

### THE TOLEDO JOURNAL

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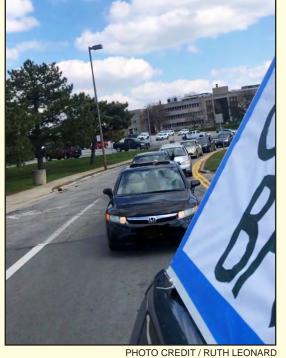
**WEDNESDAY, April 22, 2020 - May 5, 2020** 

**VOL: 44 NO: 01** 

### **INSIDE INSIDE NEWS** Meet Mr. Patrick Ryder



QUESTION State reopens May 1. How do you see society changing?



Still shot of the #FreeThemAll419 motor-



Protestors holding a sign captioned "Fear No Evil" during the #FreeT-

CSRN launches effort to have

non-violent offenders released

**HEALTHY AWARENESS** Trump Points the Finger of Blame



**RELIGION/FAMILY** In Memory of Daisy Smith



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**EVERYBODY IS** SOMEBODY IN THE TOLEDO **JOURNAL** 

### Covid-19, cash bail system are reasons By JURRY TAALIB-DEEN Journal Staff Writer

A motorcade of the members of the Community Solidarity Response Network, CSRN, people, who support their cause, drove through downtown Toledo Saturday, April 18.

Honking their car horns, and waving Pan African motorcade flags, the started at the Lucas County Correction Center, on Spielbusch Ave, and took a route that would have them driving pass the Lucas County Court of Common Pleas, the Government Center, and Toledo Municipal Court, to return to the Lucas County Correction Center. Release non-violent offenders so they will not become infected by Covid-19, and because the system of paying for bail in order to be released is unjust system, were their reasons for the protest, according to organizers, who also said, inmates looking out of windows could be heard banging on windows, and walls in support of their protest.

"It's impossible to practice social distancing while incarcerated," Julian Mack, spokesman for CSRN told The Toledo Journal.

He said that paying bail to be released from jail favors the rich. Poor people, especially black

and brown people, are at a disadvantage because, in many cases, they can't pay the bail. "Guilty until proven innocent, is how the system in the United States works," Mr. Mack said.

Ruth Leonard, administrative lead, said the organization has reached out to the County Commissioners about their concerns, but have vet to hear back from them.

"What we're today is a part of a bigger picture. They're others across the country taking similar actions, but it has to start locally first," she said.

Mr. Mack added that, the best way to implement

reform to invest in education, and jobs in areas that are poverty stricken.

"The United States incarcerates more people than country in the world. If that system really worked, then our country would be the safest in the world, which we know it isn't the safest in the world," he stated.



PHOTO CREDIT / TOLEDO JOURNAL

Bro. Washington Muhammad and Julian Mack closing out the motorcade with the Community Solidarity Response Network of Toledo's Solidarity Pledge at the #FreeThemAll419 protest.



Brother Washington Muhammad holding the Community Solidarity Response Network sign during the #FreeThemAll419 Prison Reform Protest.

### Becoming a Better Father: Meet Mr. Patrick Ryder

By MARIAH HICKS **Brothers United Coach** 

"I was 18 years old when I had my first child. I wasn't ready for sure."

Patrick Ryder was and raised in Toledo, OH. He attended Woodward High School and had moved to Lansing, MI before finding out he had a child on the way.

His life from there began to change. He moved back to Toledo and lived with one of his friends.

"I wasn't financially ready. I already knew I didn't want to go to school, so it was pretty much wondering how I was going to be successful without going to school. How was I going to make a life, because that was basically the only way that I knew, but it wasn't for me."

Mr. Ryder started working at a minimumwage job so he could save money and prepare for his child.

Moving back to Toledo, he didn't have a good support system. His mother was really the only person he could rely on, but she worked a lot. He expressed that he could never find a babysitter, and with him working to bring in a source of income, a lot of weight fell on co-parent, which



PHOTO CREDIT / SUBMITTED

Patrick Ryder of Toledo, OH and his son.

created a strain on their relationship.

Mr. Ryder had his second child at 20 years old and his third child at

The first two coparenting relationships were rocky.

"Our communication just wasn't good enough and we held ill-will towards other each because things didn't work out."

By the time he reached his third child, the coparenting relationship with that child's mother was more grounded.

"I became more grounded and more mature. Becoming a father, I just realized how patient I am and optimistic I am and how strong I can be."

Although he didn't see his kids often, Mr. Ryder was still dedicated to becoming a better father. He heard about Brothers United through a family friend and decided to join. He credits the program with helping him see things from a different perspective.

"When I went to Brothers United, there were similar situations to let me know I wasn't the only one going through those incidents. It let me know I'm not alone and, like myself, there are other men trying to become better."

From hearing stories from the other fathers, Mr. Ryder was able to understand how he could have dealt with situations in his life differently.

Through **Brothers** United, he learned how to handle business and become a better father overall. He realized that he needed to start taking other people's feelings consideration, especially his coparents', before making decisions.

When asked what advice Mr. Ryder had for fathers in the BU program or fathers thinking about joining, he said, "Get really active and make sure you're actually into it and want to make a change. That's really who it's for. You just gotta be ready to step up."

Mr. Ryder graduated from Brothers United in 2017. He now works at Chrysler and sees his kids weekly. He says their relationships have grown a lot and overall, he's become a better father.

"Now, as a father, my kids are definitely my main focus. I make sure that how I move is due to being a parent, and I make sure they are focused and I have the ability to take care of them. You just want to do right by your children."

If you are interested in joining The Brothers United Program or have someone you want to refer: Call us at (4199) 279-6297 or pathwaytoledo.org



### Ohio Primary Voting Extended to April 28<sup>TH</sup>

**SUBMITTED** 

As you know, Ohioans were not able to vote in-person on Primary Election Day (March 17), due to Coronavirus concerns. So our legislators have extended mail-in absentee voting to April

Ohio just extended mail-in absentee voting to April 28th. What does that mean?

- Anyone who is registered to vote in Ohio (who has not already voted) can request an absentee ballot and mail it in.
- Ballots must be postmarked by April 27th. So you need to request your absentee ballot ASAP.
- HOW TO request an absentee ballot: https://bit.ly/2UscC6A.
- 1.) Fill out the request form, print it, sign it, and mail it to your County Board of Elections. One Government Center Sutie 300 Toledo, OH 43604
- Find your County Board of Elections at https://bit.ly/3buH8T0
- Don't have a printer?
  - Call your County

Board of Elections (419) 213-4001.

- Ask how you can request an absentee ballot.
- 2.) Your County Board of Elections will mail you a ballot.
- 3.) When receive your ballot in the mail, fill it out and mail it back to your County Board of Elections or you can drop it off at One Government Center 640 Jackson, Toledo, OH 43604 in the secure drop box outside the front door. See Photo:
- NO in-person voting for most Ohioans (BUT Ohioans with disabilities or special circumstances can vote in-person on April 28th at their County Board of Elections.).
- If you already voted, you're good. Your vote will still count.
- NOTE: When the absentee request form asks for the date of the Primary Election, write March 17, 2020.
- Technically, Ohio's Primary Election Day did not change. They just extended absentee voting.
- Check VoteOhio.gov for more information.





### BY the proud alumni of OWENS COMMUNITY COLLEGE.

More than 70% of Owens alumni choose to live and work in our community.



### **Question of the Week**

Limiting the number of people in a business is one of the safeguards Governor DeWine said needs to be implemented in order to prevent the spread of Covid-19 when the state begins to gradually reopen on May 1.

How do you see the landscape of society changing when this safeguard is implemented?



#### Ashley Goree Corrections Officer

I understand him wanting to prevent the spread of the Coronavirus, but this safeguard will take away, or limit our choices. What I mean is, when going out, you'll have to plan around the fact your intended place to visit might be filled with the amount of people to comply with social distancing; now you have to go somewhere else.



### Janay Ragland Lash Artist

Although this would be implemented to prevent the spread of the Coronavirus, a lot of people will be angry. If I go to my gym and I'm told I can't come in because it would violate social distancing, I would be upset. I'm a paying customer, and now I can't enter the gym; that's not good.



#### Devon Williams Refinery Worker

First, I think the state should wait to reopen until the numbers drop. The main reason other countries are ahead of us in this battle with the Coronavirus is, they're waiting until the numbers drop, and it's under control. But with this safeguard being implemented, I could see businesses losing money. The economy won't be as strong as before because of this safeguard. When people see they can't get into a restaurant, for example, because it'll violate social distancing, that's only going to make them upset. They'll have to travel around to find a place that doesn't violate social distancing, and that could be very frustrating.



### Shawne Chamblee Factory Worker

I know we still need to practice social distancing, which I will continue to, but I can see businesses losing money if they can only service a few people at a time, and not the larger numbers of patrons in the past.



### Montery Allen Professional Boxer

I believe the safeguard will do more harm than good to not only businesses, but to patrons. For example, I could easily see a black person being given access to a gym, before a white person. Something like that could easily ignite tensions and cause racial slurs to be used or even fights to break out. So I think it's best to wait until the number of infected people, with the Coronavirus drop, and we get control of the spread.

### Ongoing Events

### Grace Community Center Food Pantry For Children and Senior Citizens

In an effort to continue to serve our community during these trying times.....Grace Community Center has expanded its Food Pantry operations. The hours of service are M-F, 10 am – 3 pm. Children may also receive grab & go lunches from the hours of 11 -1 M-F. Eligible Seniors in need of food assistance please call for delivery options at 419-248-2467.

Elaine Page, Executive Director, Grace Community Center, 406 W. Delaware.

### Extended Due Dates for Courthouse Fines, Fees and Costs

Governor DeWine issued Executive Order 2020-01D declaring a state of emergency. In order to maintain the safety of court staff and citizens appearing before the Court, The Toledo Municipal Court is implementing efforts in social distancing. As part of these efforts, fines, fees and costs that are due between Now and June 1, 2020 shall be continued an additional 90 days from the original due date. In the event that a due date falls on a holiday or weekend, the due date shall be continued to the next business day. For information on a particular case, check the Clerk of Court's website at https://www.tmc-clark.com The Clerk is in the process of updating due dates. If your date has not been updated, please continue to check the website for the next 24 hours. Contact: Lisa Falgiano, Court Administrator, Toledo Municipal Court, 419-245-1949 lisa.falgiano@tmcourt.org

#### Senior Centers Closed

At the advice of the local health commissioners, the following senior centers are closed to help prevent the spread of the coronavirus:

- Lucas County senior centers
- Sandusky County senior centers
- Williams County senior centers
- Wood County senior centers

The closure of the 12 Lucas County senior centers are effective now. The AOoA/Toledo Police Department's Retired Senior Volunteer Patrol Program has also cancelled all home visits. The Area Office on Aging is recommending that all senior centers contact their participants and determine if anyone needs homedelivered meals, medical or personal supplies or any assistance during the period of closure. Additionally, the Area Office on Aging is recommending that a core team remain accessible to older adults and caregivers as needs arise.

