



Egg Hunt

A beautiful spring day at SJA called for an Easter egg hunt! A big thank you to our PTO, which hid hundreds of eggs for our excited students to find. Pictured here is second-grader Noah Kuenzig with his golden egg.

**Kindergarten Screening
April 15**

Join us for our annual Kindergarten screening to prepare your child for the best school year yet! Scan the QR code below or call our school office at 440-247-6530 ASAP to schedule your child's screening.



VBC Save the Date

Make sure to mark your calendars because St. Joan of Arc Church will be holding our Vacation Bible Camp for children four-years-old through 6th grade on June 17-21. Details coming soon!

Please support our Spirit advertisers, and tell them you saw their ad in Spirit of Bainbridge!



Keys for the Kids

St. Joan of Arc's annual fundraiser was a huge success! With dueling pianos, great food, and amazing auction items, the SJA community raised over \$100,000 to make updates to our school playground. We are so grateful to all who planned, attended, and supported our event! Pictured, left to right, back row: Jackson Verhoff, Cate Ryan and Quentin Pahoresky; front row, Delcan Roush, Allison Line and Everett Kostura.



Holy Week Wisdom

Miss Elliott's fourth grade class reviewed the main characters and events of Holy Week with a trivia question board game. Tommy Bruckman and Evan Wawzenek scored points for their knowledge of this important week in our Catholic faith.

*Please support our Spirit advertisers.
Tell them you saw their ad in Spirit of Bainbridge!*

SJA

The Difference Faith Makes

At St. Joan of Arc we believe in the difference faith makes in teaching the whole child to learn, lead, and live in a safe environment where each student is free to explore their ideas while growing closer to God.

A Catholic education at St. Joan of Arc is now more affordable than ever with scholarships available to all families for up to 100% of tuition costs.

APPLICATIONS NOW BEING ACCEPTED

APPLY NOW

Learn • Lead • Live

● Contact us today to schedule a tour

440.247.6530
admissions@stjoanofarc.org
www.stjoanofarc.org



Generations of Smiles
WENGER ORTHODONTICS

REID M. WENGER, D.D.S., M.S.D.

Specialists in Orthodontics for Children and Adults

Call Us Today for a FREE Consultation

American Association of Orthodontists

invisalign
The Clear Alternative to Braces

(330) 995-9944 ♦ www.wengerortho.com
 75 N. Chillicothe Road, Aurora, OH 44202

- Family/Marital Therapy
- Individual Counseling
- Children & Adolescents
- Vocational Assessment or Testing
- Psychiatric Services

Attention Deficit, ADHD

Depression

Mood Disorders

Substance Use Disorders

William Fikter, MD

Gary Baughman, LPCC

Jaime Bishop, LPC

Timea Turoczi, APRN, BC

Drew Reimer, M. ED, LCDC

Kathy Daum, LICDC

Michael Guyer, LPCC

Anabella Batiz-McCandlish, LISW

Gary Folkwein, LPCC

Genesis
Counseling Center, Inc.

440-543-8880

17747 Chillicothe Rd., Suite 105, Bainbridge



Sue Mansour, CF MOW Board Kitchen and Client Coordinator;



Friday Kitchen Volunteers L-R: Paula Aveni and Jane Albert

Camaraderie Is Cooking in CF MOW Kitchen

By Marlene Hallack
 CF MOW Marketing Coordinator

Stop in any morning at the Federated Church Family Life Center and you'll likely hear lots of laughter and chatting amongst the Chagrin Falls MOW kitchen volunteers. They assemble sandwiches and portion out into containers the soups and main meals prepared by MOW Chef, Kim Luce. It keeps them busy, but it's the camaraderie and shared interest in helping the community that makes it fun and keeps them coming back.

The Wednesday team has been together the longest, with Vikki Shoup a 25+ years volunteer. Vikki then got her neighbor Debbie George involved 23 years ago. "My grandmother told me I needed to volunteer so they have something to write in my obituary!" jokes George. "It's a great organization and the food is really good - fresh and creative." Barb Smith joined the Wednesday and Thursday teams 14 years ago and the trio have been together ever since.



