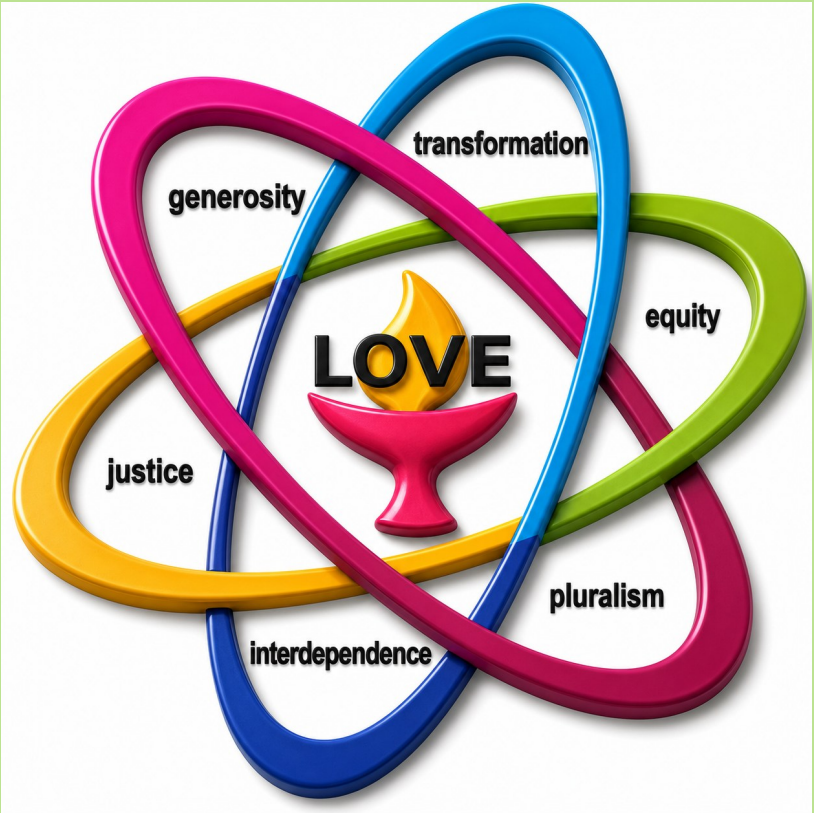
West Shore Unitarian Universalist Church



Community Resource Guide

Fall 2026

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Welcome to this treasure of community resources! These resources are local, and cover a broad range of helpful topics, used and/or recommended by the West Shore's Pastoral Care Team, their family and friends, and our congregation's Council for Caring and Community.

CANCER

American Cancer Society
www.cancer.org 800-227-2345
Offers definitive resources for patients.

Reserve Care of the Western Reserve 440-414-7349
(formerly Hospice of the Western Reserve)
Offers patient care, counseling, and bereavement groups of all kinds; in-home or hospice center locations.

Momentum
Colleen O'Brien 216-402-3934
Offers transportation, cleaning, lawnmowing, etc. to those who have breast cancer verified by a social worker or other professional.

National Cancer Institute
www.cancer.gov
Provides resources for patients receiving chemotherapy; lists side effects and what patients can do to help or prevent them; discusses chemotherapy.

The Gathering Place
http://touchedbycancer.org 440-216-9546
Provides support, therapy, classes, wig fittings, etc. for cancer patients and their families. East and West side locations.

The Village Project
info@ourvillageproject.com 440-348-9401
P.O. Box 40023, Bay Village, OH 44140
Monday - Thursday, 10:00 am - 5:00 pm
Provides healthy meals and deliveries to residents in active cancer treatment in Avon, Avon Lake, Westlake, Rocky River, and Bay Village; younger volunteers assist with community gardens which provide produce during the growing season.

COMMUNITY SPECIFIC HELP

Cities of Avon/Avon Lake Community Resource Service
http://www.aalcrs.org 440-933-5639
33479 Lake Rd., Ste. C, Avon Lake, OH 44012
Monday - Friday, 10:00 am – 2:00 pm
Provides services to Avon/Avon Lake residents (families & seniors) whose income qualifies. This includes financial assistance for utilities, rent, auto repair, fuel cards, medication assistance, food pantry, and school supplies.