#### 11th Annual Toledo Sister Cities International Festival Postponed Until September

Jim Hartung, President, Toledo Sister Cities International Board of Trustees, has announced that the Eleventh Annual International Festival which was scheduled to take place Saturday, April 18, 2020 from 11 a.m. - 7:30 p.m. at the Toledo SeaGate Center, 401 Jefferson St., Toledo has been postponed until September 12 due to the Coronavirus pandemic.

#### **Toledo and Lucas County 2020 Census**

The 2020 Census is nearly here and it is EXTREMELY important to Toledo and Lucas County. Review the dates here and remember to Be Counted Toledo!

WHAT WE WILL SEND IN THE MAIL:

Now - April 27th - A final reminder postcard before we follow up in person.

### Sisters In Power Fundraiser/Donation Drive

Several programs and services for the community and its all free by ways of donations and fundraisers that are conducted throughout the year. A supply drive or diaper drive is needed to support some of these outreach programs. Donations that are needed for Children's clothing in any size, Baby diapers in size newborn to size 6 for Diaper Pantry, School Supplies, Printer Ink for Epson-212, and Gift Cards to Michael's. More information 419-984-2799.

#### CANCELLED Every Third Wednesday Lucas County Human Trafficking Coalition and Social Justice Institute

### Every Saturday Glass City Church of Christ - Free Meal TEMPORARY CLOSED DUE TO COVID-19

### Every 3rd Saturday River of Life Church

Hosts "The Storehouse" free food distribution from 11:00am to 1:00pm, 3611 Upton Ave., Toledo, Ohio 43613. Ephesians 6:7 - NLT - Work with enthusiasm, as though you were working for the Lord rather than for people.

#### Now - Until WGTE Public Media Home Learning

WGTE Public Media in collaboration with all of the Ohio Public Broadcasting stations announces AT Home Learning, at 7:00 a.m. WGTE change its programming to educational programming to help students ranging from high school to early learners. This programming is designed for students who may not have computer and online access. This new programming will be available until schools resume.

For more information contact Theresa A. Bush, Marketing Communications Manager at theresa\_bush@wgte.org.

### May 8th

#### In This Together-A PBS American Portrait Story

A new special premiering on Friday, about how Americans are adapting during the Coronavirus Pandemic culled from the crowdsourced storytelling project, PBS AMERICAN PORTRAIT, the signature content initiative of PBS's 50th anniversary. On Friday at 9:00 p.m. ET (check local listings), as well as streaming on all station-branded PBS platforms, including PBS.org and the PBS Video App, available on iOS, Android, Roku, Apple TV, Amazon Fire TV, YouTube TV and Chromecast.

Events continued on page 13.

## Coronavirus Illustrates Our Failure to Create a Fair Society



By Jesse Jackson Wire Writer

(TriceEdneyWire.com) - The media has just discovered that the coronavirus is far more deadly to blacks and Latinos than to whites. Twice as deadly in New York City, according to the New York Times. Seventy-two percent of the fatalities in Chicago are blacks who constitute about 30 percent of the population. The news is treated as a shocking revelation on the BBC, CNN and CBS and in newspapers across the country.

Why should anyone be shocked? Over 150 years after the abolition of slavery, and over six decades since the end of legal apartheid in this country, America still remains, as the Kerner Commission concluded in 1968, "two societies, one black, one white, separate and unequal."

The coronavirus does not discriminate, but people do. African Americans and Hispanics are more likely to die because we bear the pre-existing condition known as race. The reality is harsh and inescapable. African Americans are more likely to be poor, more likely to be unemployed, more likely to lack health insurance, more likely to be arrested, jailed and incarcerated. We live lives of greater stress, in neighborhoods too often scarred by gun violence.

The result is a lower life expectancy even before the virus hit. This discrepancy is structural, and it is not accidental. It is, as the Kerner Commission concluded, the direct result of public policy and private prejudice. African Americans are more



likely to be afflicted with pre-existing health conditions that make the virus particularly fatal: heart disease, diabetes, asthma, obesity. According to the Centers of Disease Control and Prevention, we are 50 percent more likely to have heart disease and 40 percent more likely to die at an early age. Nineteen percent of us can't afford to see a doctor.

The majority of us live in the South where many Republican governors have refused to extend Medicaid under the Affordable Care Act. Antiimmigration rhetoric and policing make many Hispanics reluctant to go to the hospital or see a doctor, even if they can afford it. Blacks and Hispanics also constitute a disproportionate number of the frontline workers the bus drivers and grocery clerks, janitors and mass transit workers, child care and nursing home staffs. They take the early bus. They do not have the luxury of "social distancing." They can't work from home and can't afford not to work.

These realities are pre-existing conditions that make us more vulnerable to the virus. They aren't a secret, even though they are seldom

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The coronavirus does not discriminate, but people do. African Americans and Hispanics are more likely to die because we bear the pre-existing condition known as race. The reality is harsh and inescapable. African Americans are more likely to be poor, more likely to be unemployed, more likely to lack health insurance, more likely to be arrested, jailed and incarcerated. We live lives of greater stress, in neighborhoods too often scarred by gun

discussed. Now the virus is bringing them to public attention once more. The question is whether anything will be done this time. If the president or Congress were serious, they would create a new Kerner Commission, an independent commission to document the structures of racism and discrimination built into our public policies. And then they would act on the recommendations - many of which no doubt would be no different than those of the Kerner Commission itself over half a century ago. If they fail to act, governors could create similar investigations for their own states, and act upon the recommendations.

Donald Trump has failed to mobilize adequately the federal resources needed to combat the coronavirus effectively. But past presidents and congresses have failed for decades to mobilize the resources and make the wrenching changes needed to end the virus of white racism, and finally create an equal playing field for all in America. The coronavirus only serves to once more draw attention to the terrible human costs of that failure.

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### The Toledo Journal

### A NATIONAL BLACK CHAMBER OF COMMERCE AWARD WINNING NEWSPAPER

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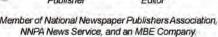
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### Refreshing the Voter Rolls



By Dr. E. Faye Williams, Esq. Wire Writer

(TriceEdneyWire.com) — With the COVID-19 tragedy, our community has lost so many of our voters who've succumbed to the virus. As we grieve their losses, I thought about the untold number of brothers and sisters we've lost as voters 44

With that in mind,
Bishop Joe Simon, the
former rhythm and blues
genius, and I talked
about the terrible impact
the coronavirus has had
on his carefully laid
out plans to personally
travel to various of our
communities to promote
voter registration.

when they were arbitrarily removed from voter rolls and lost their voting privilege when Republicans raided voter rolls and removed thousands of our people. Not only have we lost potential voters, but we've lost many who regularly take the time to publicly support voter registration projects because we are all advised to stay indoors when they would normally be signing up vot-

With that in mind, Bishop Joe Simon, the former rhythm and blues genius, and I talked about the terrible impact the coronavirus has had on his carefully laid out plans to personally travel to various of our communities to promote voter registration. As the virus grew worse and public officials began adding more and more time to how long we might still be under "shelter in place" orders, we decided that one way to continue with voter registration would be to develop an online

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### City Finances are Hard-Hit by the Coronavirus



By Julianne Malveaux Wire Writer

(TriceEdneyWire.com) - Cities depend on density. They depend on people milling around downtown, or at neighborhood parks, or street fairs and restaurants. Not only does this milling about bring energy to urban areas, but it also contributes dollars to city coffers. Now with the coronavirus causing some cities to issue "shelter at home" orders, close restaurants except for pick up and delivery, and order the use of facial coverings in public places, the gush of revenue has slowed to a drip, and cities are being forced to revise their budgets to manage the new reality.

San Francisco's Mayor London Breed was quick to act, issuing a "shelter in place" order in late February. In contrast, New York City Mayor Bill de Blasio dragged his feet on issuing a shelter in place order. While some cities closed schools in early March, de Blasio dragged his feet until mid-March. As a result, San Francisco is in much better shape, in terms of infections, than New York is. At the same time, both San Francisco and New York are both grappling with the impact of decreased revenue. People won't necessarily feel it right away, and there will be some federal help available, but it will likely take cities years to recover.

The District of Columbia started the year with a projected budget surplus. It had 77 days of reserves on hand, more than they've had in years. These reserves were partly due to the steady leadership of Mayor Muriel Bowser and the economic expansion of the past several years. But as soon as the coronavirus lifted its ugly head and Mayor Bowser wisely ordered all non-essential commerce to cease, city finances were at risk. The mayor recently



Washington D.C. Mayor Muriel Bowser declares a state of emergency for the district on March 7, 2020.

said the city will end this fiscal year \$600 million in the hole, which will cause a hiring freeze, a salary freeze, and other austerity measures.

The tourism industry is virtually non-existent these days, and many cities fund some services with taxes on tourists. In San Antonio, about 270 employees will be furloughed because their positions were funded by the Hotel Occupancy Tax. In Detroit, the mayor expects to cut its already "to the bone" budget by \$100 million. Baltimore is relocating homeless people to motels to limit their exposure. In the short run, it is heartening that they chose life over budget. In the long term, we must wonder how the budget will handle it.

Chicago was fiscally fragile when Mayor Lori Lightfoot was elected a year ago, and she faced crushing deficits. Now, dealing with the coronavirus, she has had to cancel projected tax increasing, plunging her city even further into the hole. She has imposed a 9 pm curfew until April 30 and exploring other ways to promote social distancing in her city.

Cities are Blacker, browner, older, and younger than the rest of America. These folks, among the neediest, are also the ones at more risk to the coronavirus. It was no surprise to learn that Black folk are more likely to get the coronavirus than others. For example, African Americans are 23 percent of the Chicago population, but a whopping 70 percent of th coronavirus cases. People want to be tested, especially if they are experiencing symptoms, but testing sites are not well geographically distributed. Those areas who can flex political muscles are likely to get more services, while Black and brown communities are likely to be ignored.

As an aside, it is essential to note that Black folk are among those most likely to risk their lives to ensure that life moves smoothly. We are quick to thank the doctors and nurses, and most deservedly so. Some are now lifting up grocery store workers (who earn an average of \$12 an hour), which is important because they keep us fed. But the invisible workers are our sanitation workers, and in some cities, these are mostly Black men. Imagine what might happen if these men disappeared? They are essential to city operations.

