

friendly city

TRIBUNE



Spring 2018 Issue

A Letter from the Mayor

Greetings Residents!

After what seemed like the longest, coldest, snowiest winter, I am happy that spring is finally upon us! I can't wait to see the green grass, flowers blooming, and beautiful leaves filling up tree branches. I hope you and your family had a great holiday season spent with those you love most. Be sure to check out the springtime tips in the Service Department Update regarding leaves, rubbish, the holiday trash schedule and other reminders. As the weather warms up, grilling will become more popular. The Building Department Update has important information regarding permits, what streets are included in the Annual Exterior Property Maintenance Inspection Program and grills, so be sure to read it.



I am pleased to announce that the Fire Department has partnered with the Cleveland Clinic's Mobile Stroke Treatment Unit. This specialized ambulance will improve the outcome of suspected stroke patients before arriving at the hospital. Read more about how the ambulance works and the signs and symptoms of a stroke in the Safety Update.

I hope many of you are taking advantage of all of the classes, activities, Lunch and Learns, and new programs at the Civic & Senior Center. There are a lot of activities offered that will accommodate many interests. I encourage you to take time to read their schedule and pick something that interests you. If you still can't find anything of interest, attend at least one of the free Lunch and Learns. Information on class schedules and Lunch and Learn topics can be found in the Civic & Senior Center Update.

The Exterior Maintenance Grant Program resumes April 1st. Remember, if you were funded last year, you will not be eligible to receive funds this year. To find out more about eligibility, receiving an application or for any questions, contact Raymon Turner, Community Development Manager, at (216) 587-1144.

As you may know, our Finance Director, Rubin Moultrie, retired in December. Some of you may recognize our new Finance Director, Karen Howse, as she is a native of The Friendly City. Read about her in the Finance Update where you will find her biography as well as her picture. Join me in welcoming her back home!

A few reminders before I close. Each article has valuable information, important news and updates on every aspect of the city and I hope you take the time to read each of them. Be sure to read your Ward Updates to find out about meetings and events taking place. The Annual Senior Luncheon will be May 7th and the Annual Memorial Day Parade will be on May 28th. In the Civic & Senior Center Update you will be able to find the ticket distribution schedule and in the Safety Update you will see the street parking rules for the parade.

I look forward to seeing you very soon!

Sincerely,

Mayor Bradley D. Sellers

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City Hall (216) 587-6500

Police Dept. (216) 581-1234

Fire Dept. (216) 587-6525

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 Twitter: @Warrensville_OH

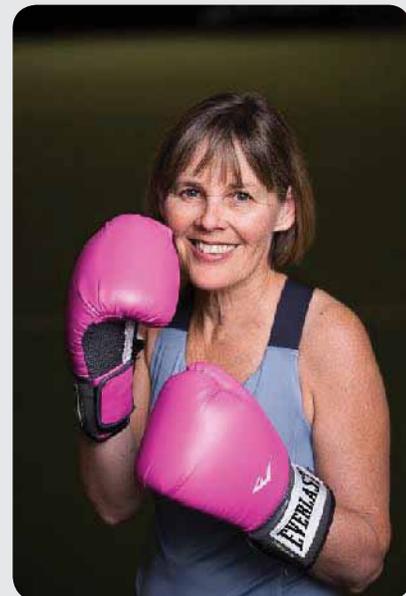
This publication is a product of the Warrensville Heights Department of Communications.

Warrensville Heights Non-Profit Center Announces International Parkinson's Visionary Award



Dr. Karen Jaffe will receive the 2018 InMotion Parkinson's Visionary Award, presented biennially to an individual or family that has shown excellence in the Parkinson's community by championing the fight against Parkinson's through advocacy, research, volunteerism, or financial support. The award will be presented at "More than Motion, a Visionary Event," on April 16, 2018 at Jones Day in Cleveland. The keynote speaker is Bill Geist, an Emmy award winning television journalist and the author of eight books, most recently, "Good Talk Dad... The Birds and the Bees and Other Conversations We Forgot To Have," which he co-authored with his son Willie, a Today Show and MSNBC anchor. Bill was diagnosed with Parkinson's over 25 years ago and serves on the Michael J. Fox Foundation Patient Advisory Council.

Shortly after being diagnosed with young onset PD, Karen retired from an exceptional 24-year career as an OB/GYN and dedicated herself wholeheartedly to the Parkinson's community where she quickly became a trailblazer. She and her husband, Marc Jaffe, founded a grassroots non-profit, "Shaking With Laughter," and raised more than \$1 million for PD research in its six years, earning her recognition in the international PD community from the Michael J. Fox Foundation as one of its leading fundraisers. Karen also has served on the Michael J. Fox Foundation's Patient Council for seven years and she is active in Team Fox programming.