Wednesday Kitchen Volunteers L-R: Vikki Shoup, Debbie George, Barb Smith.

Paula Aveni and Jane Albert run the Friday team. "I love to grocery shop, cook and eat!" exclaims Aveni. "It warms my heart to know we are bringing good food and a friendly smile into folks' homes. I enjoy the camaraderie of our Friday team. As we work, we share all sorts of stories - everything from new restaurants and shops, to movies and TV shows, to family and home topics. The time passes very quickly with laughter and genuine concern if an issue merits support."

The kitchen operations are led by Sue Mansour. Sue is a 25+ years volunteer and currently serves on the Board as Client Coordinator and Kitchen Coordinator. She handles staffing and training kitchen volunteers along with tracking meal deliveries and responding to all queries about the program from potential and current clients.

"I love everything about serving this organization because I so believe in the need that we fill within the community we serve", explains Mansour. "The clients I've come in contact with over the years through delivering and acting as Client Coordinator have enriched my life, as have many of the wonderful volunteers and Board members I've come to know over the years."

April is National Volunteer Month. We thank all of our volunteers for the great work they do year-round to make Chagrin Falls Meals on Wheels a success.

Take Charge of Your Health with the Diabetes Self-Management Program

Are you a senior, 60 years of age or older, dealing with diabetes or do you want to help your spouse? If you or someone you know has diabetes, join the Free six-week Diabetes Self-Management (DSM) workshop, offered by the Geauga County Department on Aging. You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating 4) appropriate use of medication; and 5) working more effectively with health care providers.

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.

Classes held at the Geauga County Office Building, Second Floor - Room B200, 12611 Ravenwood Dr., Chardon, from 1-3:30 p.m. on April 1, 9, 15, 22, 29 and May 6.

Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health and life.

To register for this class please call Melissa Wheeler at 440-279-2167

NPower and RockAbility Programs

Fitness and Athletics - Adaptive CrossFit: Tuesday, April 16, 23, 30 at 5:30 p.m. at Chagrin Falls CrossFit, 477 Industrial Parkway, Chagrin Falls. This challenging, adaptive workout requires advance registration with Chagrin Falls CrossFit. NPower and Geauga County Board of Developmental Disabilities and the Metzenbaum Foundation are proud to sponsor this program. \$75 per 12-week session. Classes capped at 15 to provide adequate attention. Contact the gym to learn more.

NEW: Power Ups - Daytime fitness program - Thursday, April 18, 25 from 12-1:30 p.m. at The Wembley Club, 8345 Woodberry Blvd., Bainbridge. NPower Services is pleased to offer "Power Ups," a daytime fitness program designed to get adults with developmental disabilities involved in challenging workouts, games and social activities. The program costs \$50 per session; no one is turned away for financial reasons. Session runs from April 4 - May 23.

RockAbility's Inside Circle at Burton Public Library, Burton Public Library, 14588 W. Park St., Burton, on Monday, April 15 at 6 p.m. Ready to rock?! Join RockAbility's Inside Circle, a "drum/ukulele/harmonica circle" for players of all abilities. Bring your own instrument or use one of ours. We'll practice finding the beat and learning the basics of pitch and melody in a fun music circle. No experience required. Free event.

Project: Kindness - Help Plant Trees at Veterans Legacy Woods for Earth Day. Saturday, April 20 from 1-4 p.m. at Veterans Legacy Woods, 14085 Ravenna Rd., Newbury. Project: Kindness is helping the Geauga Park District plant trees. This free project puts all of us on the giving end of service. We'll help be good stewards of Mother Earth and enjoy time with friends while thanking our planet for providing us a good home. Wear clothing appropriate for yard work or gardening. Dress for the weather. We need you to register for this event by emailing annemarie@npowerservices.com. Come for as long or short as you'd like!