Years ago, David Caplovitz wrote a book, The Poor Pay More, that spoke of the "poverty penalty" that comes when the poor pay more for goods and services than their wealthier, whiter neighbors. Now the coronavirus is extracting a poverty penalty, especially in cities, for those who are most vulnerable. The penalty is the immediate disproportionate impact of coronavirus on Black folk. The penalty will continue to be extracted when, after the coronavirus epidemic subsides, cities will have to adjust their finances. Who will pay? The homeless? Education? Social services? City services? Urban leaders must speak up and talk about the price their cities will pay, and how they might be restored.

### Refreshing the Voter Rolls

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voter registration project. The project was launched through Joe Simon Ministries on Monday, April 6th.

We understand that everyone may not know how to use the appropriate online forms since every state differs in its requirements. I serve as President of the National Congress of Black Women whose early leaders included Dr. C. Delores Tucker (Founder and former Secretary of State of the Commonwealth of Pennsylvania) and the incomparable Congresswoman Shirley Chisholm. Joe and I decided we could do something to register voters since we don't have the ability to travel to the towns planned.

Members of the National Congress of Black Women agreed to learn each state's procedures so that we could provide technical assistance to



PHOTO CREDIT / SUBMITTED

#### **Bishop Joe Simon**

anyone requiring it. The press release we've sent reads in part as follows: "If you are not registered to vote, you've moved since the last time you voted or changed your name, do the following: Download https:// www.usa.gov/register-to-vote; Check Voting and Elections and follow the prompts; If you need help, call Joe Simon's line at 877-805-8447.

Many people who were con- ly urge our young brothers cerned about voter registration have volunteered to help. As many of you, no doubt heard when you were growing up, "Where there is a will, there is a way." You can help in many ways. Call to sign up with registration or if you are not registered and need help registering, just call the Joe Simon National Voter Registration Drive helpline at 877/805-8447.

We have decided that we will not be defeated. In memory and out of respect for the courage of people like Dr. Martin Luther King, Jr; Fannie Lou Hamer, Congressman John Lewis, Dick Gregory, Jimmie Lee Jackson, Ella Baker, Dr. Joseph E. Lowery, Amelia Boynton-Robinson, Rosa Parks, Viola Liuzzo, Diane Nash and so many others, let us work to get every potential voter registered. I especial-

and sisters to understand the blood, sweat and tears of our people who gave their last full measure—some their lives—to give all of us the right to vote so that we could make better lives for ourselves and our people. No matter who you liked in the Primaries, let us turn our attention to the General Election of November 3, 2020 and be sure that you've registered so that you can be counted in that number that says "Thank you" to our heroes and sheroes who had the courage to stand up for our right to vote. Now is not the time to have regrets about staying at home. Help this voter registration effort to succeed.

(Dr. E. Faye Williams is National President of the National Congress of Black Women and host of Wake Up and Stay Woke on WPFW-FM 89.3. www.nationalcongressbw.org).

### AOoA's Eleanor Kahle Senior Center helping battle the effects of Covid-19

By JURRY TAALIB-DEEN Journal Staff Writer

Since the rise of Covid-19, and the shutdown of the state of Ohio, the Eleanor Kahle Senior Center, 1315 Hillcrest Ave, has been supplying seniors with grab, and go meals.

The program replaces the lunches served at the center for those who participated in activities. Once closed, in order to prevent the spread of Covid-19, Cathy McVicker, executive director at the

center, knew something would in need," she be needed to continue that said. demand for free lunch.

Monday through Friday, between 12 and 12:30 p.m. seniors, 60 and over, can pull up to the center, without getting out of their car, and someone will bring a hot lunch to them.

"Actually, most of those who've been participating in the program didn't frequent the center," Ms. McVicker said. "But rather, you frequented, or not, we just want to serve those

An average

of 15 cars will pick up meals, she said. As time passes, Ms. McVicker anticipates an increase of participants.

In addition to the hot, grab and go meals, the center also

> delivers five frozen meals, for the week, to those in need. Ms. McVicker added that, participants

can't have both; they can either drive up or pick up a hot meal, or if they're in a position in which they can't drive, the center will deliver enough meals for five days.

Another service offered by the center is, taking grocery stores orders, picking up the food and delivering it to those enrolled.

"What we've noticed is call the center the day before



With social distancing in place, the seniors didn't have to leave their cars. Instead, a volunteer would bring their meals to them.

the seniors are happy to have someone check on them. The interaction goes a long way for someone's mental state," Ms. McVicker said.

Further, the center makes wellness calls, and checks via email, and will offer interactive, online cooking classes, Bible study, and trivia, from their Facebook page.

In order to pick up a meal,

at 419.476.2745.

Visit their Facebook page, Eleanor Kahle Senior Center, to participate in online games, cooking classes, and Bible

For information about list of activities, and other programs. visit kahleseniorcenter.org or call 419.476.2745.

Ms. Billie Johnson, is President and CEO for Area Office On Aging.

PHOTO CREDIT / TOLEDO JOURNAL

Cathy McVicker, right, and a volunteer who didn't want to be named, bag the meals to take to the cars of the seniors.

### Top 4 Ways for Older Adults to Stay Healthy During the Coronavirus Crisis

**SUBMITTED** 

While some of the ways on this list may come as no surprise, there are some new resources that have been developed to help older adults to stay healthy in the following top 4 ways to stay healthy during the Coronavirus Crisis list:

Another Reason to 1. Remain at Home - Those age 60 and better needing groceries and meals but wanting to abide by the Governor's Remain at Home

order have a new, quick easy and low-cost way to have groceries and meals brought right to their homes. The Area Office on Aging and senior centers have stepped up to help make sure older adults get their groceries and meals delivered. The Area Office on Aging and its provider network have delivered groceries or meals to over 6,000 older northwest Ohioans during the last week. Older adults simply call the Area Office on Aging at 419-382-0624 to place your order and before they know it

their groceries and/or meals socialize. will be on their doorstep.

Well-Check Calls - Recent studies show that loneliness has a negative impact on the health of older adults equivalent to smoking 15 cigarettes a day. While this time of remaining at home can be lonely for many, the Area Office on Aging and its volunteers have been and continue to call thousands of older adults at least weekly to check in on them to make sure they are okay and to provide them with an opportunity to

Continue to Get Essential Medical Care -The Area Office on Aging is continuing its partnership with Black & White Transportation so that those older adults who still need a way to get to the doctor's office or hospital for essential medical care can get to the essential care they need. For more information on this free medical transportation service, contact the Area Office on Aging at

419-382-0624.

Wash hands

Washing hands with soap and water for at least 20 seconds and/or using hand sanitizer frequently throughout the day are some of the best ways to stop the spread of the Coronavirus.



### A Grant up to \$1,500 towards your **Mortgage Closing Costs**

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### What Everyone Should Know About Colorectal Cancer Screenings

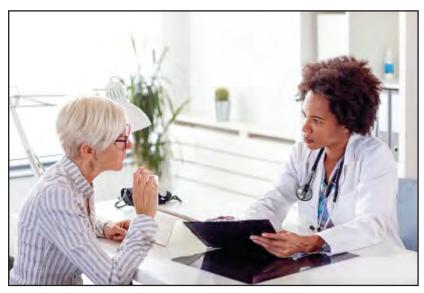
(StatePoint) Colorectal cancer is the second leading cause of cancer-related death in men and in women in the U.S., making screening one of the most important preventive health measures to take as an adult. While no one relishes cancer screenings, new recommendations can help those of average risk for colorectal cancer learn more about the importance of screenings, and the most effective strategy for completing them.

Recently published in "Annals of Internal Medicine," a new evidence-based guidance statement from the American College of Physicians (ACP) says that physicians should screen for colorectal cancer in average-risk adults who do not have symptoms between the ages of 50 and 75, and that the frequency of screening depends upon the screening approach.

"Not enough people in the United States get screened for colorectal cancer," says ACP president, Dr. Robert M. McLean. "Physicians should perform an individualized risk assessment for colorectal cancer in all adults. Doctors and patients should select the screening test based on a discussion of the benefits, harms, costs, availability, frequency and patient preferences."

ACP suggests any one of the following screening strategies:

Fecal immunochemical test (FIT) or high sensitivity guaiac-based fecal occult blood test (gFOBT) every two years.



Colonoscopy every 10 years

 Flexible sigmoidoscopy every 10 years plus FIT every two years

Dr. McLean stresses that ACP's guidance statement, which relied on evidence presented or referenced in selected guidelines and accompanying evidence reports, is for adults at average risk for colorectal cancer who do not have symptoms and does not apply to adults with a family history of colorectal cancer, a long-standing history of inflammatory bowel disease, genetic syndromes such as familial cancerous polyps, a personal history of previous colorectal cancer or benign polyps or other risk factors.

While the median age for colorectal cancer diagnosis is 67 years, and individuals aged 65 to 75 years derive the most direct benefit from col-

orectal cancer screening, screening in average-risk adults ages 50 to 75 also has benefit, ACP found.

All colorectal cancer-screening tests -- like all tests and procedures -- have both potential benefits and potential harms, which vary by person and screening strategy.

Given the tradeoffs between benefits and harms, some patients may prefer less intensive screening such as beginning at a later age, stopping at an earlier age, or screening less frequently regardless of the test selected.

"This guidance statement is just that -- guidance. Clinical recommendations may not apply to every patient or all clinical situations," says Dr. McLean. "That's why patient-physician relationships and shared-decision making are so important."

## COVID-19: The View Across Black America

By Jon Jeter, The Minnesota Spokesman-Recorder

Similar to Hurricane Katrina 15 years ago, the global coronavirus pandemic is shining a light on America's racial fault lines. By whatever trope you choose to deploy—"last hired, first fired," "When White America catches a cold, Black America has the flu," or "Your Blues ain't like mine" People of Color generally, and the 42 million descendants of chattel slaves, specifically, will experience this almost Biblical scourge in ways that are very different from Whites.

A nurse reports that White nurses began disappearing from her central New Jersey hospital around the first week of March, applying for vacation and leaves of absence just as the number of coronavirus cases in

the U.S. was beginning to skyrocket.

As the hospital admitted more and more infected patients, they announced that all time-off requests would be denied, leaving mostly Black and Brown nurses to cope with the worst global health crisis in more than a century.

But that's not all. Running short of surgical masks and hand sanitizer, a nurse at the hospital recently was exposed to a patient infected with the coronavirus; her coworkers are on pins and needles, nervously awaiting her test results.

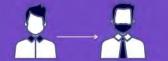
"While most facilities like the one I work at have turned away any new admissions, we're still taking admissions," wrote one nurse, a Latina with 15 years of experience. She surmised that hospital executives hope continued on page 16



### MEN'S HEALTH NETWORK Things to know about TESTICULAR CANCER

#### WHO'S AT RISK?

men between ages 15-35, but it can occur in men of any age.