Because she lives with the disease herself, and comforts and consults so many others, Karen has a deep understanding of how exercise and being part of a community sustains Parkinson's patients. Karen and four other leaders in the Cleveland community shared a similar vision and the sheer determination to help people struggling with PD manage their daily lives more effectively and in a supportive community. They founded InMotion, an unprecedented nonprofit center in Warrensville Heights that offers exercise classes, education, support groups, and healing arts, all at no cost to its clients and carepartners.

Since it opened in March of 2015, InMotion continues to help people living with PD and their families feel better every day. Exercise has long been shown to help people with Parkinson's manage their symptoms; InMotion's classes are led by a team of more than 30 coaches in boxing, yoga, cycling, tai-chi, and "Better Every Day" Parkinson's-specific exercises. Every Thursday InMotion offers a cycling class at the Warrensville Heights YMCA, representing how the community has embraced and supported the non-profit's mission to help everyone it can with PD. Healing arts classes such as dancing, singing, painting, and drumming, along with educational lectures and support groups, help create an environment where clients feel nurtured and part of a supportive community. As more people in the PD community throughout the country and internationally learn about InMotion's unique approach to supporting those living with PD and their families, it is expected that this Warrensville Heights center will not only continue offering visionary services, but also that others will hopefully replicate a similar model.

If you would like more information or to schedule a tour, you can call InMotion at **216-342-4417** or visit **www.beinmotion.org**.

The Mayor's Forum on Workforce Readiness Wrap-up

On December 6, 2017, the City of Warrensville Heights hosted the Mayor's Forum on Workforce Readiness Part IV - Electrical Construction and Transportation. This was the final of a four-part series in which over 120 participants attended to listen to expert panelists provide valuable information on jobs available and skills needed to obtain jobs in these industries. There were 20 job fair and resource market place vendors that availed themselves to eager job seekers.

The Workforce Readiness Forums were a collaboration with Northeast Ohio First Suburbs Development Council which garnered the support

and participation from Ohio Means Jobs-Cleveland/Cuyahoga Branch, Cuyahoga Community College (Eastern & Metro Campus), and Cuyahoga County Job and Family Services.

According to the feedback surveys received, the overall participants felt that the forums were very informative and of added value to their career development needs and work-readiness preparation.

If you missed the forums but would like to preview the discussions and the resources that were distributed, please visit www.cityofwarrensville.com.



Community Partners Grant Funding to Support the Health, Education and Quality of Life of the Residents of Warrensville Heights

On December 19, 2017, Mayor Sellers submitted his recommendation for grant funding to City Council for the community partners below of which subsequent approval was received:

Greater Cleveland YMCA – Received \$5000 to assist the Warrensville Heights Branch of the YMCA for scholarships for the “Healthy Weight and Your Child Program.”

Greater Cleveland YMCA – received \$5000 to assist the Warrensville Heights Branch of the YMCA for the “Diabetes Prevention Program.”

Cleveland Clinic South Pointe Hospital Cancer Center & Outreach Program – received \$10,000 to support and expand programming

and outreach efforts in the City of Warrensville Heights.

Cuyahoga County Public Library – received \$10,000 to assist the Warrensville Heights Branch Library’s Early Reader Summer Camps.

Cuyahoga County Public Library – received \$10,000 to assist the Warrensville Heights Branch with funding a guest lecturer visit by Kareem Abdul-Jabbar.

Ohio University Heritage College of Osteopathic Medicine Aspiring Doctor’s Program – received \$10,000 to assist with programming for Warrensville Heights High School student participants (grades 10 -12).

#CareerU Mentoring Program for Warrensville Heights 8th Grade Student Scholars

The City of Warrensville Heights and the Warrensville Heights City School District through its partnership with College Now of Greater Cleveland’s Community Connector’s Grant has launched its #CareerU Mentoring Program for 8th grade student scholars at Warrensville Heights Middle School.

The goal of this newly designed mentoring program is to match adult mentors with 8th grade scholars to help them with their transition

to high school, understand their journey to graduation, and provide guidance to pathways leading to postsecondary education and eventual careers.

If you are interested in becoming a #CareerU mentor, please contact Alicia Jordan, #CareerU Coordinator, at 216.408.2598 and/or ajordan@collegenowgc.org.

A Note from the Council President



Greetings and Happy New Year!

This year is swiftly moving, a lot has already occurred. My City Council peers voted in January and I am honored to serve as your City Council president. We are working hard for you.