Geauga Joggers & Walkers - This free jogging and walking club is for adults of all ability levels. We gather for regular outings with a goal of participating in a community 5K every season. Everyone works to their desired level, and cheers on all members. Gatherings are throughout Geauga County and surrounding areas. Participants with extraordinary needs are required to bring a provider to accompany them for the entire outing. Because of occasional conflicts or weather conditions, the schedule may change. It is up to participants to check email or social media outlets for updates regarding cancellations or date/venue changes. Participants are responsible for their own safety and transportation. Occasionally, we may enjoy a post-walk snack. It is up to attendees to avoid anything that could cause an unwanted reaction. GJ&W at The West Woods, 9465 Kinsman Rd., Newbury, on Monday, April 22 at 6 p.m. No cost.

Interplay - An integrated experience for people with disabilities and their caregivers. Friday, April 26 from 3:45-4:45 p.m. at Burton Public Library, 14588 W. Park St., Burton. Playing is one of the most fun, effective ways to learn and grow. We're lucky to have a certified Interplay instructor who is bringing this all-abilities program to Geauga County. We'll use our voices, bodies and imagination to play games that emphasize belonging and our own uniqueness. We'll end by making inspirational bookmarks to hide in books throughout the library. This fourth-Friday event is sure to get your weekend off to a great start!

RockAbility plays at Tune Traders - The West Woods, 9465 Kinsman Rd., Newbury, on Thursday, April 25 at 7 p.m. RockAbility is thrilled to return to Tune Traders, one of the first places where we performed as a group, amid many other local musicians. Together, all participants share melodies, exchange techniques and inspire one another.

RockAbility plays a free community concert at Metzenbaum Center, 8200 Cedar Rd., Chesterland, on Wednesday, May 22 from 6:30-8:30 p.m. All ages! Bring the family and rock out!

Attention, Bainbridge Township Seniors

Bainbridge Township has scheduled their Senior Trash Pick-up Days

The Bainbridge Township Trustees and Bainbridge Township Service Department are joining forces with the Geauga County Department on Aging for the 2024 Bainbridge Senior Trash Pick-Up Days on May 6, 7, and 8.

Please have items outside home or garage Sunday, May 5, the evening before the pick-up. Pick-up times will be each day between 8 a.m. and 2:30 p.m.; no scheduled time.

Sign-up is easy. Here's how:

First, register with the Geauga County Department on Aging at 440-279-2130 by April 29, or earlier. Once registered, seniors can call to be placed on the trash pick-up roster. Please note, to receive trash pick-up assistance, you must be 60 years of age or older, live in Bainbridge Township and be registered with the Dept. on Aging for 2024.

- What Bainbridge Twp. will take: Tires, batteries, appliances (washers, dryers, stoves, refrigerators, freezers, dishwashers, a TV, old furniture, mattresses and other unwanted items. Please note the following guidelines: To prevent possible bed bug transferal (or other pest), all mattresses, couches and upholstered furniture MUST be wrapped in plastic and taped securely or they will not be taken.

- What Bainbridge Twp. won't take: Unused medications, hazardous chemicals, oil, paints and solvents, pesticides, yard waste, garbage, propane tanks, construction/remodeling debris. Residents are reminded that newspapers, magazines and cardboard are recyclable. Separate them out for recycling at a later date. Residents are also asked not to bring items that can easily be disposed of in the resident's weekly curbside pickup.

The Bainbridge Township Service Department and the Department on Aging cannot enter homes. All refuse items must be outside by garages, out buildings or in the driveway. Please DO NOT leave items by curbside.

Limit to 10 household items per home, please.

For more information and to register for the pick-up, call Geauga County Dept. on Aging weekdays from 8 a.m.-4:30 p.m. at (440) 279-2130.



Assisted Living Locators
Your local senior living advisor

NO-COST SENIOR LIVING PLACEMENT

330-348-0957




DAVID KOCH
OWNER & SENIOR LIVING ADVISOR
tel 330-348-0957 • fax 330-348-0957
dkoch@assistedlivinglocators.com
assistedlivinglocators.com/cleveland-east

Assisted Living Locators Cleveland East
No Cost Referral and Placement Service
Independently owned and operated

Pedaling for Parkinson's Program

The Geauga County Dept. on Aging and Ohman Family Living are collaborating to offer a Pedaling for Parkinson's class. Our Parkinson's participants will be riding Pelton Bikes indoors at Ohman Family Living at Holly in Newbury Township.