#### THERE MAY BE NO SYMPTOMS

Although symptoms may not be present, you may experience:

- Lump or enlargement of the testicle
- Feeling of heaviness in the scrotum
  Enlargement or tenderness of the breasts
- A sudden collection of fluids in the scrotum
- Back pain

#### **CREATE A ROUTINE**

There is no schedule for when you should see your doctor for an exam, but you can check yourself by doing a monthly self exam and talk to your doctor during:

- monthly checkups
- · annual wellness visits youth sports physicals
- puberty checkup

#### KNOW YOUR FAMILY HISTORY

cancer increases the risk of getting it yourself. Be a leader at home and talk with your family!



### THE BALL(S) IN YOUR COURT TO GET CHECKED



#### STEP 1:

Check one testicle at a time. Take advantage of shower and bathing times!

#### STEP 2:

Hold the testicle between your thumbs and fingers or both hands and roll it gently between two fingers.

#### STEP 3:

If you notice any symptoms such as hard lumps, smooth or rounded bumps, or changes in size, shape, or consistency, no need to worry. Just schedule an appointment with your doctor right away to get it formally looked at.

IF YOU'VE BEEN DIAGNOSED, YOU ARE NOT



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#### Visit

www.TesticularCancerAwarenessMonth.com for more information.

www. MensHealthResourceCenter.com

### **Trump Points the Finger** of Blame at Another **Black man for COVID-19**

By Frederick H. Lowe *Special to the Trice Edney* News Wire from

NorthStarNewsToday.com

(TriceEdneyWire.com) - President Trump has found a Black man other than former President Barack Obama to point the finger at for his and his administration's failings.

Trump is now attacking Dr. Tedros Adhanom Ghebreyesus, the Ethiopian-born head of the World Health Organization, one of the go-to organizations dispensing important data concerning the coronavirus pan-

The U.S. is a major WHO funder, and Trump has threatened to cut the Geneva, Switzerland-based organization's funding, charging that the WHO "really blew it," being persuaded by China to downplay the coronavirus out-

"They could have called it much earlier," Trump said at a coronavirus task force briefing Tuesday evening. "When they call every shot wrong, that's no He charged good." that the WHO was very "China-centric. "Fortunately, I rejected their advice on keeping our borders open to China early on...Why did they give us such a faulty recommendation?" Trump posted in an April 7 tweet.

Nearly 40,000 people have flown from China to the United States since the president imposed travel restrictions between the two countries.

And others have piled on with the blame. U.S. Senator Lindsey Graham, a Trump loyalist, said on Fox News he will push to cut WHO's U.S. funding unless there is a change in leadership. The U.S. provided \$900 million in funding to the WHO in 2018 and 2019. Trump wants to cut it to \$57.9 million and Gra-



PHOTO CREDIT / SUBMITTED

Dr. Tedros Adhanom Ghebryeyeous

ham wants to cut the funding to zero.

During a virtual news briefing, Dr. Hans Kluge, WHO regional director for Europe, said it wasn't the appropriate time to cut funding during the ongoing pandemic. Dr. Ghebreyesus warned Trump not to politicize the pandemic.

"If you want to be exploited and if you want to have many more body bags, then you do it. If you don't want any more body bags, then you refrain from politicizing it," he said.

Meanwhile, Dr. Ghebreysus released a timeline on WHO letterhead. The timeline begins on December 31, 2019, when China reported a cluster of cases of pneumonia in Wuhan, Hubei Province and the last date is March 18.

The most important date is January 30, when the WHO declared the coronavirus a "public health emergency of international concern. The director general accepted the recommendation and declared a novel coronavirus outbreak."

On the other hand, President Trump confidently predicted the coronavirus did not present a serious threat to the U.S., assuring Americans: "It's going to have very good ending."

Prior to January 30, the WHO issued dire warnings.

On January 1, 2020, the WHO had set up the Incident Management Support Team across three levels of the organization: headquarters, regional headquarters, and country-level putting the organization on emergency status for dealing with the viral out-

From February 16 to 24, a WHO-China joint mission, which included participation from the U.S., Canada, Germany, Japan, Nigeria, Republic of Korea, Russia and Singapore, spent time in Beijing and also traveling to Wuhan where they talked to health workers and scientists. The joint mission released a report: //www.who.int/docs/ default-source/coronavirus/who-china-jointmission-covid-19-finalreport.pdf.

On January 5, 2020, WHO published in the first issue of Disease Outbreak News reporting on the new virus. This is a flagship publication that was given to the scientific and public health community as well as to the global media.

There also is another racial component here.

Dr. Ghebreyesus charged that Taiwan engaged in a racist smear campaign against him because he is black, an accusation the country's foreign minister has denied.

He does, however, have strong support from Africa's heads of state. Cyril Ramaphosa, president of South Africa, reaffirmed Africa's support of WHO.

Ethiopian President Sahle -Work Zewde, said "Our global priority is to save lives. WHO under Dr. Tedros' effective leadership, is delivering on its mandate at a time we need them most."

Dr. Ghebreyesus also has the support of Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases and the White House's point man on COVID-19.

Trump, however, continues the game of shifting the blame on black men. He started blaming Obama for every Oval Office failing, and he hasn't stopped.



### In Memory Of Daisy Smith



aisy Lancaster Jones Smith passed away peacefully in her home on March 20, 2020, at the age of 95. She was born to George Lancaster and Omelia Strong August 26, 1924, in E. St. Louis, IL. She was the youngest of 4 children and was preceded in death by her parents and siblings James, Sallie and Charles.

aisy married Arthur Henry Jones and three children were born to their union: Caryn, Donna and Arthur, Jr. Widowed at a young age with 3 small children, Daisy worked as a housekeeper and a cafeteria worker to support her family.

The family spent their early years living in the Port Lawrence Homes. During this time, Daisy became a member of Mt. Zion Baptist Church. She later became affiliated with Rose of Sharon Holiness Church of God.

er ambition and interest in health were the driving forces that led her from housekeeping to pursue a nursing career. She began

her educational journey as a student in the first practical nursing program offered in Toledo. She went on to become a Licensed Practical Nurse. Daisy worked as an LPN at Riverside Hospital, while attending classes to become a Registered Nurse.

graduated aisy with honors and "Best All Around Nurse" from Maumee Valley Hospital (now University of Toledo) in 1963 as a Registered Nurse. She continued her RN career at Riverside until 1969. From 1969 to 1975, she worked concurrently as Assistant Clinical Manager Mercy Hospital

Manager at Parkview Hospital. She also organized and managed the Batavia Developmental Center in Batavia, Ohio. In 1996, she received her Bachelor of Education from the University of Toledo. Her pursuit of learning never stopped. After receiving her bachelor's degree, she continued studies toward a master's degree.

aisy's health activism resulted Din community outreach that assisted African Americans with greater access to health care and preventative health education. She was a staunch supporter of the Cordelia Martin Health Center from its beginning. In 1975, Daisy organized the Cordelia Martin Health Center Auxiliary to coordinate volunteer support and raise funds. She later served as the center's Coordinator of Health Education.

n 1981, Daisy joined forces with **⊥**fellow nurses Mary Gregory and Donna Todd to found the Toledo Council of Black Nurses.

The organization played a pivotal role in mentoring and increasing the number of Black nurses in the area. She rightly saw this as crucial to increasing the distribution of health resources to African American and underserved communities. other The Council provided scholarships to nursing students and partnered with medical institutions and civic organizations to carry out preventative health education programming for over 3 decades.

 $B^{
m etween}$  the mid-1980s and mid-1990s, Daisy was involved in research and local and state commissions on minority health. To redress the dearth of scholarly publications on minority health disparities, Daisy worked with Dr. James Price of the University of Toledo on studies published in The Journal of the National Medical Association, Journal of School Health and The Journal of Community Health. These publications covered a range of topics including physical fitness, prostate cancer, blood vessel diseases, weight among adolescents and women's perceptions of breast cancer and mammography. She ultimately coauthored 10 publications with Dr. Price and other members of his team. This work was also associated with grant-funded, programs for 16-19 year-old African American youth In Toledo Public Schools and the Child Study Institute.

aisy continued to play a pivotal Prole in preventative health education and diversifying the field of nursing. Most notably, in 2010, she was instrumental in Lourdes University (then Lourdes College) receiving a Nursing Workforce Diversity Grant from the US Department of Health & Human Services.

aisy has received numerous accolades for her tireless work as a health educator and activist. In 1998, a portion of The Cordelia Martin Center on Nebraska Ave. was named the Daisy Smith Clinic. After the Center moved to its larger permanent location, space dedicated to children's healthcare was named Daisy Smith Pediatrics. She received a Legacy Award along with Mary Gregory and Donna Todd in 2008 and was inducted into the Ohio Senior Citizens Hall of Fame in 2009.

Ter passion for getting African Americans to vote and be a part of political process was equally strong. She was often involved in campaigns for local office and volunteered at local headquarters for gubernatorial and presidential campaigns. In fact, she was among those who successfully pushed to have the first political campaign established in Toledo's inner city.

aisy's community activities also included the Jewel Chapter Order of the Eastern Stars, Black Women's Democratic Caucus, Daughter of Isis Masonic Fraternal Order, Coalition of Voter Registration and Education, as well as the Legislative Committee of the Toledo Area Chamber of Commerce.

aisy's youthful exuberance often led people to assume that she was younger than her actual age. She often stated her age as "39 and holding," codified in a pendant she wore with just that phrase, gifted to her by her granddaughter-in-law.

aisy leaves to mourn children Caryn E. Jones Flournoy and Donna M. Jones Watkins of Toledo, OH, and Arthur H. Jones, Jr. of Philadelphia, PA; four grandchildren, four great-grandchildren, and 2 greatgreat grandchildren; life-long friends Arlena Childs, Doris Greer, Doni Miller and Donna Todd - and a host of relatives and friends.

n her honor, all are encouraged to at the Cordelia Martin Community Health Center.

### The Coronavirus: Your Spirit Is Stronger By Far



By MICHAEL A. GRANT, J.D. President of United Security Financial and Past President of National Bankers Association

A storm is passing over Planet Earth. It has picked up momentum. It is wreaking havoc on human beings of every stripe. It is not bounded geography, nationality, economic status or age group. All are threatened. But we must keep in mind: The storm temporary and it will cease.

Now is the time to call upon your greatest weapon to speed its demise. It is your spirit. You see, while the power of the Coronavirus is limited, your spirit's power is infinite. It has no limits. To mount a counter-offensive, you need only to activate the power in you that was acknowledged in Genesis 1:13. There, in this most sacred message, is the secret that can empower you to overcome any menace, any danger, any fear.

