

"I GET TOO ANGRY." "I NEED HELP WITH MY ADDICTION." "NOW WHAT?"

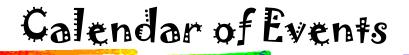
Get Help Now MC.com

If you or someone you know is struggling with mental health, drug or alcohol challenges, help is here. Let us connect you to the resources you need.

- Prevention
- Treatment
- Support for individuals in recovery
- Training and workforce development

The Alcohol, Drug Addiction and Mental Health Services Board of Montgomery County believes that no one should suffer in silence.



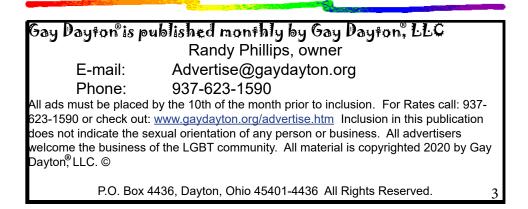


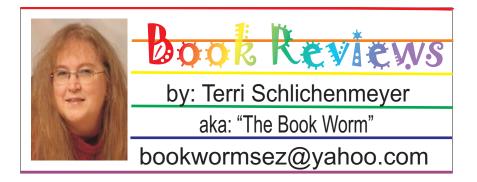
Many of the scheduled meetings and events have been canceled or postponed. For information on attending an online video or phone chat group, please call GayDayton at 937.623.1590 or

the Greater Dayton LGBTQ Center at 937.274.1776 be prepared to give your email address and phone number to join a group.

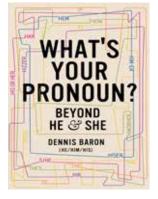
1-Apr 6:30 PM	Center Monthly Board Meeting	video/phone
6-Apr 7:00 PM	LGBTQ AA	video/phone
8-Apr 7:00 PM	Pozitive Attitudes (HIV+ Group)	video/phone
13-Apr 7:00 PM	LGBTQ AA	video/phone
14-Apr 7:00 PM	PFLAG Montly Meeting	
15-Apr 6:60 PM	Project Identify	video/phone
18-Apr 6:00 PM	Spring Fling Community Dinner	postponed
19-Apr 6:00 PM	PRIDE Planning Meeting	postponed
20-Apr 7:00 PM	LGBTQ AA	video/phone
21-Apr 7:00 PM	Gatlyn Dame Group - Trans Support	video/phone
22-Apr 7:00 PM	Pozitive Attitudes (HIV+ Group)	video/phone
27-Apr 7:00 PM	LGBTQ AA LGBT Center	video/phone
29-Apr 6:00 PM	Chapters LGBT Book Club	video/phone

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body. Joseph Addison





"What's Your Pronoun? Beyond He & She" by Dennis Baron (He / Him / His) c.2020, Liveright \$25.95 / \$34.95 Canada 304 pages



Words can never hurt you. Even as a child, that last half of the retort to playground taunts never made sense to you. Of *course*, sticks and stones broke bones but even then, you knew that there's no sharper weapon than a word said in anger or misunderstanding. In the new book **"What's Your Pronoun?" by Dennis Baron**, you'll see that some of those weapons go way back.

Language is a funny thing. Words hurt, they

sooth, and in today's world, a "pronoun *without* sex is... sexy." We ask ourselves, and others, which ones to use as "an invitation to declare, to honor, or to reject, not just a pronoun, but a gender identity."

Generally, though, and until relatively recently, "he" was the default pronoun used by many to indicate both masculine and undeclared gender. As far back as 1792, neutral "he" was thought to be confusing, however; one writer even suggested that "one" might work better than "he" to indicate gender neutral.

"They" was brought up for consideration in 1794.

A century later, and with mostly men controlling law and business, "he" was firmly the pronoun of choice, and it had become politicized; when women protested that "he" clearly didn't include them, lawmakers stated that "he" also implied "she." Women countered that if "he" could hold office, then it was implied that "she" could, too, and, well, you can imagine the arguments – not to mention the injustice of *three* masculine pronouns (he, his, him) but just *two* for the feminine (she, her)! Oh, the scandal of it all!