Pedaling for Parkinson's provides an opportunity for people with Parkinson's to make positive improvements in their quality of life. A number of studies support that rigorous exercise, emphasizing gross motor movement, balance, core strength, rhythm, and hand-eye coordination can favorably impact range of motion, flexibility, posture, gait and daily living activities for those with Parkinson's disease. Recent studies, most notably at the Cleveland Clinic, focus on the concept of intense forced exercise therapy suggesting that certain types of exercise are neuro-productive and that boxing and biking are two types of exercise that may actually slow disease progression. To get started and for free upcoming class information, contact the Geauga County Dept. on Aging at 440-279-2137.

Geauga County Family Caregiver Video Series

Are you a caregiver for someone with dementia? Then visit the website below to view a free series of videos created to support family caregivers of persons living with dementia in Geauga County, created with funding in part from a grant from The Cleveland Foundation Lake Geauga Fund.

Topics include: **Using Strengths:** Ways to use remaining abilities to encourage independence and engagement; **Engaging Activities:** The importance of meaningful activities, examples of purposeful activities, and how to make activities more accessible for persons living with dementia; **Understanding Behavior:** Common responsive behaviors that accompany dementia, with an exploration of causes and interventions.

To view the video series go to bit.ly/Homecare-Videos or you can also visit Center for Applied Research in Dementia online, where you can find additional Free Resources, follow us on social media and subscribe to our newsletter for activity ideas and inspiration. Go to cen4ard.com.

Home Delivered Meals Needs Volunteers!

The Geauga County Dept. on Aging is in need of Home Delivered Meal drivers in Bainbridge and Auburn areas. Meal routes start at the Bainbridge Senior Center located at 17751 Chillicothe Rd., in Bainbridge. The HDM program delivers warm, nutritious lunches between the hours of 11 a.m.-1 p.m., Monday through Friday to homebound seniors in the community.

GDA is looking for area agencies, organizations, church groups and individuals 18 years old or older, with a valid driver's license, who are interested in volunteering for this program. Training includes filing GDA HDM Volunteer paperwork and a short orientation about the program. Volunteers can deliver meals on a weekly, bi-weekly, monthly or as needed/substitute basis.

To sign up or for any questions, please contact Nathan Gorton at (440) 279-2138 or email at NGorton@co.geauga.oh.us



OHIO'S CENTER
FOR
ORAL • FACIAL • IMPLANT SURGERY



BE WISE AND REMOVE THOSE *Wisdom Teeth*

Now booking consultations!

WISDOM TEETH | DENTAL IMPLANTS
FACIAL COSMETIC SURGERY
BOTOX & FILLERS | TEETH IN ONE HOUR
PERIODONTAL SERVICES
PEDIATRIC CARE | TMJ & MORE

WWW.OHSURGERY.COM

Board Certified Surgeons
KEITH SCHNEIDER MS, DMD, FACS
DONALD LEWIS JR. DDS, CFE
JILL WEBER DDS
NISHANT JOSHI DMD, MSD
MAXIMILLIAN G. BEUSHAUSEN DMD, MD

CALL US TODAY!

Bainbridge
17747 Chillicothe Rd. #203
440-708-7080

Mentor
7207 Hopkins Rd.
440-255-3700

Highland Heights
6151 Wilson Mills Rd. #110
440-771-7070

From My Bookshelves

Recommendations from a Casual Reader

By Anne E. North

A trio of provocative books have left me emotionally drained—but isn't that a wondrous thing in the world of reading?

This Place Could Be Beautiful by Maggie Smith is everything I thought it would be: sad, brash, suffering, survival, peace. (A caveat: If you have never experienced divorce, skip this one. You probably won't get it.)