City of Fairview Park
www.fairviewpark.org 440-356-4411
Provides parks, tennis courts, pickleball courts, splash park, Meals on Wheels.
*Senior Center, 20769 Lorain Rd., 440-356-4437
Provides transportation for a small fee.
*****Gemini Center, 21225 Lorain Rd., 440-356-4441, Monday - Friday, 5:30 am - 9:00 pm , Saturday and Sunday, 8:00 am - 5:00 pm. Provides membership based indoor recreation center, some Silver Sneaker opportunities.

City of Lakewood Department of Human Services
HumanServices@lakewoodoh.gov 216-529-5061
12525 Lake Ave., Lakewood, OH 44107
Monday - Friday, 8:00 am - 4:00 pm
*The Division of Aging offers Senior Services including programs & activities, transportation services, nutritional services, and other supportive services.
*The Lakewood Family Room provides a variety of support services for residents raising or caring for young children.
*The Lakewood Area Collaborative provides free community-based services for families with children under the age of 18.
*Help to Others (H2O)
Emma Hutchison, Coordinator 216-529-6045
emmiehutchison@lakewoodoh.net
Provides a service-learning program for high school and middle school youth. It is a collaborative effort of the City of Lakewood Department of Human Services and the Lakewood City Schools.

City of North Olmsted
Senior Center 440-716-4264
28114 Lorain Rd., North Olmsted, OH 44070
Monday - Friday 8:00 am - 4:30 pm
*Erica Miller, Social Worker, Outreach Coordinator
Provides information and referrals on Medicare, Medicaid, senior living, adult day care, utility assistance and transportation.
*Are You Ok? Program 440-777-3535
Offers a free telephone reassurance program consisting of daily check in phone calls from the city police department for older residents.

City of Rocky River Senior Center
21014 Hilliard Blvd., Rocky River, OH 44116 440-333-6660
Monday - Friday, 8:30 am – 4:30 pm
Offers a social worker on staff, Medicare counselor, daily deli lunches and a transportation van; includes lectures, art classes, fitness/ exercise, golf league, concerts, films, and local and national travel.

City of Westlake Community Services
Donna Feorene, Outreach Coordinator 440-899-3544
28975 Hilliard Blvd., Westlake, OH 44145
Monday - Friday, 8:00 am - 4:00 pm
Offers year-round food pantry, prescription drug program, assistive equipment loans, referrals/applications for local state and federal programs, local transportation, and activity programs such as the arts, fitness, games and lifelong learning for residents.

Cuyahoga Health and Human Services
Jane Edna Hunter Building 216-881-5554
3955 Euclid Ave., Cleveland, OH 44115
Promotes economic self-sufficiency and personal responsibility for families and individuals by providing access to jobs, benefits, and community services, such as Medicaid, Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF), Prevention, Retention, and Contingency (PRC), Child Care Assistance, and Work Programs.

The United Way First Call for Help

211oh.org 211

Serving Cuyahoga, Geauga, and Ross counties and covering more than 1.4 million residents, United Way 211 provides free and confidential referral services 24 hours a day, 365 days a year. Their Community Resource Database includes almost 1,700 social service, healthcare, and government agencies, covering 22,800 programs.

Social service professionals are certified information and referral specialists, providing them with the knowledge and compassion to help callers find the resources they need and, in the process, help to build stronger communities. Se habla Español.

DEMENTIA/ALZHEIMER'S DISEASE

Alzheimer's Association 800-272-3900

24/Hour Help Line

Leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. For more information on support groups, dementia care coaching and how to support our work, please call 216-342-5556.

Alzheimer's Association Local Chapter

Anne Paras 440-478-0826

asparas58@gmail.com

Offers insights, information and support groups for those with early-stage dementia, caregivers, and adult children of a parent with dementia.