You are told - in no uncertain terms - that you are made in the image and likeness of the Creative Force that brought the entire universe into existence and sustains it. Every galaxy, every planet, every energy force and every ecosystem known to our species, all were created by the power that you have residing within you.

How do you activate this

is indeed passing over. It is power? Matthew 17:20 is instructive: "And nothing shall be impossible unto you." If you have the faith, you are a million times more powerful than the day, I asked the Almighty to T-cells to a level that make Coronavirus. Now, allow your

Matthew 17:20 "And nothing shall be impossible unto you." If you have the faith, you are a million times more powerful than Coronavirus. Now, allow your spirit to direct your mind...

spirit to direct your mind and you will begin to visualize an army of billions of soldiers taking their defensive positions against the Coronavirus with

become defenseless and then it will be destroyed.

While exercising the other explain what the Coronavirus is. The answer was crystal clear: "It is strong against a weakened system and weak against a strong one."

Knowing this, ask yourself: Am I working to build my strength or am I housing a weak immune system that can become a welcoming host to the Coronavirus or any countless number of other diseases? Also ask yourself: "What am I doing every day to fortify the temple (your body)? A good diet, rich in vitamins C and D, foods seasoned with garlic, herbal teas like

the daffodil root and green tea, a healthy dosage of raw or steamed vegetables (especially the green leafy kind), healthy protein choices,

its limited capability. It will first multiple vitamins, plenty of water and so forth. Physical exercise builds up the immune system, increasing your helper the invasion of pathogens an uphill battle. And do not forget to get sufficient sleep!

> Focus your thoughts on positive, productive tasks and saturate your emotional life with the greatest health enhancer of all: A love for others. Limit the amount of news coverage of this pandemic that you allow into your subconscious mind. Get only enough information to help you to arm yourself against this formidable foe. Listen to the health experts like Dr. Anthony Fauci when he instructs you to practice social distancing, good hygiene (washing your hands when you are required to do so) to protect yourself and others. An intelligent use

> > Continued on page 10.

### In Loving Memory of Dr. Mary Louise Oakes

Sunrise: August 2, 1937 & Sunset: April 21, 2019



#### **SHE WAS DIFFERENT**

She was different, she was special unique in a thousand ways, She was giving, she was loving and we'll miss her all our days. She knew sorrow in great measure, and was stung by illness too. But neither could defeat her, nothing her faith subdue. And when she heard death coming, she didn't cower in fear Instead she called out, boldly. "My Lord, I'm Over Here." Of course, the Lord will welcome her, with his angels magnifying The beauty of that celestial place, devoid of pain and crying. And so instead of mourning as we remember her this hour, We really should be celebrating the blooming of a flower. But forgive us, Lord, for pining, for wishing she was here, It's hard to give up someone we've come to love so dear. Because you see-She was different, she was special, unique in a thousand ways She was loving, she was giving, and we'll miss her, miss her, miss her, all our days.



From Left to Right: Mattie Taylor, Dr. Louise Oakes



PHOTO CREDIT / SUBMITTED

From Left to Right: Dr. Louise Oakes, Joe Lynn Session Sr., Bernice Johnson, and Mattie **Taylor** 

We Love you always Mom, Daughter Hilda, Grandson Lincoln II, Sister Mattie Taylor

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### Boxing legend Carmen Willliamson dies from COVID-19

**SUBMITTED** 

Mr. Williamson. a native of Xenia, Ohio, who grew up in Toledo. became the first African-American man officiate Olympic boxing in 1984. Since he was drawn to boxing he be came one of the nation's top amateur boxers throughout the 1940's and 50's.

At the age of 94, he was only weeks from graduating with a bachelor's degree from the University of Toledo when he succumbed coronavirus complications on April 8.

As an amateur boxer, in the 1980s, he got involved with USA Amateur Boxing. Mr. Williamson finished his career with a record of 250-14. He knew boxing legends such Muhammad Ali, Sugar Ray Leonard,



PHOTO CREDIT / SUBMITTED

Mr. Williamson, a boxer with Toledo ties, passed at age 94.

sportscaster Howard Cosell, according to his daughter, Celia Williamson. He traveled the world training young boxers in 160 countries, often focusing on poorer nations like Sierra Leone.

Mr. Williamson served in the United States Navy and earned his General Education Development

Evander Holyfield, and certificate in the 60s. He retired after working nearly half a century as a civilian employee for the U.S. Army's automotive tank division in Warren, Mich.

> He kept jogging until he was 85.

> In 1944, he married Williamson Charlotte and they were married for 42 years. She died in died in 2018.

### Your Spirit Is Stronger

Continued from page 9.

of the limited time that you listen to the news media will have revealed to you that the greatest scientific minds on the

planet are collaborating; they are working feverishly around the clock to discover the virus' vulnerabilities. I believe that therapeutics (medicines) are in our near future and that a vaccine could prevent a seasonal return of this menace.

Lastly, monitor your internal conversation. Don't panic when you hear that the number of infections is increasing exponentially. remember, the virus got a head start but it will run out of steam as soon as we, individually and collectively, decide that it must be stopped in its tracks. Fear not. Focus all your energy and your belief system on pictures of its demise. See the people eventually free to socialize. See a beautiful day where you and your family are no longer concerned about the harmful effects of this unseen enemy.

The words of that great Black Russian poet, Alexander Pushkin, should bring you comfort during this difficult time. He said: "The sister of misfortune, hope, in the under darkness dumb, speaks joyful courage to your heart. The day desired will come".

Now, may the Spirit of Almighty God - whose power is in you - guide you and your loved ones through this storm to a brighter more joyful day!

### **ASK YOUR FUNERAL DIRECTORS**

A word from C. BROWN and C. BRIAN BROWN DIRECTORS

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## Social Security Matters

by AMAC Certified Social Security Advisor Russell Gloor Association of Mature American Citizens

Ask Rusty - Social Security for Children and Younger Wife

Dear Rusty: I am 59. My wife is 48 and has been a stay at home mom for 15 years. We have children aged 13, 10, and 5. I know it makes sense to delay the start of benefits, but I understand that it's more complicated when small children are involved. Does it make sense for me to begin receiving benefits at 62 so I can also collect more for the children?

Signed: Older Father

Dear Older Father: Yes, the issue is more complicated when children are involved. Here's why: If you claim your own Social Security (SS) at age 62, your minor children would be able to receive child benefits, and your wife would also be able to receive "child-in-care" benefits, even though she is not yet age-eligible for regular spouse benefits. Usually, a minor child is entitled to 50% of the parent's full retirement age (FRA) SS amount, and a younger care-giving wife is entitled to the same. But when there are multiple dependents collecting on the same worker's record the Family Maximum applies.

The Family Maximum limits the amount of total benefits which can be received by the family to 150% to 188% of the worker's FRA benefits amount. Social Security determines the Family Maximum for each individual case with a complex formula that uses your "primary insurance amount" (or "PIA," the amount you get at your FRA). Your PIA is broken into 4 parts and a different percentage of each part is taken and summed up to arrive at your Family Maximum. Then your PIA is subtracted from the Family Maximum amount and the remainder is equally divided amoung your minor children and wife. Once a minor child turns 18 (or 19 if still in high school) that child no longer receives benefits and the Family Maximum is recomputed, with the new amount equally divided among the remaining dependents. When your youngest child turns 16, your wife will no longer be eligible for child-in-care benefits. But there's more to consider.

By taking your benefit at age 62, it will be cut by 30% from what it would be if you waited until your full retirement age to claim, and that reduction is permanent. Plus that reduced benefit will mean your wife's benefit as your widow, should

pre-decease you would be less than it might otherwise be if you waited until later to claim.

Until you reach your full retirement age, you will also be subject to Social Security's "earnings test" which limits the amount of money you can earn before Social Security takes back some of your benefits. The limit for 2020 is \$18, 240 and if you exceed that amount, SS will take back benefits equal to half of the excess over the limit. They take back those benefits by withholding your SS until they recover what you owe because you exceeded the limit. And, if your benefits are withheld because you exceed the earnings limit, your children and wife will not get their benefits for any month(s) that your benefits are withheld. FYI. the earnings limit increases by about 2.6 times in the year you reach your FRA and no longer applies once you reach your FRA, but any dependent benefits not paid because you exceeded the earnings limit are lost and cannot be recovered.

So, as you can see, there are many things you should consider. If you will be retired from working at age 62 and don't need to worry about the earnings limit, then claiming then, along with the dependent benefits, could be a prudent choice. But if you will continue to work and earn a singificant salary, you might very well find that the benefits you and your dependents lose due to the earnings limit will overshadow any advantage you might gain by filing at that time. And, you might also find that the permanent cut in your own benefit because you claimed early, along with the reduction to your wife's future survivor benefit amount, will make claiming at age 62 less attractive.

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### **Amidst Covid-19, Black** Psychologist, Others Tell African-Americans How to Maintain Mental, Emotional Health



By Brianna Nargiso Wire Writer

(TriceEdneyWire.com) - As Coronavirus cases have risen to well beyond a half million confirmed cases in the United States, it can be difficult to remain positive, minimize anxiety and work through times of painful transition and uncertainty.

Psychologist Dr. Esther Hyatt, PhD., a retiree from the New York City Department of Education, shares a few tips that could benefit Black people during the quarantine. She advises the following:

Plug out

Being able to turn off the news for a bit and disconnect from technology. Dr. Hyatt emphasizes the importance of turning off the television, walking away from the computer and separating from your phone. While technology can seem to keep us in the loop, it is also imperative to not make technology a lifeline.

"We must learn to remove electronic stuff," says Hyatt.

Jonathan Comer, Professor of Psychology and Psychiatry at Florida International University says overexposure to the news does not help awareness. Instead it can contribute to increased fear and anxiety. Comer also shares that checking in a few times a day versus all day generally does not provide you with more information.

TV," says Hyatt.

Get enough sleep

Sleep is essential. In quarantine it can be easy to oversleep, therefore, it is important to maintain healthy sleep habits in order to be energized, reduce stress levels and provide support to your immune system.

"While sleep requirements vary slightly from person to person, most healthy adults need between 7 to 9 hours of sleep per night to function at their best," reports Help Guide, an organization dedicated to mental health & wellness.

With the extra time afforded to folks during the pandemic it is very important that sleep be a key part of your new daily routine, emphasized Dr. Hyatt. Although reality has changed and most people are not getting up for work or traditional in-person class, it is just as important to maintain

"We should make sure we're getting an adequate amount of sleep, not oversleeping under sleeping to maintain healthy lifestyle habits throughout turmoil, like this," she says.

Exercise

Exercising and getting your body moving doesn't have to be strenuous, involving heavy machinery, weights or recorded workouts. While those things may benefit some people, exercising can be as simple as stretching, walking or moving your body in small rotations.