Through the decades, other words have been suggested (zie, hir, thon) to indicate gender neutral or unknown but none have seemed to stick. Many felt that there simply was no good way to signify neither male or female, or a separation of gender-neutral and nonbinary, and some bemoaned the lack of a "missing word" that was easily understandable. Says Baron, though, in sifting through the possibilities, we've had the word all along... Sometimes, as author Dennis Baron points out in his introduction, people today offer their preferred pronoun without being asked, so ubiquitous is the question. Still, we sometimes struggle with the right word, but in "What's Your Pronoun?" he offers a solution of which readers may be skeptical.

First, though, it's true that this etymological history is a good read, especially for word nerds. It's not college-lecture level; Baron writes with a lighter hand and doesn't preach, and the occasional threads that spring from the stories here are explored appropriately and in an inviting way that displays no drudgery. It's like sitting down at a workshop you've eagerly anticipated, and being more delighted than you hoped you'd be. And yet, there is such a thing as information overload, and the obvious solution isn't so obvious. Proof is at the end of the book, in which we see more than two centuries of verbal wrangling.

So: em, thon, zier, they? We haven't heard the end of it, but maybe we're close; certainly, reading "What's Your Pronoun?" couldn't hurt.



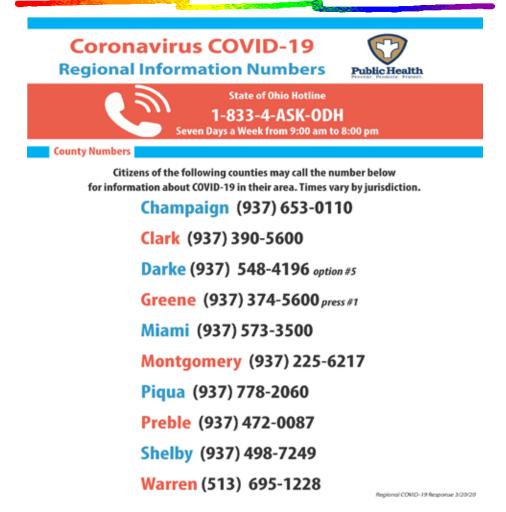
Happy Staycation

For the First Time in History we can save the Human Race by lying in front of the T.V. and doing nothing. LET'S NOT SCREW THIS UP! Yes, for the good of all we have been ordered to quarantine ourselves to help flatten the curve in the spread of the COVID-19 virus. At the onset of this virus, due to similar symptoms, we often equated this virus with influenzas, yet it quickly proved to be so much more dangerous than the mere Flu. <u>Symptoms</u> By now you have all heard the best practices to help prevent the spread of the virus: 1. Avoid close contact with others (6 foot separation) 2. Cover a cough or sneeze with a tissue, then throw the tissue in the trash. 3. Avoid touching your eyes, nose, and mouth. 4. Clean and disinfect frequently any touched object and surfaces. 5. Wash your hands often with soap and water for at least 20 seconds.

Of course, should you develop the warning signs of COVID-19: trouble breathing, persistent pressure or pressure in the chest, confusion or the inability to arouse, bluish lips or face, please contact your medical provided immediately. Symptoms will vary with each person so you should consult your medical provider. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask or some sort of facial cloth covering before medical help arrives to help reduce the chance of the spread of the virus. Together we will get through this. If you have COVID-19 questions you may call Dayton Public Health at (937) 225-6217 or the Ohio Department of Health at (833) 4-ASK-ODH for information. (Dayton Public Health Clinic does not test for COVID-19). If you're seeking a health care professional you can visit the all new https://www.gaydayton.org to help you find a LGBTQI+ friendly doctor.

What can you do while quarantined? Many of the support groups at the Greater Dayton LGBT Center are moving to conference call or video conferencing during this time so you may still attend via your, phone, smart phone, or computer. As a community it is important that we continue to support one another.

What else can you do? Video streaming services are all reporting huge upswings in subscriber usage and new subscribers. Disney has announced its new Pixar film "Onward" for purchase and rental and will be released to Disney+ streaming on April 3. Warner Bros, is releasing the new Ben Afleck movie "The Way Back" and "The Birds of Prey," if horror is more your style, they are also releasing "The Invisible Man" less than a month after it appeared in theaters. Perhaps binge watch a series and find out what everyone is talking about when mentioning Baby Yoda, yet if you have not sat down to watch "The Mandalorian" now is the perfect opportunity to watch, or watch again. You can get some culture: the Metropolitan Operas are streaming nightly and you can get their schedule via their <u>https://www. metopera.org/</u> Broadway HD is offering over 300 classic musicals, plays and shows. <u>https://www.broadwayhd.com/</u> Additionally many artists are holding livestreams and virtual concerts. Even the Cincinnati Zoo has a Facebook Live page to show many of their animals. So, while you are at home there are still many things to capture your attention beyond a puzzle or boardgame. So now is the time to catch up on your reading and all those projects around the house. Happy Staycation!