Arden Courts Memory Care Community 440-808-9275

https://www.arden-courts.com/communities/westlake

28400 Center Ridge Rd., Westlake, OH 44145

Provides short-term, post-acute and long-term care for those with Alzheimer's and related dementia.

Brookdale Westlake Village

https://www.brookdale.com

Provides a variety of services at a variety of locations.

Eliza Jennings
www.elizajennings.org 216-226-5000
Provides a variety of services at a variety of locations.

Farrell Foundation
www.farrellfoundation.org 440-414-0434
Offers art, music, dance, storytelling, wellness activities (tai chi and yoga) and support for dementia and Alzheimer's participants and their care partners with the benefit of socialization, as well as several support groups for the care partner and the individual affected by dementia. Founders are Dr. Charlie Farrell and daughter Rev. Katie Norris. Executive Director Jerry Devis is a great resource.

The Playlist of Your Life
https://tinyurl.com/msphw296
Provides a way for a person with cognitive memory loss, care partners and loved ones, to know and respond to one's personal taste in music, films, poetry, food and TV shows, in anticipation of the time when communicating with language is no longer possible. This list was created by Rev. Tracey Lind and her wife Emily Ingalls.

DIABETES MELLITUS

American Diabetes Association
www.diabetes.org 800-342-2383
Offers good resources for caregivers and patients.

Center for Disease Control (CDC)
www.cdc.gov/diabetes 202-245-0600
Offers information on prevention and control.

DOMESTIC VIOLENCE/CHILD ADVOCACY

Journey Center for Safety & Healing
www.journeyneo.org 216-229-2420
24-Hour Hotline 216-391-4357
Provides information and services for domestic violence, child abuse and more. Primarily serving Cuyahoga County.

DRIVING/TRANSPORTATION FOR SENIORS

Fairview Wellness Center 440-356-0670
Offers a free, insurance covered evaluation of vision, reaction time, cognitive skills; if the driver does well, he/she can request an in-car evaluation for $100.

Metro Health Driver Rehabilitation Program
Jen Paulin, Molly O'Reilly 216-778-2293
2500 Metro Health Dr., First Floor, Rehabilitation Pavilion
Cleveland, OH 44109
Offers clinical evaluation, clinical training, in-vehicle evaluation, in-vehicle training.

Paratransit Service
https://www.riderta.com/paratransit 216-621-9500
Provides transportation to persons who, because of their disabilities, are unable to independently travel on the public transit system. Riders must apply for an ADA pass in order to begin using the service. The process wasn't as clear on the phone screen but very clear on a computer screen.

Senior Transportation Connection of Cuyahoga County
https://www.ridestc.org 216-265-1489
Provides comprehensive, efficient, and affordable transportation for senior adults, ages 60 and older.

DRUGS & ALCOHOL

ADAMHS (Alcohol, Drug Addiction & Mental Health Services)
www.adamhscc.org 216-241-3400
Board of Cuyahoga County
2012 W. 25th St., Cleveland, OH 44113
24-Hour Suicide & Crisis Lifeline: Call or text 988
Provides resources, including health care providers, to help people who are struggling with behavioral/mental health.

Alcoholics Anonymous (AA)
Offers help to alcoholics seeking recovery. Its program of recovery is built on the simple foundation of one alcoholic sharing with another.

Our church offers meeting space to seven different AA groups, open to the public. For more information, call the church office, 440-333-2255.

- Legacy Women's Group, Baker Hall, Wednesdays, 6:00 – 7:00 pm
- AA (Co-ed Group), Baker Hall, Wednesdays, 8:00 – 9:00 pm
- Gay Men's AA, Fireside Room, Fridays, 7:00 – 8:00 pm
- Five morning groups, Fireside Room or Chapel, Monday through Friday, 11:00 am—Noon

Cleveland AA Central Office 216-241-7387
Offers literature and meeting information around Cleveland and keeps tabs on which meetings are open/closed/active/inactive, as well as helps members find meetings close to home or to better fit schedules.