For the first time in approximately three years, winter provided several sub-zero days and a considerable amount of snow that provided some with a couple seasonal challenges. I hope that all is well with each and every household. As we begin thawing out and planning for spring blossoms, don't forget to check your fire and Carbon Monoxide detectors to make sure they are in working order. Also, if you have rubbish and recycling bins, make sure to set them out, remove at the appropriate time and store in a concealed location.

The Days are Getting Longer, Please Mark Your Calendars:

- City Council Meetings are at 7:00 p.m. on the first and third Tuesdays. Come on up to City Hall. Join us!
- Meet The Directors, 6:30 p.m., Wednesday, May 9th at The Civic and Senior Center on Green Road.

Remember, *“The ultimate value of life depends upon awareness and the power of contemplation rather than upon mere survival.” – Aristotle*

Your Friend in the Friendly City,

Andrea Mitchell

Council President, Ward 2 | amitchell@cityofwarrensville.com

Warrensville Heights City Council meets on the 1st and 3rd Tuesday of each month in the Council Chambers at City Hall at 7:00 pm. Caucus for Council begins at 6:00 pm. For more information about City Council and its meetings, please contact Deborah Hutton, Clerk of Council at 216-587-6516.



from left: Councilwoman Kimberly Hodge Edwards, Council President Andrea Mitchell, Councilman Matthew Howard, Councilwoman Dorise Hagwood, Councilman Stanley Anderson, Councilwoman Elona C. White, Councilman Walter Stewart. Photo courtesy of Bruce Mitchell Photography

City Council News Telegram

Ward 1 | dhagwood@cityofwarrensville.com Councilwoman Dorise Hagwood

Spring has sprung!

I am grateful for the trust you have placed in me to represent you on City Council. Each day is an opportunity for me to be a better leader.

As a member of your City Council, I am a part of the legislative branch of government working to make changes to existing laws or creating and passing new legislation based on community needs.

I am also a Child and Youth Advocate. Every child is our child, they are our responsibility – “we must not expect others to do for them, that which we are not willing to do ourselves.” Join me in supporting, encouraging and holding our school board members and leaders accountable to continue to strive for greatness.

“Nurturing the lives of children, whether yours or someone else’s is one of the greatest ministries that exist!”

Yours in service,
Dorise

Ward 3 | ewhite@cityofwarrensville.com Councilwoman Elona C. White

Welcome to Spring!

Again, thank you for volunteering throughout the city, you are all appreciated.

If you have any issues or concerns, please email me at ewhite@cityofwarrensville.com. For more information on the City’s Ordinances please go to www.conwaygreene.com or you may pick up a list of common ordinances from the City Council office.

Please feel free to contact your Councilwoman at 216-581-3899 or 216-587-6516.

“My life belongs to the whole community, and as long as I live, it is my privilege to do for it whatsoever I can. I want to be thoroughly used up when I die, for the harder I work,

the more I live. I rejoice in life for its own sake. Life is no “brief candle” to me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations”.

*From a 1907 speech in Brighton, England
Submitted by Councilwoman Elona C. White*

Ward 4 | wstewart@cityofwarrensville.com Councilman Walter Stewart

Greetings to All!

I want to thank the residents of Ward 4 for their strong support for the Ward 4 Youth Committee. I also want to thank our Ward 4 Youth Committee Coordinator, Francesca Demming, and assistants Elizabeth Ann Sealy and Deanna Wright.

We are tirelessly striving to support, inspire and enhance our Youth to aspire to their dreams and goals to become successful and positive contributors to the community, society and the world with the confidence of knowing and believing that nothing can hold them back. Education is key.

We are planning activities for each month and are looking for more youth and adult volunteers.

For any questions and concerns that Ward 4 residents have please contact me at (216) 868-5695.

Thank You!

Councilman Walter Stewart, Ward 4

Ward 5 | mhoward@cityofwarrensville.com Councilman Matthew Howard

Greetings Everyone!

First of all, I would like to thank everybody for their support, concerns, and help over the years. The position of Councilman is a challenging one at times. I am grateful for all of your eyes and ears as we tackle everyday issues as a true community should. Special thanks to the

Christmas party committee for an excellent job, and to everyone in attendance. I look forward to it every year as we always have a wonderful time.

– Matt

Ward 6 | sanderson@cityofwarrensville.com Councilman Stanley Anderson

The Cuyahoga County Senior and Adult Services Division provides a variety of programs that assist senior citizens of this county. You may be missing out on some of them.