Evictions In The Miami Valley *Get Information & Help During COVID-19*

If you can pay your rent, you should continue to do so. Your landlord may still be able to evict you for unpaid rent once this crisis is over. If you cannot pay your rent, or cannot pay the full amount of your rent, you should communicate with your landlord in writing and tell them that you will pay as much of your rent as you can manage.

If you are facing eviction or are being threatened You cannot be moved out of your home without a court order.

Most eviction proceedings have been suspended in area courts.

Your landlord cannot evict you, kick you out, or ask you to leave your apartment for having COVID-19. Your landlord cannot evict you, kick you out, or ask you to leave your apartment for being under home quarantine.

Being under isolation or quarantine in a hospital or other facility does not change your tenancy — your apartment remains your primary residence.

You will still need to pay rent during quarantine or any time in a medical facility, just as is the case for any illness.

Your landlord cannot discriminate against you, kick you out, or ask you to leave your apartment because of fears and stigma around COVID-19, including discrimination or harassment on the basis of actual or perceived race, national origin, disability, or other protected classes.

If you are facing discrimination and harassment by your landlorder, please file a complaint online:

- If you live in the City of Dayton, fill out the form on the City of Dayton Human Relations Council website.
- If you live outside the City of Dayton, fill out the form on the Miami Valley Fair Housing Center website.

If you are being evicted, you can contact ABLE and LAWO for assistance by completing an application online at legalaidline.org or by calling Legal Aid Line at 888-534-1432 with eviction Statements on evictions from Miami Valley area courts. For more info: <u>http://mvcovid19eviction.com/</u> This website is being updated frequently. Please check back to see new updates

Dayton Municipal Court: All evictions on a temporary hold until April 30, 2020 (effective 3/13/2020). Fairborn Municipal Court: All evictions, civil hearings, and small claims hearings have been continued and will be rescheduled "in the future as circumstances dictate" (effective 3/18/2020).

Kettering Municipal Court: All evictions are postponed for eight weeks, with new filings scheduled for hearings sometime after May 8, unless specified by the court (effective 3/16/2020).

Miamisburg Municipal Court: Evicitons are suspended through April 20, 2020 (effective 3/20/2020). Oakwood Municipal Court: Evictions are continued until after April 30, 2020 (effective 3/17/2020). Vandalia Municipal Court: All civil hearings, evicitons, small claims, and mediation hearings are postponed and will commence on May 11, 2020.

Xenia Municipal Court: All civil cases, including evictions, are continued until after May 8, 2020. Montgomery County Municipal Court (covers the cities of Riverside, Huber Heights, Trotwood, and Brookville; Clay, Jackson, Jefferson and Perry townships; and the villages of New Lebanon, Phillipsburg, Farmersville, and Verona): Both the Western Division in New Lebanon (195 S. Clayton Road) and the Eastern Division in Huber Heights (6111 Taylorsville Road) are closed until April 6, 2020. This court has provided no clear guidance as to how it will handle evictions (effective 3/19/2020).









Equitas Health

TELEHEALTH

equitashealth.com/telehealth

TeleHealth

Due to the current outbreak of coronavirus, Equitas Health is now offering TeleHealth appointments for our patients. You can use a mobile device, or camera-equipped computer to meet with your Equitas Health provider for your appointment.

Get Scheduled

Call your Equitas Health Medical Center to schedule or potentially change your appointment to a TeleHealth visit today:

Cincinnati 2805 Gilbert Ave., (513) 815-4475

Columbus - King-Lincoln 750 E. Long St., Cincinnati, OH 45206 Columbus, OH 43203 (614) 340-6700

Columbus - Short North 1033 N. High St., Columbus, OH 43201 (614) 340-6777

Dayton

1222 S. Patterson Blvd., Suite 110 Dayton, OH 45402 (937) 853-3650

Get Access

You will use a MyChart account to access your TeleHealth appointment.