MetroHealth Recovery Resources 216-781-9222
14805 Detroit Ave., Suite 200, Lakewood, OH 44107
Offers assessments, support groups and counseling for children and adults; takes insurance, Medicaid and sliding scale.

ELDER SUPPORT

AARP (American Association of Retired Persons)
www.aarp.org 888-687-2277
Monday - Friday, 8:00 - 8:00 pm
As the nation's largest non partisan nonprofit, AARP empowers Americans 50 and older to choose how they live as they age.

Advocates for Elders
Jennifer Beach 216-406-3139
20525 Center Ridge Rd., #614, Rocky River, OH 44116
Offers compassionate care for seniors and expert support for families. Founded by Jennifer Beach and comprised of licensed social workers and nursing health care professionals with extensive experience in care management, dementias, and other chronic illnesses. Advocates for Elders work in partnership with individuals and their families to help them make informed decisions and deliver the best possible solutions. Values, preferences and resources are respected.

All Things For You Estate Sales
Mike Popik, Manager 330-466-5982
Allthingsestates@gmail.com

Offers estate sale services for those looking to downsize, assistance to families for someone going into a care facility, or the handling of the estate contents of a loved one who has passed away. Offers a free consultation that includes a walkthrough and discussion of our process and options for a sale.

Benjamin Rose Institute on Aging
https://www.benrose.org 216-791-8000
11890 Fairhill Rd., Cleveland, OH 44120
Monday – Friday, 8:30 am – 5:00 pm
Provides Greater Cleveland Area seniors with in-person and telephone-based programs addressing wellness, financial needs, hoarding issues and housing.

City of Cleveland, Health & Social Services
https://www.clevelandohio.gov/city-hall/departments/aging/services/health-social-services
601 Lakeside Ave, Cleveland, OH 44144 216-664-2000
Monday-Friday, 9:00 am—4:30 pm
Offers local recommendations for services and resources for seniors involving health and wellness, house and home, legal and financial assistance, and more.

Home Again Transitions
https://homeagaintransitions.com 440-213-1068
638 Moore Rd., Avon, OH 44011
Offers downsizing and moving help to seniors who are transitioning from larger homes to much smaller spaces in an assisted living location.

Kendal at Home
https:www.kendal.org 440-835-8681
26040 Detroit Rd., #1, Westlake, OH 44145
Makes aging in place possible–and enjoyable. A Life Plan/Care Coordinator works with someone to develop a plan that offers support at all stages of life and levels of care. Services may include nutritional support, home health care, transportation, emergency response and much more, depending on needs to provide the continuity and support to allow someone to remain at home.

My New Villa
mynewvilla.com 440-320-7280
3778 Lear Rd., Suite #146, Avon Lake, OH 44012
Offers guidance to families seeking assisted living or memory care community; serves westside suburbs at no cost.

Nursing Home Ombudsman
https://aging.ohio.gov/ombudsman 800-282-1206
Ohio's Office of the State Long-term Care Ombudsman advocates for people receiving home care, assisted living and nursing home care, and provides information and help to resolve problems.

Ohio Department of Aging – Program of All-Inclusive Care for the Elderly (PACE) 800-266-4346
https://aging.ohio.gov/care-and-living/pace-home/pace-1
30 E. Broad St., 22nd Floor, Columbus, OH 43215
Monday – Friday, 8:00 am – 5:00 pm
Provides participants with all their needed health care, medical care, and ancillary services in acute, sub-acute, institutional, and community settings. Services include primary and specialty care, adult day health services, personal care services, inpatient hospital care, prescription drugs, occupational and physical therapies, and nursing home care.

Pro Seniors 800-488-6070
Provides **free** education, advice, advocacy, legal representation, and justice for seniors in Ohio; serves all Ohioans aged 60 and older.