Below are some of those programs:

Legal Rights Services • Senior Citizen Tax Credit Home Energy Assistance Programs • Family Caregiver Support Program • Senior Employment Program • Homestead Water Rate Discount AT&T Lifeline Ohio Program • Bed Bug Assistance Program • Options for Independent Living • Cuyahoga County Division of Senior and Adult Services

13815 Kinsman Road • Cleveland, Ohio 44120
216-420-6750 • 24-Hour Hotline 216-240-6700

Stanley Anderson | Councilman Ward 6
440-419-9444 cell • 216-587-6516 office
Sanderson@cityofwarrensville.com

Ward 7 | kedwards@cityofwarrensville.com Councilwoman Kimberly H. Edwards



Warrensville Heights Welcomes New Finance Director, Karen A. Howse

The City of Warrensville Heights welcomes our new Director of Finance, Karen A. Howse. Howse is a native of Cleveland, Ohio and a graduate of the Warrensville Heights City School District. Upon completion of high school, she continued her education to earn a Bachelor of Arts degree from Cleveland State University and a Masters of Business Administration from the University of Phoenix. Karen brings 31 years of governmental accounting experience to the city. Her first exposure to governmental accounting started in 1986 when she worked for the Cuyahoga County Auditor, Timothy McComack. Ms. Howse worked her way up through every department of the accounting division until her last promotion of Senior Budget Analyst in the Budget Commission Office. From that position, Ms. Howse was recruited by the Village of Oakwood to serve as Finance Director. While in that position, Howse made significant improvements in technology, processes and financial reporting. In 2008, Ms. Howse left the village after twelve years in an excellent financial position. She was recruited again to the City of Twinsburg working in the same position. Howse and her staff received

awards from the Auditor of State, David Yost for excellent financial reporting for several consecutive years. While serving as the Twinsburg Finance Director, Howse was the Treasurer for the Twinsburg Community Improvement Corporation as well. She was also elected to Regional Income Tax Agency Board in 2014 and reelected in 2017. In 2015, Ms. Howse was selected by the Auditor of State, David Yost to serve on his Central Northeast Ohio Regional Advisory Board until the expiration of his term. After serving ten years at the City of Twinsburg, Ms. Howse took a leap of faith. She decided to serve in the community she grew up in – Warrensville Heights! Howse proudly accepted the position as Finance Director effective March 2018. She has a 22 year old son named Christian and a 20 year old daughter named Shannon. Please join us in welcoming Ms. Howse back home to the Friendly City!



EDUCATION

WHCSD's New Facility

Community Meetings

Warrensville Heights City School District's new pre-K through fifth grade facility is scheduled to open in 2020. Throughout the process, the district is hosting meetings with staff, parents, families and community members from Warrensville Heights, North Randall and Highland Hills to gauge your input. Mark your calendars and join us for one or all of the upcoming community meetings to learn about the new facility project, design and construction planning. All meetings are held at 6:30 p.m. in room 154 at Warrensville Heights High School.

- **Thursday, May 10**

Last Roar at Randallwood

The new pre-K through fifth grade facility will be built on the Randallwood school site (21865 Clarkwood Parkway). To give alumni, community and friends an opportunity to say goodbye to their elementary school, WHCSD is hosting the Last Roar at Randallwood, Saturday, May 26. Additional details to be posted to www.Warrensville.k12.oh.us.

Healthy Paws Community Walk

Save the date for the Healthy Paws, free Community Walk - Saturday, April 28 - starting from Warrensville Heights High School at 9 a.m. All participants will receive a T-shirt and water bottle.

Along the three-mile walk route, the Healthy Paws planning committee has arranged for live music, water stations and giveaways. A shuttle service will also travel the path for participants needing to get back to the high school.

Healthy Paws is Warrensville Heights City School District's wellness program. Established in 2017, Healthy Paws creates a healthy work environment and supports the adoption of healthy habits for employees and the community at large.

Community Walk registration and more information is available at www.Warrensville.K12.oh.us.

Community & Economic Development Education Award

This year, Mayor Sellers will be awarding two \$2,000 awards to graduating seniors from Warrensville Heights School District who have exemplified outstanding scholastics, leadership and service. The awards are designed to help graduates with college tuition, books, supplies and other college related expenses as they make the transition from high school to college.

Applicants must be a current Warrensville Heights High School senior graduating in May 2018, must have cumulative GPA of 2.5 or higher

and must be planning to pursue a four-year college degree. Applicants must submit a one-page essay stating their school activities, educational and career goals, intended major and how you will use those achievements to give back to the City of Warrensville Heights. Also, an official high school transcript, a letter of recommendation from a core class teacher (Math, English, Science or History), a copy of an acceptance letter to the college or university the student plans to attend must be submitted with the essay.

Homebuyers Education to Homeownership Program

The City of Warrensville Heights will continue to collaborate with Breaking Chains Inc. to conduct Homebuyer Education Seminars for individuals looking to educate themselves and better understand the home buying process. Breaking Chains is a HUD certified housing agency providing informative and useful information on the topics of money management, budgeting, credit and shopping for a mortgage loan. Seminars will begin in April, individuals who complete the program will receive a certificate of completion from HUD. For more information please contact Breaking Chains Inc. at (216) 464-0699 or City Hall at (216) 587-6500.