Here's what you'll need to do:

- 1. If you do not already have a MyChart account, we will send you a sign-up link when you schedule your appointment. Please call your Equitas Health Medical Center if you have not received a link.
 - If using a desktop, please access MyChart online at: mychart.ochin.org/MyChartEquitas/ and make sure you can log in.
 - If using a mobile device:
 - You will need to download the MvChart App and login.
 - You will select **OCHIN** as the organization once inside the app.
 - You will also need to download the **Zoom App** to be able to connect via video.
- 2. You can use MyChart to attend TeleHealth appointments, view lab results, and contact your doctor or nurse.

Attend Your TeleHealth Appointment

- 1. Use MyChart to check-in to your TeleHealth appointment on your mobile device, or camera-equipped computer. You can check-in up to 30 minutes before your appointment starts. Give yourself at least 15 minutes to update your personal information, insurance, medications, allergies, and health history.
 - Once you are logged into MyChart follow these steps:
 - You will see under To-Do list a "MyChart Virtual Visit" and you can click E-Check In
 - You will complete E-Check In (medical history, personal info, etc.)
 - You will then click Begin Video Visit and enter a virtual waiting room. Soon, one of our clinical staff members will join you via video.

Please note:

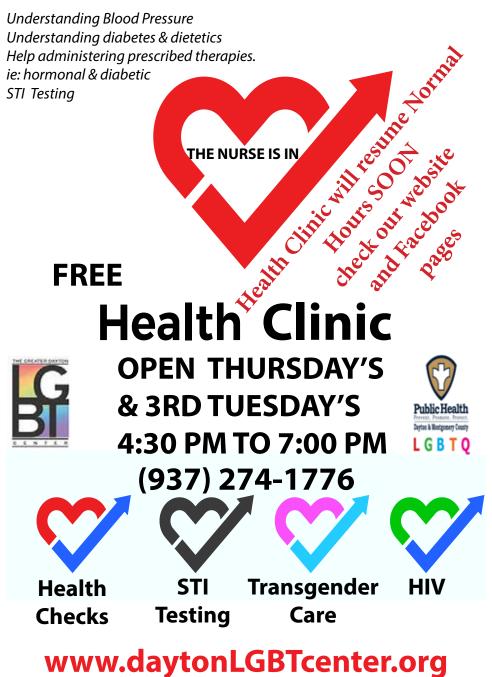
If you are more than 5 minutes late for your appointment, you may be required to reschedule.

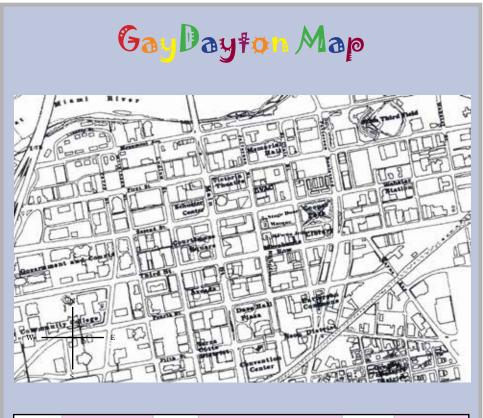


Appointment

Гime

The Greater Dayton LGBTQ Center Public Health Clinic





18 +	18 and Up	Е	Other Entertainment	N/H	Neighborhood
Α	Alternative	F	Food	S	Strippers
AH	After Hours	G/S	Gay/Straight	Т	Mature
С	Country	Κ	Karaoke	V	Video
D	Dance	L	Leather	W	Women
DG	Drag	М	Men	Y	Young
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- 1. Argo's, 301 Mabel Street 252-2976 (M,L,E,S)
- 2. Evolution, 130 N Patterson 203-2582 (18+,Y,G/S,D,E,V,DG)
- 3. MJ's on Jefferson, 20 N. Jefferson 223-7340 (18+,F,M,D,S,E,DG,V,K)
- 4. Right Corner, 105 E. Third St 228-2033 (NH,M,T,E)
- 5. Stage Door, 44 N. Jefferson St 223-7418 (M,L,C,K,T,NH,E)
- 6. Natalie Clifford Barney Historical Marker
- 7. The Greater Dayton LGBT Center, 24 N. Jefferson 274-1776

www.GayDayton.org

mjsonjefferson.com



20 N Jefferson St - Dayton, OH - 45402

Hours 3 pm - 2:30 am 7 days Happy Hour 3 pm - 9 pm Monday - Saturday

M J's Kitchen Hours: Sunday, Tuesday, Wednesday, Thursday 7 pm to Midnight Friday & Saturday 7 pm to 2 am