Western Reserve Area Agency on Aging
1700 E. 13th St., Suite 114, Cleveland, OH 44114 216-621-0303
Monday – Friday, 8:00 am – 5:00 pm or 800-626-7277
Offers a range of programs and services, such as nutrition, home care, advocacy, and wellness for older adults and those who are disabled in five Ohio counties.

END OF LIFE

Provides the most needed information regarding what to do when a loved one dies—calls to make, people to contact; provides info for members to reflect upon and make choices regarding his/her own end of life.

AARP
www.aarp.org
Search for End of Life

Anatomical Gift Program: Case Western Reserve University
https://case.edu/medicine/anatomy/body-donation
Works with families in the Cleveland, Ohio and surrounding counties who wish to help in the field of science and provide experiences for medical students, the future's physicians, professors, and other healthcare professionals, with a critical learning experience. For over 40 years, the Department of Anatomy in the School of Medicine has been a trusted source for those looking to donate a body and provide a lasting legacy.

Cleveland Clinic
www.clevelandclinic.org
Search for End of Life.

Consumer Reports
www.consumerreports.org
Search for When a Loved One Dies.

Death Doulas
Jean-Luc Devis
jean-lucd@hotmail.com
A death doula's work ranges from logistical planning for the time before, during and after death; conducting rituals or comforting practices; helping the dying person reflect on their life and values; and explaining the bodily functions of dying to caregivers. Practitioners perform a large variety of services, including but not limited to creating death plans, and providing spiritual, psychological, and social support before and just after death. Their role can also include more logistical activities, such as helping with services, planning funerals and memorial services, and guiding mourners in their rights and responsibilities.

Foxfield Preserve
foxfieldpreserve.org 330-359-5235
9877 Alabama Ave. SW, Wilmot, OH 44689 (Stark County)
Offers green burials on a 40 acre preserve. It is a non-profit Ohio Conservation Cemetery established in 2008 by the Wilderness Center.

All burial containers must be biodegradable, as well as the clothing worn by the deceased. Mowing is prohibited. Such restrictions are intended to keep the lands in a natural state.

Ohio End of Life Options
ohiooptions.org 216-512-1151
Provides education and info about MAID (Medical Aid in Dying) laws.

Suicide Survivors
https://tinyurl.com/wvw4df9p

The Conversation Project
https://theconversationproject.org
Emphasizes having conversations on values- what matters to you, not what's the matter with you. Offers guides and workbooks on various topics including a Conversation Starter Guide to "help people talk about their wishes for care through the end of life."

EXTENDED IN-HOME CARE (INCLUDES DEMENTIA/ALZHEIMER'S DISEASE)

Comfort Keepers
www.comfortkeepers.com 440-577-6200
Provides transportation, meal prep, light housekeeping, light laundry, shopping in the Greater Cleveland area customized to a few hours per week or round the clock care to allow seniors to stay in their homes longer. Respite Care, Post-Hospital Care and End of Life Care are available.

Griswold
griswoldhomecare.com 440-390-4926
Offers non-medical in-home care including companionship. Free in-home visits to determine needs.

Home Instead
homeinstead.com 440-201-2497
Offers in-home care for seniors, including respite care, transportation services and companionship services.

Reserve Care (formerly Hospice of the Western Reserve)
http://www.reserve-care.org
Main local: 216-383-2222; Referral Local: 216-383-3700
Headquarters: 17876 St. Clair Ave., Cleveland, OH 44110
(Multiple locations in Greater Cleveland)
Offers care for seriously ill people, support for loved ones, and comfort for the bereaved. There is no charge for bereavement groups; no requirement to have used hospice.

FOOD NEEDS

Findhelp
https://www.findhelp.org
Connects individuals with local food pantries and meal programs. Entering a zip code connects one to resources for housing, financial assistance, health care, and more.

Food Pantry: West Shore UU Church
Monday – Friday, 10:00 am – 3:00 pm
Before and after Sunday worship services.
Supplies non-perishable items (cereal, peanut butter, canned fruits, vegetables, soup, etc.) to anyone needing food. It is located in the hallway near the drinking fountain. The church sponsors two food drives in October and April to stock the pantry.