"You can begin with your feet, by first moving your toes and moving up to your arms," says Hyatt.

Dedicating a portion of your time to improving your exercise habits gives you a sense of weight control, strength management, and energy.

According to Mayo Clinic, daily exercise contributes to lowering risks to cardiovascular disease, something that disproportionately affects African-Americans. Regular exercise has also been linked to the prevention and management of stroke, metabolic syndrome, high blood pressure, type 2 diabetes, depression. anxiety, many types of cancer, arthritis, and falls.

"Lead a healthy life by doing your exercises," says Hyatt.

Eat healthy

According to NPR, while about "You definitely must turn off the 75 percent of people think they live healthy lifestyles, 80 percent don't eat enough fruits, veggies and whole grains. Despite what most people think, they do not consume enough nutrients but instead they consume less fruits and veggies and exceed recommended amounts of sodium, added sugars and saturated fats.

"We need to eat foods that are healthy for us and that will benefit our body," says Hyatt.

During a time where people are self-isolating and staying home, it is important to practice healthy eating habits. Fruits and vegetables can be superfoods that help your body function well and fight infection and disease.

Not forgetting to drink water regularly is critical. Water plays a large role in healthy digestion and contributes largely to eliminating toxins from the body.

"You must remain hydrated

and drink a lot of water," says Hyatt.

Utilize the free time at home

Dr. Hyatt urges Black folks to take time to move around the house and find something to do that you may have been putting to the side. Whether that be cleaning out an old closet, rearranging a room, painting the basement, decluttering a storage room or donating unused items to those in need, finding something indoors to keep busy not only keeps you moving but it exercises the brain and allows for another thing to be checked off the to-do list.

It is also imperative that this time be used to also "face the reality of what is going on," says

Coming to grips with your feelings can be helpful to use this time wisely and be intentional with yourself and validate emotions that you may have surrounding the pandemic. It is okay to feel those things and acknowledge them. Normalizing feelings is important during a time where heightened anxiety is expected.

"Remember that anxiety and stress are completely normal reactions. Rather than try to talk yourself out of worrying, give yourself a program to follow: Staying well-informed, taking common sense precautions, and finding time to clear your mind. And know that it's OK to seek help from a professional if you're having trouble managing stress and anxiety on your own," wrote Dan Harrah for Mercer Behavioral Health Consulting Group.

Once acknowledging personal feelings, people can begin to focus on other things and utilize the free time to be more productive.

While productivity can mean different things for different people, as long as it is safe, indoors and makes you feel happy, go for it says Hyatt.

According to Hyatt, activities like knitting, crossword puzzles, art and these activities play an integral role in channeling the brain's attention and focus. This can also be working on building self-confidence through positive affirmations and relaxing with

"Music is great," says Hyatt. "We all have things that bring us joy, find that thing and do it in-

## FUNdraising Good Times Help for nonprofit leaders working from home.

By: MEL AND PEARL SHAW Wire Writer

Nonprofit leaders have deep experience working in less than optimal conditions, but today's challenges are compounded by "social distancing" and increased dependence on technology which we may - or may not be -"experts" at using.

Shannon Dixon, founder of Shannon MB Dixon, has been "working from home" for years - balancing service to nonprofits and family. We reached out to her for tips on technology and team motivation and focus.

#### I'm new to working from home. Can you help?

There is a lot being written right now about working from home, much of it about establishing a routine and carving out space in your home. This advice is sound, but primarily focused on moving your office to your home in normal times. Today we are working from home in extraordinary times, with emotional trauma and abnormal distractions such as caring for your children and parents, and ensuring you get basic necessities for your family. Therefore, the biggest piece of advice I can offer is for leaders to talk with every employee to ascertain what the individual barriers to effective work are, and to help create a plan to overcome those barriers and/or realign the assigned work. This is the time for careful, empathic, and stepped up communications with your team members. Encourage collaboration amongst team members to come up with the best solutions. The best leaders seek solutions from every

#### What technology tools should I be using?

You should be thinking about four basic tools. 1) A cloud-based server to ensure your team has remote access to all files and email; 2) A collaborative project management tool such as MS Teams, Asana, or Monday to plan your work and hold each other accountable; 3) A virtual meeting tool such as Zoom, Skype, or Google Hangouts so you can talk to and see each other; and 4) An instant message communications tool such as Slack, or other tools built into your project management software so teams can easily communicate quickly and regularly.

#### How do you keep your staff/team motivated and focused during this time?

Part of personal motivation is knowing that what you are working on



PHOTO CREDIT / SUBMITTED

For those fortunate enough to work from home, the challenges of sustaining this "new" work environment have come at us fast and not all of us have been prepared.

is making a difference and knowing that you are a valued part of the team. So, motivating your employees can be tied to expressing their value to the work and being transparent about the outcomes. If the outcomes aren't what your team expects, pull on the strengths of your team to analyze the situation and design an adjusted response. This is particularly important

now when many nonprofits are having to pivot in the way we serve.

#### Anything else you think our readers should know?

Be mission focused. Your work is critical. Think creatively on how to work with and for those you serve. Don't sit on the sidelines waiting for this to be over. Stretch yourself to add new skills to meet your mission better.

### Keeping Math Skills Up-to-Date While School is Closed



(c) monkeybusinessimages / iStock via Getty Images Plus

**SUBMITTED** 

(StatePoint) - The transition from in-person to online learning isn't easy, particularly when it comes to mathematics, a subject where many students benefit from classroom learning and individualized attention from their teacher.

With closures affecting schools and universities for the foreseeable future, sustaining one's math skills is very important, as research has shown that academic gains can quickly be lost without practice -- on average, students lose approximately 2.6 months of learning in math over a typical summer, according to the Harvard Graduate School of Education.

During the COVID-19 crisis, consider accessing the following free distance-learning tools from Casio America, Inc., which are designed to support educators, parents and students K-12 and beyond:

calculation, graphing, geometry, statistics and more can be accessed ClassPad.net, an all-in-one webplatform based with an interactive menu that enables students teachers to draw figures geometry freehand input calculations as they would on real scratch paper. Users can also plot data points and labels, text expressions pictures to graphs or geometry diagrams.

Tools

· Emulator calculator software recreating the functionality of scientific and graphic calculators, including Casio's PRIZM fx-CG50 and fx-CG500, is supported in Windows and Mac operating systems.

· Downloadable math activities created by teachers for students in grade levels kindergarten through college can help students practice their math skills and learn new techniques for their continuing education.

For access to these resources, as well as online support, visit CasioEducation.com/ remote-learning.

Formal class may not currently be in session, but that doesn't mean the learning needs to be put on hold. Leveraging available resources can help students maintain their math skills so that when schools reopen, students can enjoy a successful return to the

### Ohio State school buildings to remain closed for remainder of school year

In light of the current public health crisis, please be sure to check the Ohio Department of Education webpage regularly. Changes, cancellations and updates will be posted there.

**SUBMITTED** 

(www.education.ohio.gov) -On April 20 Governor DeWine announced Ohio's coronavirusrelated school-building closure order will extend through the end of the school year. This order includes all public, community and private K-12 schools in the state. As more information becomes available, the Ohio Department of Education remains committed to updating online resources regularly and communicating new details via email updates.

Most recently, the Department has issued information on instructional hours and student attendance for the 2019-2020 school year, resources reporters mandatory of suspected child abuse and neglect, and a family engagement guide for remote learning.

Specifically, the webpage related to instructional hours and student attendance for the 2019-2020 school year provides information about how different education options count toward attendance and instructional hours, as well as how to code time away from school

buildings for EMIS reporting requirements.

School leaders, employees and teachers are mandatory reporters, meaning they are required to file a formal report if they suspect a child is being abused or neglected. Since the coronavirus-related school-building closure, reports of child abuse have plummeted. The Ohio Department Education has teamed up with the Ohio Department of Job and Family Services to provide important information and resources to assist with identifying possible cases of abuse and neglect and how to report them.

Finally, details about how families can stay engaged with remote learning have been posted as a supplement to the Remote Learning Resource Guide. This information is provided as a support for parents, families and caregivers they students help navigate the remote learning environment.

Please stay safe and thank you, as always, for everything you have done and continue to do for Ohio's students!

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### **COMING EVENTS**

Continued from page 3

May 8<sup>th</sup>
AOoA and Toledo Public

Schools' Senior Prom Cancelled Until Further Notice

#### June 7th

### The Indiana Avenue Missionary Baptist Church Will Be Celebrating The 55th Pastoral

Appreciation & The 70th Wedding Anniversary Rev. Dr. John E. & First Lady Mother Bernice Roberts Sunday at 10:50 AM and 3:30 PM. Eastern Star Missionary Baptist Church with Rev. Dr. John Williams, Pastor will be our afternoon guests. Please come help us celebrate the angel the Lord has given us!

### **BLACK HISTORY**

**Louis Armstrong** learned how to play the cornet while living at the Colored Waif's Home for Boys.

**Musician Louis Armstrong** earned the nickname "Satchmo" which was a shortened version of the moniker "satchel mouth."

After a long career as an actress and singer, **Pearl Bailey** earned a bachelor's degree in theology from Georgetown University in 1985.

After African-American performer **Josephine Baker** expatriated to France, she famously smuggled military intelligence to French allies during World War II. She did this by pinniing secrets inside her dress, as well as hiding them in her sheet music.

Scientist and mathematician **Benjamin Banneker** is credited with helpiing to design the blueprints for Washington, D.C.

Before he was a renowned artist, **Romare Bearden** was also a talented baseball player. He was recruited by the Philadelphia Athletics on the pretext that he would agree to pass as white. He turned down the offer, instead choosing to work on his art.

#### **HELP WANTED**





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### **BLACK HISTORY**

Though he is of Caribbean ancestry and had a trailblazing smash with his 1956 album Calypso, **Harry Belafonte** was actually born in the United States. The internationally renowned entertainment icon and human rights activist is from Harlem, New York.

Musician and activist **Harry Belafonte** originally devisd the idea for "We Are the World," a single that he hoped would help raise money for famine relief in Africa. The song was a huge success, going multiplatinum and bringing in millions of dollars.

Before becoming a professional musician, **Chuck Berry** studied to be a hairdresser.

**Chuck Berry's** famous "duck walk" dance originated in **1956**, when Berry attempted to hide wrinkles in his trousers by shaking them out with his now-signature body movements.

The parents of actress **Halle Berry** chose their daughter's name from **Halle's Department Store**, a local landmark in her birthplace of Cleveland, Ohio

In 1938, first lady Eleanor Roosevelt challenged the segregation rules at the Southern Conference on Human Welfare in Birmingham, Alabama, so she could sit next to African-American educator and activist Mary McLeod Bethne. Roosevelt would come to refer to Bethune as "her closest friend in her age group."