Mobile Food Pantry

The Greater Cleveland Food Bank has a commitment to assure that all of its partner agencies are following the guidelines set forth by the USDA/Ohio Department of Job and Family Services and The Ohio Association of Food Banks. Our agency (Mobile Food Pantry) was notified that our pantry distribution program was selected to participate in the Ohio Association of Food Banks audit.

In mid-February, our agency was informed that it passed and was compliant in all areas. We could not have achieved this without our volunteers, both residents and non-residents. We thank you for your selfless dedication and generous contribution of time.

Exterior Maintenance Grant Program

The Exterior Maintenance Program will resume on April 1st to assist homeowners within our city with qualifying exterior repairs. To be eligible to have funds allocated for your project, homeowners must have outstanding code violations from the city's Building Department. Please visit our website at www.cityofwarrensville.com or contact Community Development Manager, Raymon Turner at (216) 587-1144 for more information.

Summer Youth Employment Returns!

The City of Warrensville Heights is looking for bright, motivated and outgoing students to gain valuable experience, and to feel great about how you spent your summer.

The city is now accepting applications to fill positions for summer break. A diverse range of job opportunities are available, and students are needed in all areas including the Building Department, Civic and Senior Center,

Communications Department, Department of Community and Economic Development, Finance Department, Fire Department, Police Department, Personnel Department and the Service Department.

In order to be considered for the positions:

- You must be a Warrensville Heights resident.

- A current Warrensville Heights student or a recent graduate of Warrensville Heights and enrolled in college.
- At least 14 years of age.
- Able to work 9 am - 3 pm or 9 am - 5 pm Monday through Friday.

The program lasts for approximately 6 to 8 weeks.

All summer applications should be submitted to the Personnel Department by April 27, 2018. **You must include an application which can be obtained at City Hall or on our website, cityofwarrensville.com, along with a resume.** Please state your first and second choice on your application indicating which department you prefer. Qualified applicants will be contacted to schedule an interview in May.

Warrensville Heights Civic & Senior Center | 4567 Green Road Warrensville Heights, Ohio 44128
9:00 am - 5:00 pm, Monday - Friday

The primary mission of the Civic & Senior Center is to provide a municipal facility with services and activities for the senior and adult community of Warrensville Heights. The Center is located at 4567 Green Road. The hours of operation are Monday through Friday from 9:00 a.m. – 5:00 p.m.

The Center offers a variety of options for your room rental needs. The Chateaux of Emery Woods Clubhouse and various rooms at the The Civic & Senior Center are available for rental by residents for adult events. Please call 216-587-1250 for more information or to reserve a room.

What the Center Offers

The Center offers many activities and classes for seniors. Depending on interest, there are opportunities for group outings such as The Cleveland Playhouse, Karamu Theater and other events.

Senior Club *(Warrensville Hts. residents 60 years and older)*

The Senior Club meets on the second and fourth Tuesday of the month at 1:00 p.m. to allow neighbors to meet and socialize. The club also travels, holds an annual picnic and plans other activities that are informative and fun. Each month, club members receive updates on the current affairs in the City from the Mayor, Chief of Police, Fire Chief, City Council and the Board of Education.

Van Transportation Services

The Warrensville Heights Civic and Senior Center provides van transportation services to the senior residents of the city, 60 years of age or older, who are unable to drive themselves. The van is available for medical appointments, dialysis and physical therapy on Mondays, Tuesdays and Thursdays from 10:00 a.m. until 2:00 p.m. Transportation is limited to destinations within the eastern suburbs of Cuyahoga County and the Universtiy Circle area. Every Wednesday from 10:00 a.m.-2:00 p.m., seniors are transported to Walmart for grocery shopping. All trips must be scheduled by noon, two days in advance and scheduling is on a first come basis. Call the Center at 216-587-1250 to schedule and to check on availability.

2018 Schedule of Events

- **April 30 | 4:00 p.m.** | Ohio Department of Insurance – **Welcome to Medicare 2018** – Learn about Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans, and Medicare supplement. This event was presented by the Ohio Senior Health Insurance Information Program (OSHIP), a service of the Ohio Department of Insurance.

- **May 7 | 11:30 a.m. – 1:30 p.m.** | **Annual Senior Luncheon**

The ticket distribution schedule is as follows:

- April 23 | 9:00-11:00 a.m.
- April 25 | 1:00-3:00 p.m.
- April 24 | 5:00-7:00 p.m.
- April 26 | 9:00-11:00 a.m.