The Greater Cleveland Food Bank
https://www.greaterclevelandfoodbank.org 216-738-2067
15500 S. Waterloo Rd., Cleveland, OH 44110
Monday – Friday, 8:30 am - 4:30 pm
Supports the ever-growing demand for food distribution and social service programs in the six counties it serves.

West Shore Meals on Wheels
https//www.westshoremow.org/Lakewood/Rocky River
Lakewood/Rocky River 440-333-6298
Monday – Friday, 8:30 am - 12:30 pm
Fairview Park 440-331-3842
Monday - Friday, 8:30 am – 11:00 am
Cooks and delivers meals to residents of Lakewood, Rocky River and Fairview Park; non-profit that welcomes volunteers and donations.

HEART DISEASE

American Heart Association
www.heart.org
Offers information on heart conditions, hypertension, healthy living and support.

HOUSING

CHN Housing Partners
www.chnhousingpartners.org 216-574-7100
Connects people in the Greater Cleveland area to affordable housing, and helps with rental assistance, utility payments, and moving into home ownership.

LEGAL ASSISTANCE

Linda Beebe, Attorney
Shinn Law Firm, LLC 440-331-0200
WSUUC member and attorney who offers legal advice on estate planning, wills, advanced directives, and elder law.

Hickman & Louder, Co. L.P.A.
Cleveland: 216-861-0360
Sheffield: 440-323-1111
Advises in four key areas: children with special needs, adults with disabilities, elders and their care givers, and estate planning. Offers strong educational programs to groups. Used and recommended by Parish Nurse Martie Travis.

LESBIAN, GAY, BISEXUAL, TRANSGENDER

Colors+ Youth Center
info@colorsplus.org 216-200-8426
1375 W. Clifton Blvd., Lakewood, OH 44107
Provides free, inclusive youth programming for LGBTQIA+ youth and families such as Drag Story Hour drop-in style programs, Family Yoga, and monthly Family Dinner and Game Night. Clinical services are not provided.

LGBTQ+ Community Service Center of Creater Cleveland
6705 Detroit Ave., Cleveland, OH 44102 216-651-5428
Offers social programs, counseling, and advocacy.

LUNG DISEASE

American Lung Association
http://www.lung.org
Offers resources and education about many lung diseases including, asthma, COPD, pulmonary fibrosis and lung cancer. Smoking cessation support also available.

MEAL COORDINATION

Take Them a Meal
www.takethemameal.com
Provides free, on-line resources that simplify the process of coordinating meals from family and friends.

MEDICATION

Drugs
www.drugs.com
Offers patient-friendly information on different medications, as well as a "pill-finder" to identify different medications.

MEDITATION

Buddhist Study Group
Sundays, 9:00-10:10 am, Room A
Provides meditation for 15 minutes, then a discussion of a dharma talk on the 4 noble truths and the 8 fold path. Anyone who is curious to learn about Buddhist philosophy and how it connects to our UU principles and mission of inclusiveness, respect, kindness, and encouraging one another's personal growth is welcome to join.

Deepening Circles Sangha
Rev. Mary Grigoiia
mary@marygrigolia.com
Thursdays, 10:30 - 11:30 am, currently Zoom only
(contact church office for link; suggested donation $15)
Provides a self-supported drop-in meditation group, drawing on

Buddhist sources and beyond, planted in Four Circles: Body, Heart, Mind & Spirit. We draw on neuroscience to learn how our meditation changes our brains, minds and lives. No need to identify as Buddhist or UU. We come as we are, listen with kindness, share what we choose, learn from each other and keep confidentiality.

Insight Meditation
Carter Edmond
1st & 3rd Thursdays, 7:00 - 8:00 pm, Chapel
Offers a free, beginner-friendly group that includes sitting meditation, discussion and readings, and sometimes walking meditation. Whether you are an experienced meditator or just beginning to be curious, you are welcome.