**April 22, 1596:** The first recorded slave revolt occurs in Stono, S.C.

**May 3, 1845:** Macon B. Allen, first Black lawyer admitted to the bar, passed examination at Worcester, Massachusetts.

**April 23, 1856:** Granville T. Woods, inventor of over 40 products, born.

**April 30, 1863:** Sarah Thompson Garnet becomes the first African American female principal in the New York City public school system.

April 26, 1886: Gertrude "Ma" Rainey's, blues musician, born.

May 4, 1897: J.W. Smth, invented the Lawn sprinkler.

**April 27, 1903:** Maggie L. Walker named president of Richmond's St. Luke Bank and Trust Company and became the first Black woman to head a bank.

**May 5, 1905:** The Chicago Defender was founded on this date, one of the first African-American newspapers in this country.

May 2, 1920: First game of the National Negro Baseball League is played in Indianapolis.

April 27, 1927: Coretta Scott born in Marion, Ala.

**April 24, 1944:** The United Negro College Fund established.

**April 29, 1945:** Richard Wright's 'Black Boy' reached first place on the National Best Seller Book List.

#### **HELP WANTED**

### FULL TIME HORTICULTURAL TECHNICIAN

Metroparks Toledo has an opening for a full time Horticultural Technician to provide operational support and encourage community involvement for Toledo Botanical Garden. HS degree or equivalent required. Associate's preferred. Moderate level of hands-on horticulture experience required with some experience directing volunteers or leading group activities. Valid driver's license required. 40 hrs/week.\$13.50/hr.Full benefits. Go to www.Metroparkstoledo.com/> to view detailed position description, job requirements and to apply. EOE

**April 22, 1950:** Civil Rights Attorney Charles Hamilton Houston dies.

**April 23, 1856:** African American Inventor Granville T. Woods is born.

**April 24, 1991:** Corporal Freddie Stowers becomes the first African American soldier honored with the Medal of Honor from World War I. The Medal of Honor is awarded posthumously, by President George Bush.

**April 25, 1917:** Jazz Vocalist Ella Fitzgerald, First Lady of Song, is born.

**April 26, 1886:** Ma Rainey, the Mother of the Blues, is born.

**April 27, 1927:** Civil Rights Activist Coretta Scott King is born.

**April 28, 1979:** African American Composer Julia Amanda Perry dies.

**April 29, 1969:** Charlotta Spears Bass, the first African American woman to campaign for the office of United States Vice President dies.

**April 30, 1983:** Renowned Blue Singer Muddy Waters Dies.

**April 28, 1957:** W. Robert Ming, Chicago lawyer, elected chairman of American Veterans Committee. He was the first Black to head a major national veterans organization.

**May 2, 1962:** Dr. King is invited to join the protests in Birmingham, Ala., about the city's segregation system

**May 1, 1981:** Dr. Clarence A. Bacote (75), historian and political scientist, in Atlanta, dies.

**April 25, 1990:** Saxophonist Dexter Gordon, the last of the behoppers, died of kidney failure in Philadelphia.

April 23, 1993: Cesar Chavez passes away

**April 27, 2015:** Loretta E. Lynch is sworn in as the 83rd Attorney General of the United States. She is the first African American woman to serve in the post.

### FAMOUS QUOTES

"If your dream only includes you, it's too small." **Ava DuVernay** 

"It's your game; make up your own rules."

Barbara Corcoran

"In the end, some of your greatest pains become your greatest strengths" **Drew Barrymore** 

"Every five years, I feel like I'm a completely different person." **Jessica Alba** 

"You can have it all. Just not all at once." **Oprah Winfrey** 

### An Open Letter to Black America on COVID-19



By: GLENN ELLIS Wire Writer

(TriceEdneyWire.com) - Dear Black America: By now, you seen or heard that it has been validated once again: when white America gets a cold, black people get pneumonia!

The early data emerging from the coronavirus pandemic in the United States has laid bare the disparities many public-health specialists are all too familiar with: Racial minorities are disproportionately affected by health crises such as this one. And in the case of COVID-19, more of them have died. As of this writing, there are over half-million confirmed cases, and over 20,000 dead. According to some experts, blacks, no matter where they live in this country, are thought to represent half of all those who have died, and upwards of 60-70% of confirmed cases.

In every one of the recent stories highlighting COVID-19, and its' impact on African American communities all over this country, images, video, and commentary all magnify the "widespread" lack of compliance,

the extreme vulnerability, and the disbelief that the virus is real. To the uninformed, it appears that black folks are just that "trifling". If we buy into it, looking at the widespread devastation across this country, we could easily be made to feel that it our "fault". Don't let them make you mess with your sense of self-worth!

Somewhere, sooner or later, someone's got to talk about institutional racism.

Everyone can agree that African Americans, have been slow be tested; have difficulty complying with social distancing; tend to be "frontline" workers, without the ability to "work from home"; and are carrying a disproportionate burden of the full range of chronic diseases. As all of these points, certainly, are major contributing factors to the high infection and death rates from COVID-19 among African Americans, few acknowledge the link to institutional racism. While America was being built into the world's greatest power, the disadvantages and marginalization of 400 years has left African Americans (for the most part) sicker, poorer, less educated; and more vulnerable at a time like this. "You can't drive a bus or wash dishes on Zoom."

I felt an obligation to share some insights to help make sure that this does not become a "blame the victim" moment, or worse another effort to chip away at our collective sense of self-worth and/or self-esteem.

We have not historically been included in mainstream society. We lived within the framework of our cultural patterns and behaviors. Almost without

exception, every area where we have worse outcomes, has at its core, the impact of having built a society, with its' tenets grounded in institutional racism. Let me give you an example.

When the CDC guidelines were

established, African American communities, by and large, were disadvantaged before the first test was conducted. The country was told not to go to the hospital or doctor's office; call your doctor! Well...no one considered that a significant number

considered that a significant number of the black folks in this county don't have a doctor! Newly insured under Obamacare, state exchanges, or Medicaid expansion often do not have a specific individual they can call. As a result, a large percentage of the entire black community was disadvantaged before the first test was even conducted. So, the first to tested were the first to be hospitalized, and the first to get a ventilator. In addition, no testing means we were contagious longer and exposed larger numbers of other people who in turn infected others. Thus, the huge infection and death rates in our communities and

Another unacknowledged issue is the management of chronic diseases for African American patients. We were generally sicker with a disproportionate rate of diabetes, heart disease, kidney disease (look at all the dialysis centers), and the usual suspects, before COVID-19 hit. Now, not only are we seeing a strain on the medical workforce to care for those hit with the virus. What are the provisions to insure that adequate, quality primary care will

continue to widely available to care for this segment of our population? If there is nothing done, coming out of this we will continue to be sicker and more vulnerable to whatever may hit us in the future. Then, we will really feel like we did something wrong. Don't let them make you mess with your sense of self-worth!

Add to that the cultural behaviors in African American communities.

Webster's defines social distancing as, "the practice of maintaining a greater than usual physical distance from other people or of avoiding direct contact with people or objects in public places during the outbreak of a contagious disease in order to minimize exposure and reduce the transmission of infection." Every culture is a world of its own. Verbal communication and day to day way of life are the true expression of what the culture of a certain place is like. Italians are typically a very social, and physically affectionate people.

You know, the same cultural behaviors that (in my opinion) almost wiped out Italy: close families; celebrations; funerals; physically affectionate. No one singled them out for their behavior. Now, can we do better? Should we be doing better? You absolutely right. We can and we should; and I believe we are, and we will. Don't let them make you mess with your sense of selfworth! We're smarter than that, and better than that.

Remember, I'm not a doctor. I just sound like one. Take good care of yourself and live the best life possible!

### COVID-19 Update: Testing in Lucas County Expanded

families.

SUBMITTEL

Toledo-Lucas County Health Department, City of Toledo, & Board of County Commissioners

Five new testing sites will open in the coming days and weeks in Lucas County. Details of the sites are listed below.

ProMedica's Vice President of Quality and Patient Safety Dr. Brian Kaminski indicated that it is key for symptomatic people to be tested whenever possible. "In our current state of the coronavirus pandemic, testing is most appropriate for individuals experiencing symptoms

department a few days

following your test.

of COVID-19. Developing an understanding of disease prevalence in our community is dependent upon prioritizing and testing individuals who feel they may have symptoms of the disease. Community members who are currently experiencing a fever of 100.4 Fahrenheit or greater, with cough and/or shortness of breath can seek a test at one of these sites," he said.

#### RITE AID

Drive-thru testing at the 7225 Airport Highway location began Monday, April 20 and will run through the end of May. You must have an appointment and the test is FREE. Eligible populations include Healthcare Facility Workers with symptoms, patients 65 years of age and older with symptoms, patients with underlying health conditions with symptoms, and First Responders with symptoms. You can get pre-screened and set up an appointment by using www.riteaid.com.

#### **KROGER**

Drive-thru testing sponsored by Kroger will take place at Metroparks Hawkins Farmhouse, 5434 W. Bancroft Street in Toledo. Testing will run from April 23-April 25 and is FREE. Anyone with COVID-19 symptoms is eligible for a test. You must have an appointment.

Multilingual support available

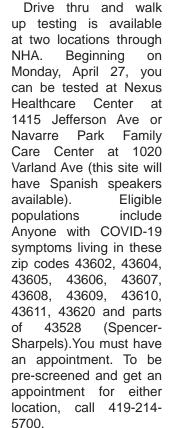
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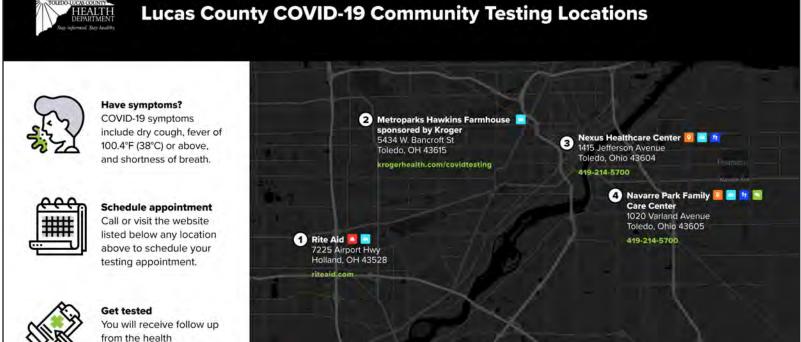
You can get pre-screened and set up an appointment by visiting krogerhealth. com/covidtesting.