The Women by Kristin Hannah is a must read for those of us who lived in the era of the Vietnam war. There is honesty found in these pages, folks. The way the government covered up the true statistics of the war, the way the veterans were treated when they came home, the way everyone denied that women were there in any capacity. These pages will remain with me for a long time.

Snow Falling on Cedars by David Guterson has been on my radar for many years. When I finally sat down with it, I see why. *The New York Times* called it "flawlessly written" and I must concur. An island off Puget Sound is the setting for death—but is it accidental or murder? And the backstories of several islanders seem intertwined enough to cause suspicion and doubt.

What impacted me the most: An aging defense attorney's moving soliloquy on life and death [pages 418-419]; an exacting description of being an editor [page 438]; and even a lovely description of the graceful flower astilbe [page 341]. Bliss!

Read on, my fellow bibliophiles! Read on!

Retiring? Or Recently Retired? We Need You!

The Bainbridge Township Historical Society is a 501(c)(3) comprised of member volunteers who together provide educational programs and learning opportunities for the community and Kenston school students. The Bissell-Tucek House Museum is filled with local artifacts and Bainbridge/Kenston school memorabilia, representing our mission to preserve the past.

We are currently seeking volunteers to help with various projects and tasks.

Here are some questions that are often asked by prospective members and volunteers:

Do I need to live in Bainbridge to be a member or volunteer? Absolutely not! We have members from Auburn, Chagrin, Aurora and others living in various states like Florida, Utah, Maine, Arizona.

Do I need to know a lot about Bainbridge history? No. If you are reading this, you probably are at least somewhat interested in finding out how you can become involved. That's all it takes! A willingness to learn goes a long way!

Do I need to be a member to volunteer? No. But a \$15 annual individual membership gets you a quarterly newsletter and a group of new friends.)

If you want to know more, please call (440)399-7185.

Film Focus

By David King

Poor Things

A-

I usually like realistic human dramas and avoid films with weird fantasies, gratuitous gore and graphic sexuality. But this new film, *Poor Things*, which has a lot of those same elements, was so skillfully made that I was completely drawn in and won over. The story set in Victorian England begins with a young pregnant woman named Belle (Emma Stone) committing suicide by leaping off of London's Tower Bridge. Her recovered body is brought to a sinister Doctor William Baxter (William Defoe) who after determining the woman is "brain-dead" decides to use her body for scientific experimentation. Much like the famous character Doctor Frankenstein, this mad scientist will attempt to "reanimate" her by swapping out her dead brain with the brain of her unborn fetus. After giving her a jolt of electricity, she reawakens in a grown woman's body with the brain of a newborn infant. The doctor takes her to his home where his domestic staff and a medical student named Max (Ramy Youssef) will assist in raising her through the various stages of infancy and childhood. Emma Stone is remarkable depicting the character's awkward and erratic physical motions. Frustrated and confused by her situation, Bella burns with an inner rage. As time goes by she manages to replicate some semblance of normalcy but after being locked away from the outside world for her whole life she is totally naive and socially inappropriate. When she reaches adolescence with sexual awareness, she rebels against being held captive in the prison-like confines of the house. The completely unequipped woman eventually meets and runs away with a playboy barrister Duncan Wedderburn (Mark Ruffalo). This incorrigible cad intends to use Bella as his sex slave as they tour through the glamorous resort hotels of Lisbon, Alexandria and Paris. But Bella's insatiable quest for experiencing everything in the outside world will eventually exhaust him and their finances. To earn her passage home, Bella will have to turn to some very dark deeds before returning home to pursue the woman she once was and to understand why she tried to kill herself. The underlying message of this film explores the topics of gender equality, power and wealth which all seem mysteriously unfair to Bella who approaches them from a blank slate.

All of the male characters in this film are good in their roles but this film is dominated by Emma Stone's Academy Award-winning performance. Her portrayal of this wild and often unattractive creature is very brave and completely original. Emma Stone is credited with being one of the producers of the movie along with its director Yorgos Lantimos who made Stone's popular 2018 movie titled *The Favorite*. There have also been a lot of attention and awards won by the film's wonderful production staff which created an eye pleasing array of strikingly imaginative costumes and steampunk settings for Bella's world. This film's gore and raw sexuality is certainly not appropriate for children and perhaps not even for teens and adults who are easily offended by such things. But for those who are able to get past such subjects this is one of the most original and creative films of the year.