Lotus Moon Zen Sangha
Valerie Grigg-Devis, griggdevis@gmail.com or
Jean-Luc Devis jean-lucd@hotmail.com
Mondays, 7:00 - 8:00 pm, Chapel
Offers a small community, devoted to awakening wisdom and compassion in our daily lives. Zen is a path of spiritual development open to all, regardless of prior experience, knowledge or beliefs. We offer Zen in a simple & practical way, incorporating traditional Zen elements, such as formal meditation, chanting, drinking tea and talks by teachers ordained in the Zen tradition. Meditation instruction is offered by request.

Recovery Dharma
Ellie elmarshall424@gmail.com
Thursdays, 7:00-8:00 pm, Fireside Room
Offers a Buddhist inspired approach to recovery from addiction.

River Rocks Meditation
Grace Durfee grace@balancewithgrace.com
Jason Muller jasoneats@hotmail.com
Tuesdays, 8:45 - 9:45 am, Fireside Room and Zoom
Meeting at WSUUC for weekly meditation for over 20 years, the practice includes several chants, two silent sittings and a walking meditation. There is informal discussion afterwards, often about a book that we read together. All are welcome to this drop-in meditation. Most of us sit in chairs for the practice; however, you are welcome to bring their own meditation cushion or bench.

MENTAL HEALTH

The Far West Center
fwc@farwestcenter.com 440-835-6212
29133 Health Campus Dr., Westlake, OH 44145
Provides mental health services; accepts Medicaid and some commercial and managed care insurance plans, plus a subsidized fee scale, if needed.

The Nord Center
www.nordcenter.org 440-233-7232
6140 South Broadway, Lorain, OH 44053
Provides behavioral health programs, prevention, education and client advocacy in Lorain County. Offers support for anxiety, depression, suicide prevention, domestic violence, sexual abuse and more.

PARKINSON'S DISEASE

American Parkinson's Disease Association (APDA)
https://www.apdaparkinson.org 800-223-2732
Provides local chapters, virtual fitness classes, and a helpline.

Davis Phinney Foundation
https://davisphinneyfoundation.org
Focuses on living well with Parkinson's; offers an "Every Victory Counts" manual.

Ohio Parkinson Foundation Northeast Region
https://www.ohparkinson.com
Offers local support, regional educational symposiums, and specialized programming.

Parkinson's Foundation
https://www.parkinson.org 800-473-4636
Offers a helpline, educational materials, and a hospital safety kit.

The Michael J. Fox Foundation
https://www.michaelfox.org
Features "Parkinson's 101," a "Buddy Network" for peer support, and clinical trial opportunities.

WEST SHORE CHILD CARE CENTER

Karen O'Hagan, Director of Child Care Center 440-333-2040
kohagan@wschildcare.org
Provides an outreach of the West Shore Unitarian Universalist Church to promote the well-being of children in our community by providing quality, affordable childcare t hat w ill nurture the social, emotional, cognitive, language, and physical development of the children and by supporting their families.

WEST SHORE UU SUPPORT PROGRAMS

Aging Creatively: Support and Resources
judith93@earthlink.net

4th Friday of the month, 1:30-3:00 pm, Fireside Room
Provides support to members age 60+. Meeting content varies but may include member check in time, speakers, discussions, and field trips as we share our challenges, solutions and new experiences. Meetings appear in the eNews the Friday prior.

Caregivers and Allies of Trans Individuals
Laura Hardy
ploenzke@gmail.com

Supports those who have a trans family member or friend and want to know how to better support them or simply want to know how to be a better ally to the trans community.

Connection Circles
Diane Alcorn, Membership and Engagement Coordinator
dalcorn@wsuuc.org
Offers t he opportunity to connect w ith one's deeper s elf and others, build friendships and listening skills, via deep listening on a monthly theme (i.e. "Opening to Joy," "Living with Intention".) Circles have up to 12 participants and meet monthly for two hours.