To purchase tickets, you must be a senior (60 years or older), a current resident, and present a current utility bill and identification.

- **May 7 | 5:00-7:30 p.m.** | **Diabetes Self Management Workshop**

This six week workshop will provide support, find practical ways to deal with pain, fatigue and blood sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

- **May 18 | 6:00-9:00 p.m.** | **Derby Day Party | \$12.00 per person**

You can choose a winner from videos of horse races, win prizes, line dance, have great food and fun.

- **June 15 | 6:00-9:00 p.m.** | **Tea Time & Fashion | \$8.00 per person**

Have tea and enjoy a fashion show.

New Programming

- **A 40'S & 50'S CLUB**

We have developed activities in the evenings for your enjoyment.

- **Electronic Tech** | The ABC's of Technology. Learn everything you need to know and then some about your electronic devices. You will master using an I-Pad, tablet, Smart phone or laptop. Learn about all the different apps, FaceTime and how to access YOUTUBE - the website that teaches you about anything you need to know.

Classes

Prices for classes as low as \$14.00 for 8 weeks except jewelry which is \$35.00 for 8 weeks. The following classes and activites below resumed the 2nd week of March:

- **Painting Studio** | Mondays | 11:00 a.m.
- **The Fancy Crafters** | Mondays | 10:00 a.m.
Bible bags, wall hangings and other fancy things
- **Geneology** | 3rd Tuesdays | 1:00 p.m.
- **Green Thumb** | Tuesdays | 10:00 a.m.
- **Photography Studio for Beginners** | Tuesdays | 10:00 a.m.
- **Photograpy Studio for Advanced** | Tuesdays | 1:00 p.m.

- **Knitting & Crocheting** | Thursdays | 12:00 p.m.
- **Ceramics** | Fridays | 10:00 a.m.
- **Electronic Tech** | Fridays | 10:00 a.m.
- **Fancy Crafters** | Fridays | 12:30 p.m.

Activities: *Move Your Body!*

You can dance, exercise or walk to lead to a healthier life. Do one or all, you can't lose!

- **Line Dancing** | Mondays | 12:30 p.m.
- **Aerobics** | Mondays & Thursdays | 2:00 p.m.
- **Yoga** | Mondays & Fridays | 9:30 a.m.
- **Ballroom Dancing** | Tuesdays & Thursdays | 6:30 p.m. | Detroit Style
- **Tai Chi** | Wednesdays | 10:00 a.m.
- **Pilates** | Thursdays | 3:00 p.m.
- **Walking Club** | Indoors and Out | Friday | 10:00 a.m.
- **Quilting and Doll Guild** | 1st and 3rd Saturday | 10:00 a.m.
Make a quilt unlike any that your grandma made or make a cloth doll that looks like an African Queen.

Free Lunch & Learn | 11:00 a.m. – 1:30 p.m.

- **Why Blood Pressure is the Silent Killer?** | May 15
- **Mental Health – Staying on Top of Your Game** | June 19
- **The Facts about COPD, Asthma & other Breathing Disorders** | July 17
- **Sleep Disorders – When it's More than Just Insomnia** | August 21

Wellness Wednesdays

- **Stroke** | May 16
- **Summer Safety** | June 20
- **Heart Failure/Heart Disease** | July 18
- **Emergency Care -VS- Urgent Care -VS- Virtual Visits** | August 15
- **Colon Cancer** | September 19
- **Breast Cancer** | October 17
- **COPD** | November 21

Memorial Day Parade Save the Date!

On Monday May 28, 2018, the city will be having its Annual Memorial Day Parade. As a reminder, beginning Monday morning at 3:00 a.m. until the conclusion of the parade, there will be **NO Parking** on the following streets: East of Midway Avenue on Wickfield Avenue & Lanbury Avenue, Halifax Road and Amherst Road.

South Pointe Save the Date!

Calling all men! Time to take charge of your health!

Saturday, September 29 | 9 am - 3 pm | South Pointe Hospital
20000 Harvard Avenue | Warrensville Heights OH 44122
Lunch Provided | Door Prizes Available

Join South Pointe Hospital and Mayor Bradley D. Sellers for the 5th Annual For Men Only Health and Wellness Event.

The event includes free prostate exams; a large variety of health screenings and assessments; physician panel discussions and Ask the Doctor sessions.

All men 18 and older are welcome! Come and bring a friend, son, grandson, cousin, nephew.

Call **216-218-2357** for information. Hope to see you there!

