas of HVAC, Plumbing, Electrical, Building Controls and Ductwork Air Balance, Duct Cleaning and Fire Damper Services. Other Service offerings include Facility Risk and Expense Evaluations, Facility Management Services and Utility Procurement.

We are in search of a Service Dispatcher that will facilitate service requests from customers by coordinating with service technicians and other personnel to make sure a customer's needs are being addressed in a timely manner.

The preferred candidate will have three (3) or more years dispatch or administrative experience in a high-performance construction or service industry

GEM Inc. is an Equal Opportunity Employer.

Interested candidates may apply at www.RLGBuilds.com.



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We are in search of a Service Accounting Clerk that will perform accounts receivable duties for the GEM Service Division.

The preferred candidate has good communication skills, working knowledge of accounting principles. They will also have, the ability to assist with collections for assigned Account Manager, facilitate transfers for assigned customers and five years accounting experience or a college education in business/accounting.

GEM Inc. is an Equal Opportunity Employer.

Interested candidates may apply at www.RLGBuilds.com.

The Padua Center's Kwanzaa Celebration

By Dawn Scotland

Sojourner's Truth Reporter

While many Kwanzaa celebrations were held virtually this year, The Padua Center hosted its annual Kwanzaa Celebration in person Tuesday, December 28. The evening included the lighting of the Kinara, Libation ceremony, reading of the Nguzo Saba and sharing of the Kakramu (Kwanzaa Feast).

Phyllis Toney, mistress of ceremonies, and board member of the Padua Center presented the welcome to a gathering of community members and parishioners.

With permission from Elder Art Jones, executive director of No More Domestic Violence Inc., the celebration began.

"Created in 1966 by Maulana Ron Karenga, Kwanzaa is an African American and Pan-African holiday that celebrates history, values, family, community and culture." (source <https://nmaahc.si.edu>) It last for seven days, the day after Christmas until the first of the new year (Dec 26- Jan 1). The colors of Kwanzaa are black (representing the people), red (representing struggle and blood shed) and green (representing the fertile land of Africa).

Participants around the room read the Ngoza Saba (the seven principles of Kwanzaa):

1. **Umoja (Unity)** - To strive for and maintain unity in the family, community, nation, and race.
2. **Kujichagulia (Self-Determination)** - To define ourselves, name ourselves, create for ourselves and speak for ourselves.
3. **Ujima (Collective Work and Responsibility)** - To build and maintain our community together and make our community's problems our problems and to solve them together.
4. **Ujamaa (Cooperative Economics)** - To build and maintain our own stores, shops and other businesses and to profit from them together.
5. **Nia (Purpose)** - To make our collective vocation the building and de-

... continued on page 6



Art Jones serves as the elder for the opening of the Kwanzaa Celebration



Family members Jaqueline Graham, Beverly Moore and Kennyla Moore read the Ngoza Saba



June Boyd leads the Libation Ceremony

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