Shōgun

A

One of the most highly anticipated streaming series of this season is this new lavishly financed production airing now on Hulu and Disney+. Based on a best-selling novel by James Clavell published in 1975 the story is a historically accurate retelling of the precarious instability of Japan in the 1600s. The book was made into a popular NBC mini-series starring Richard Chamberlain in the late '70s but that version only told the story from a western point of view with a ginned up romantic plotline to please the TV viewers of that era. This new 10-part production returns to the original novel's exciting adventure along with a very interesting look into the sociopolitical effects as feudal Japan was forced to face the impact of a much wider world.

The series begins with a lost foreign trading ship floundering on the rocky coast of Japan. The surviving crew is arrested and their combative British Pilot John Blackthorn (Cosmos Jarvis) is forced to appear in front of the local warlord for questioning before being executed. Since neither the pilot nor the warlord speak each other's language a beautiful young woman, Toda Mariko (Anna Sawai), is brought in to translate. This woman has been educated by the Portuguese "missionaries" who for many years have exploited Japan's riches and forced the natives to convert to Catholicism (much like the Spanish conquistadors did in America). This wise woman not only translates but carefully tries to censor things that will be insulting to the Chinese leader who she knows is being pressured by the Portuguese to kill these sailors. The warlord Yosii Toranaga (Hiroyuki Sanada) is facing dangerous fractures in his effort to rule his country. The Chinese emperor had recently died, leaving an underage son to rule. Until the boy would come of age, the nation would be ruled by a Counsel of Regents with five competitive Warlords jockeying for leadership. As he interrogates the British prisoner, Toranaga begins to realize that this foreigner might have documents and information that might prove helpful in his struggles against the European conquests against Japan. And as John Blackthorn is able to better understand the rituals and beliefs of his captors, he will eventually switch sides to help them in their efforts to avoid being destroyed by rival nations who want to conquer their rich and sophisticated culture.

Hulu has reportedly paid a fortune on producing this series, believing it might become another highly profitable property much like *Game of Thrones* was to HBO. This film has many impressive action and battle scenes which I assume are enhanced with cutting edge computer graphics. In between the thrilling action, the dialogue is intelligent and enlightening especially to we Americans who are not steeped with much knowledge about Asian history. The series does not seem to have any big name western actors that I recognize but I have read that many of the Asian performers are major stars in their home countries. What might turn some viewers off is that much of the dialogue is spoken in Japanese with subtitles. But for those willing to do a little reading, it will be fascinating journey to a distant land and intriguing culture.

COIN & JEWELRY BUYERS

FREE VERBAL APPRAISALS

WE MAKE HOUSE CALLS!



- ◆ Gold and Silver Coins
- ◆ Estates and Accumulation
- ◆ Vintage Jewelry and Watches
- ◆ Gold and Silver Scrap
- ◆ Paper Money
- ◆ Proof and Mint Sets

LOCALLY OWNED BY BAINBRIDGE RESIDENTS

CLEVELAND COIN & CURRENCY

216-381-5636 ◆ 216-381-3075
2161 S. Green Rd., University Heights

Pleasant Hill

27 HOLE PUBLIC GOLF COURSE

13461 AQUILLA ROAD | CHARDON | 440-285-2428

TUESDAY SPECIAL!	SENIOR SPECIAL!	27-HOLE SPECIAL!
18 HOLES + GREENS FEE + CART \$23⁰⁰	FOR GREENS FEE and CART \$25⁰⁰	GREENS FEE + CART + LUNCH \$45⁰⁰ MON-FRI \$60⁰⁰ SAT & SUN
Valid all day, all ages. Exp. 12/01/24 SOB	Valid Mon-Fri, 55 yrs or older. Exp. 12/01/24 SOB	Valid all day, all ages. Exp. 12/01/24 SOB