BOCA 2018 COMMUNITY WEEKEND
BODY OF CHRIST ASSEMBLY
20900 MILES PARKWAY WARRENSVILLE, OH 44128

FREE & OPEN TO PUBLIC
INVITING FAMILY & FRIENDS

- **JUNE 8TH @9-3PM**
Mammograms please register in advance
- **JUNE 8TH @7PM**
Shades of Priase
- **JUNE 9TH @10AM**
Live Music & Free Food
- **JUNE 10TH @10AM**
Family Worship Experience

FREE FOOD, GAMES, PRIZES, GIVE AWAYS, VENDORS AND MORE

PARTICIPANTS
CLEVELAND CLINIC SOUTH POINTE HOSPITAL,
CITY OF WARRENSVILLE HEIGHTS,
RED CROSS, CLEVELAND FOOD BANK,
CLEVELAND METRO ZOO, DMXI - MOBILE
MAMMOGRAM, & MUCH MORE!

216.475.6327 | BOCA1.ORG

OU College of Osteopathic Medicine – Aspiring Doctors Program

Pipeline program seeks tomorrow’s health care leaders from local high schools

On January 24, our high school seniors were back on campus for day 3 of the Aspiring D.O.ctors Precollege Program! Today was a very special day because the seniors received their very own stethoscopes! Not only that, but they also got a chance to see them in action when they joined our nurse educator, Pat Lambert, to learn about vital signs. Students were instructed in taking temperature, respiration, and blood pressure. Students then joined Dr. Chrisman-Khawam, family physician and one of our faculty, for an introduction to case-based learning. CBL is one of the techniques used extensively in the current OU-HCOM medical curriculum. Students were broken into two groups to read through a vignette about a pair of retirees. They identified their healthy and unhealthy behaviors as they worked their way through this clinical case. They also talked about risk factors for cardiovascular disease. Before lunch, students had an excellent presentation from College Now Greater Cleveland. Students were asked

to think about the positives and negatives of going to college. They talked about the uncertainties they have about attending college in the future and De’Antae Ware, College Now advisor, addressed those concerns with practical advice. Afterward, the students wrote their dreams on balloons for Mr. Ware to release into the universe later that afternoon! The students then met up with their medical student buddies for lunch. After that, it was on to a physiology lesson with Dr. Chen related to sweat glands. Students had a great time dancing around to make themselves sweat before working with Dr. Chen to map their own sweat glands. At the end of the day, the OU-HCOM staff passed out information to the students regarding the scholarships they can apply for thanks to the generosity of the City of Warrensville Heights and the Cyrus Eaton Foundation. We can’t wait to read those scholarship essays! Students will be back in March and we’re looking forward to another great visit!



Photo credit: Samantha Baker, OU-HCOM Cleveland

South Pointe Hospital Earns Magnet Status for Nursing Excellence

Cleveland Clinic South Pointe Hospital attained Magnet® recognition from the American Nurses Credentialing Center (ANCC). The recognition is the highest honor an organization can receive for professional nursing practice and places South Pointe Hospital in a select group of 471 healthcare institutions worldwide that have been granted this recognition.

“This is a welcome and significant milestone on the continuing journey for excellence by our team,” said Sheila Miller, DNP, MBA, RN, and Chief Nursing Officer of South Pointe Hospital.

The ANCC describes its Magnet Recognition Program® as recognizing healthcare organizations for quality patient care, nursing excellence and innovations in professional nursing practice. To achieve Magnet recognition, organizations go through an extensive review and systematic evaluation of their nursing practices by the ANCC. Magnet-recognized organizations offer significant benefits to patients and consistently demonstrate:

- Higher patient satisfaction with nurse communication, availability of help, and receipt of discharge information.
- Lower risk of 30-day mortality and lower failure-to-rescue rates.
- Lower rates of falls.

“Magnet is the gold standard for the nursing profession,” said Kelly Hancock, DNP, RN, NE-BC, and Executive Chief Nursing Officer of Cleveland Clinic’s Stanley Shalom Zielony Institute for Nursing Excellence. “The designation is evidence of our nurses’ commitment to provide the very best care to the patients we serve.”

South Pointe Hospital is the fourth hospital in the Cleveland Clinic health system to earn Magnet designation. Main campus was the first hospital to receive the Magnet designation, in 2003. Fairview Hospital received it in 2009 and Hillcrest Hospital in 2014.

“This honor is important for our patients,” said Margaret McKenzie, MD, President of South Pointe Hospital. “It distinguishes excellence in the delivery of nursing services and reflects our entire organization’s commitment to the patient experience.”

South Pointe Hospital is a 173-registered bed acute care, community teaching hospital serving the healthcare needs of Cleveland’s southeast suburbs since 1957. It is located in Warrensville Heights, Ohio.

Visit www.southpointehospital.org to learn more.