#### WALMART

Drive-thru testing sponsored by Walmart will take place at Metroparks Hawkins Farmhouse, 5434 W. Bancroft Street in Toledo. Testing will run from Wednesday, April 29 through the end of May or as demand requires. The test is FREE. Anyone with COVID-19 symptoms is eligible for a test. You must have an appointment. You can get prescreened and make an appointment at www.MyQuestCOVIDTest.com

### NEIGHBORHOOD HEALTH ASSOCIATION





Drive-thru with appointment

Walk-up with appointment

Priority populations eligible

Priority zip codes eligible

### NFL Scores Win with National Response to COVID-19

By Stacy M. Brown Wire Writer

In the wake of the unprecedented novel coronavirus pandemic, the National Football League (NFL) — perhaps more than any other sports league and many other major corporations — has strived to rapidly respond to needs in local communities throughout the nation.

In an interview with NNPA Newswire, Troy Vincent, the NFL's executive vice president of football operations, said, "The commissioner and all of us remain completely aware of the reality of what's going on." Commissioner Roger Goodell, and others at league headquarters, are conscious and respectful of how the virus is affecting our nation and the entire globe.

The NFL's Draft-A-Thon, a fundraising effort that takes place simultaneously with the NFL Draft on April 23,

will allocate funds to six national charities and their local chapters. The charities include: The American Red Cross, the CDC Foundation, Feeding America, Meals on Wheels, the Salvation Army and United

In addition to the Draft-A-Thon, the NFL, along with its teams and players, have come together to support communities throughout the nation as everyone attempts to tackle the issues arising from the COVID-19 disaster

"The National Newspaper Publishers Association (NNPA) encourages all professional sports to follow the extraordinary lead of the NFL in their national response to the devastating impact of COVID-19 across America.," emphasized Dr. Benjamin F. Chavis, Jr., President and CEO of the NNPA. "In particular, African Americans have the highest number of fatalities from COVID-19. The NNPA appreciates the responsive leadership of the NFL as this pandemic continues to spread and disproportionately impact our families and communities."

Here's a snapshot of what the NFL and its teams and players have done thus far:

More than 70 Philadelphia Eagles employees and their families, including coach Doug Pederson and his wife Jeannie, participated in a community blood drive at Lincoln Financial Field in response to the dip in blood donations across the country amid the coronavirus pandemic.

Minnesota Vikings defensive end Danielle Hunter recently gave about \$20,000 to help coronavirus patients. Hunter's grandmother, Joy Gayle, works as a nurse at a hospital in New York. He has been getting regular reports from her about how "cra-



PHOTO CREDIT / SUBMITTED

The commissioner and all of us remain completely aware of the reality of what's going on." Commissioner Roger Goodell, and others at league headquarters, are conscious and respectful of how the virus is affecting our nation and the entire globe. (Photo: NFL)

zy" things are at the hos- vice effort in collaborapital, including a shortage of supplies.

Cleveland team seamstress Becky Zielinski has led a ser-

tion with Mask Making Miracles, who are a lo-Browns cal group of volunteer seamstresses who wanted to help during this crisis. Together, Becky and Mask Making Miracles have helped produce 2,678 masks. Browns' staff also provided supcontinued on page 16

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## NFL Scores Win with National Response to COVID-19

continued from page 15

port from their homes by cutting fabric for the Mask Making Miracles group. The masks were recently donated to University Hospitals (UH) medical professionals. UH is currently collecting masks from several community groups, and after collecting 100,000 masks, they will donate all remaining masks to local nursing homes and others in need.

Don Shula and three former Miami Dolphins players who, like their coach, went into the restaurant business, are teaming up to provide free meals during the coronavirus crisis to first responders, healthcare workers, and needy families in South Florida. The food relief program, funded by a \$250,000 grant from Miami Dolphins owner Stephen Ross through the Miami Dolphins Foundation, will also keep restaurant workers employed.

Dairy MAX and the New Orleans Saints partnership with GENYOUth, will contribute \$50,000 to the COVID-19 Emergency School Nutrition Fund to support local schools with the purchase of resources needed for meal distribution and delivery, as well as protective gear for sanitation and safety. Each school can receive up to \$3,000 in grant funds, administered by GENYOUth. The application and additional information can be found at www.dairymax.org.

The Jacksonville Jaguars are purchasing 45,000 Jaguars-branded protective masks distribution later this month throughout the Jacksonville area. Sourced through a Jacksonville company, the masks will be distributed by the Jaguars to local companies still operating and interacting with the public. Also, masks will be distributed to not-for-profit groups whose mission is currently focused on local COVID-19 efforts.

NFL team doctors joined the frontlines in fighting COVID-19. For health professionals, fighting this surging pandemic has become

an all-hands-on-deck call. This is why, in March, a few days after free agency opened, the NFL Physicians Society decided to suspend all football-related medical visits, including physicals for free agents and draft prospects. Instead, they are volunteering their time and expertise to support the fight at their local area hospitals.

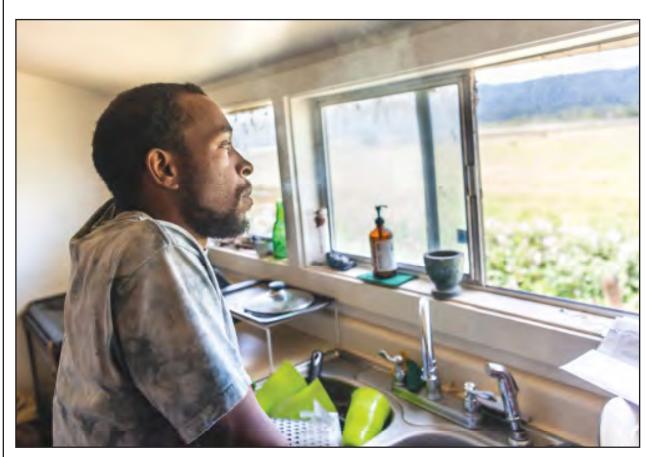
Tampa Bay Buccaneers' wide receiver Mike Evans and his Mike Evans Family Foundation have pledged a total of \$100,000 for COVID-19 relief efforts, with \$50,000 going to the United Way Suncoast in support of efforts in the Tampa Bay region. The Foundation will also donate another \$50,000 to Evans' hometown of Galveston. Texas, to further aid in COVID-19 relief efforts there.

In response to hunger relief needs related to the COVOID-19 health emergency, Indianapolis Colts owner Jim Irsay issued a million-dollar challenge to Colts Nation: as soon as \$200,000 was raised locally for relief boxes from Gleaners Food Bank, Irsay would unlock a \$1 million gift on top of that for his fellow Hoosier neighbors.

"I am so proud of our community and so proud to call Indianapolis home because Hoosiers come together, whether in times of celebration or in times of great need. Today is no different," Irsay said. "Everyone is being affected in some way by these challenging times, but many of our friends and neighbors are being hit particularly hard. But in our usual Indianapolis way, people are coming together and reaching out to help.

"That's why I challenged those who could afford to give to help make a difference in these upcoming days and weeks," Irsay continued. "I send my deepest thanks to everyone who helped push us past \$200,000 in donations to Gleaners to help feed those in immediate need, and I am pleased to add more than \$1 million to that total."

## COVID-19: The View Across Black America



continued from page 7

to profit from the growing caseload.

While Washington, D.C.'s Metrorail has been largely emptied of its professional class of passengers, reductions in the city's bus service have made it difficult for its darker and poorer customers—many of whom work in government jobs considered "essential" or the service sector and either do not have sick pay or cannot afford to take the day off—to practice social distancing on buses teeming with riders. Near the end of March, a Metrobus driver tested positive for the novel coronavirus.

"It's impossible to socially isolate in a sardine can," said Rohan Edmonson, 40, who lives in the D.C. suburb of Silver Spring and works on Embassy Row.

The buses in South Florida are considerably less crowded than usual, said one African American resident, Roger Williams. After revelers and spring breakers—mostly but not entirely White —posted photographs and videos last week of large gatherings on boats and beaches, Miami-Dade County Mayor Carlos Gimenez ordered the closure of all public beaches, parks, marinas, and recreational facilities.

The measures are beginning to take: Williams said he rode his bicycle on a typically bustling roadway near his suburban Miami home last week and only encountered one vehicle on the road, a scene that is redolent of post-hurricane Florida. The challenge, however, is that "a lot of very low-income Miamians live in motels, and many are now being asked to leave because of the shutdown," said Williams. This is "creating another crisis, since they will now add to the already striking numbers of homeless people on Miami's streets."

A Haitian-born American woman who works for a major healthcare provider agreed, saying that she has found that the pandemic is exacerbating problems such as homelessness and unemployment and health conditions such as diabetes. This is dramatically increasing anxiety levels for many in South Florida's African American and Afro-Caribbean communities.

At ground zero of the U.S. pandemic, New York City, only essential services are allowed to remain open: groceries, drug stores, liquor stores, hardware stores, and restaurants that offer delivery. Grocery store shelves remain well-stocked, but cold and flu medicines are in short supply in drug stores.

In Harlem, Margaret Kimberley, an author and columnist for Black Agenda Report, wrote on Facebook: "People are riding the subway, but there are so few that you really can practice so-

cial distancing even on public transportation. I'd say half of the people I see outside are wearing masks, myself included. Some are makeshift affairs, scarves tightly tied around the mouth for example. . .

"To prevent people crowding onto buses," Kimberley continued, "we are now allowed to enter through the back door. This is something poor people always did. Now everyone can ride for free... I got my hair braided yesterday, the last day before beauty shops had to close. I wasn't alone, but there were a lot fewer people than you would see there on a normal Saturday. I went but wore my mask."

Perhaps the most jarring description from Kimberley was the gallows humor that has descended on Harlem's Black community as many discuss the Trump administration's plans for emergency grants. "Lots of folks are out of work. People are making jokes about getting checks from Trump but I think it is no joke. Folks were struggling before this, and the \$1,000 they're expecting will come in handy."

It is by no means strictly doom and gloom, however. Across the country, communities are banding together to help each other weather the storm.

Activists with the Community Ready Corps are distributing Corona Kits—hand sanitizer, N95 masks, and brochures—immune-boosting care packages of garlic, ginger, turmeric, lentils and oats, and even books to Oakland's Black community focusing on the elderly, the sickly, and even stir-crazy kids.

Opened four years ago amid a food desert on Indianapolis' east side, the Trap has pivoted sharply to a web-only eatery that is preparing to ship its shrink-wrapped healthy seafood nationwide. A retired schoolteacher in New Jersey volunteered to knit surgical masks for mostly nurses of color treating coronavirus patients at a local hospital.

In Charlotte, North Carolina, Blacks are joining Whites in long lines to buy ammunition, preparing, it would seem, for violent racial conflict. Fittingly perhaps, several Blacks say that the least difficult adjustment in confronting the scourge is social distancing, particularly as it pertains to White people.

Said one African American man in Indianapolis, "I been trying to keep my distance from White people my entire life."

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