Finding Joy After Loss
Donna Evans-Deyermond, MAPM
dedeyermond51@gmail.com
4th Wednesday, 1:30 pm

Provides emotional support for individuals whose spouse or life partner has passed away. The group supports its members as they adjust to their new life and learn to find joy without their significant other. The group also holds a monthly social event to implement the "Finding Joy" piece of our mission. Meetings are posted on the church calendar and appear in the Enews the Friday prior.

Helping Hands
Chris Baumhauer
chrisb7302@gmail.com
Provides an opportunity for church members to offer assistance to other members who need help with a one-time task. Help includes supplying a meal, lending a listening ear for a doctor's appointment, emergency pet care, etc. Those requesting help can peruse the brochure at church or on the church's website.

The Minister's Discretionary Fund
Rev. Anthony Makar, West Shore Senior Minister 440-333-2255
amakar@wsuuc.org
Offers support for West Shore members in financial need. Funds are provided by special gifts by congregants, especially from Christmas Eve services. One disbursement per household per 12-month period is the limit. Disbursements must also be in response to specific emergencies (like a car payment, a light bill, or rent) and not meant to supplement income. Amount available depends on the particulars of the situation, how much is available in the Fund, and the need to ensure that available funds are widely available to as many as possible who are in need.

Parents of Estranged Adult Children (PEACH)
Gloria Bemer, mrsb112@aol.com
Jillian Cook, jilliancook55@gmail.com
2nd Saturday, 10:00 am
Understands that parents who are dealing with the estrangement of their adult children often blame themselves and have feelings of guilt, sorrow, regret and anger. If we don't have the tools to address those feelings, then, estrangement can really be ruinous to a life. It can create so much ongoing sadness, heartache, anger, jealousy and fear that it's hard to really concentrate on anything else. Several people attending their first meeting of PEACH have said, "This is the first time I

feel comfortable talking about my estranged child," and "I feel like everyone here really understands what I'm talking about and how I feel." Anyone who is experiencing the loss of their child due to estrangement is welcome to join us.

Pastoral Care Team
Kathy Strawser, Chair
kkstrawser@gmail.com
Offers listening, presence and spiritual support to fellow church members/families/friends in need through visits to homes, hospitals and care centers, phone calls, texts, email, cards, Reiki, and a canine team member. The team provides a Sunday table presence, Death Cafés, occasional Sunday worship, and this Community Resource Guide.

Queer & Allies Task Force
Kathy Little or Kelly Galligan
drkdlittle@aol.com or Kelly.l.galligan@gmail.com
3rd Monday, 7:00 pm September through May
Educates its members (LGBTQ people and their Allies) on LGBTQ justice concerns and serves as active advocates for, and with, lesbian, gay, bisexual, transgender and queer people. We are proud that in the late 1980s, West Shore voted to become a "Welcoming Congregation" which means that the Church took seriously its commitment to support and to serve as Allies to the LGBTQ community.

Reiki
Grace Durfee
grace@balancewithgrace.com
Reiki works energetically on physical, mental, emotional, and spiritual levels to promote balance, thereby restoring the body's ability to heal itself. With this Japanese healing art, people can experience deep relaxation, calming of the nerves, deeper breathing, and reduced pain. Treatments can be done in-person or at a distance. West Shore members can request this service through a Pastoral Care member or other members who offer Reiki. Contact Grace Durfee to be connected with a Reiki Practitioner.

Trans Forum
Anja Smith
sitouh@gmail.com
2nd Monday, 7:00 - 9:00 pm
Supports individuals under the broad trans umbrella (transgender, non-binary, gender-nonconforming, etc.) to offer support and care to each other - as such, we respectfully ask that cisgender people refrain from attending.

West Shore Parish Nurse/Northeast Ohio
Barb Mishic, Parish Nurse
barbmishic@gmail.com
Martie Travis, Parish Nurse
martie419@yahoo.com
Focuses on education and prevention by providing information, resources for information and c are, and first and third Sunday screenings for blood pressure at church; does not provide hands-on, licensed nursing services, such as wound care, medication administration, etc.

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WESTSHORE
Unitarian Universalist Church

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