Mobile Stroke Treatment Unit

The Warrensville Heights Fire Department has partnered with the Cleveland Clinic's Mobile Stroke Treatment Unit. A mobile stroke unit is an ambulance dedicated to treatment of acute stroke and similar time-sensitive brain ailments. This specialized ambulance includes all the tools necessary for hyper acute treatment of stroke patients and diagnosis-based triage, directly at the emergency site.

The purpose of the Mobile Stroke Treatment Unit is to improve patient care and clinical outcomes through rapid assessment, identification and treatment of suspected stroke patients in pre-hospital settings, expedite specialized treatment for potential stroke patients, reduce communication obstacles, and improve real-time activity documentation and data tracking.

The Mobile Stroke Unit Team is comprised of the Staff Vascular Neurologist (virtual), Critical Care Transport Nurse, Paramedic, Emergency Medical Technician and CT Technologist.

It is important to know the symptoms of a stroke. Warning signs include sudden loss of speech, sudden loss of vision, weakness, dizziness or a severe headache, among many others. It is crucial to call 9-1-1 and get to a hospital immediately.

We are pleased to have access to this high tech vehicle that will decrease the time for patients to receive their life saving treatments and improve patient care.

Farewell Officer Gary Eugene Harper

After 26 years of loyal and dedicated service as a Police Officer, Gary Eugene Harper has retired. Officer Harper had a very prosperous career in Law Enforcement, serving thirteen years with East Cleveland Police Department, at which time he served as a Detective and Internal Affairs Officer. In June of 2005, Officer Harper became a Warrensville Heights Police Officer serving another thirteen years. Officer Harper plans on enjoying time with his family and watching his son Jonah play football for the Bowling Green State University Falcons. On behalf of every police officer in this department we would like to wish Gary Harper "Farewell."

Prosecutor Tracy Martin Peebles

Our former City Prosecutor, Tracy Martin Peebles, has accepted a position as Magistrate for the Cuyahoga County Juvenile Court. Prosecutor Peebles became the city's Prosecutor In December of 2014 and demonstrated her loyalty, commitment to this city and her profound knowledge in the judicial court system. Farewell and good luck Magistrate Peebles.

PUBLIC SERVICE | Ted Sims, Service Director

Spring Time Tips from the Service Department

- Rake and bag all remaining leaves for pickup on your trash day
- Collect and stack any branches on your tree lawn for chipper service

Rubbish Pickup

- Please wrap mattresses, cloth or leather furniture in plastic (*plastic can be picked up at the Service Garage*)
- All paint, cooking oils, tires and computer / electronic equipment can be dropped off at the Service Garage

Holiday Trash Pickup

- Memorial Day Week – trash delayed one day

Reminders

Please report any street light outages, basement sewer backups, and trees that are down or dead to the Service Department by calling 216-587-6570.





The City of Warrensville Heights
4301 Warrensville Center Road
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BUILDING DEPARTMENT | *Ben Brown, Interim Building Commissioner*

Permit Reminder

Spring is finally here and with the warmer weather, homeowners will start to do a lot of repairs on their properties. Residents usually have questions for the Building Department about permits and finding a contractor. A permit is required on any construction, demolition, addition, alteration, or renovation project. The most common projects are new roofs, siding, driveways, service walks, decks, tool sheds, HVAC, plumbing, and electrical. The Building Department maintains a list of all licensed, bonded, and insured general, electrical, HVAC and plumbing contractors. Even if a homeowner chooses to do the work themselves, a permit is still required. A Homeowner Permit cannot be pulled on electrical, plumbing, and HVAC work.

Property Maintenance

The codified ordinances of the City of Warrensville Heights require that all exterior property areas are maintained in good repair and free from unsafe, unhealthy, blighting, and deteriorating conditions. This

includes the home exterior, grass, shrubs, fences and accessory structures. The annual Exterior Property Maintenance Inspection Program will include the following streets: Ingleside, Longbrook, Meadowlark, Sumpter, Wickfield, Amherst, Kings Highway, E. Kings Highway, Warrensville Center, Ascot, Brookfield, Eastwood, Shurmer, Lawrence, E. Frontenac, S. Frontenac, Emery, Wolverton, Angela, Lorient, Belfiore, and Springfield. All homeowners will receive an inspection letter in the mail approximately 2 weeks prior to the inspection.

Garbage, Rubbish, and Grills

The codified ordinances of the City of Warrensville Heights require that all rubbish and cans are stored in the rear of the property, out of public view. Rubbish and receptacles cannot be placed on the tree lawn before 7:00 p.m. the day before the scheduled pickup. All upholstered furniture, chairs, and mattresses must be wrapped in plastic for pickup; plastic is available free of charge at the Service Department. Finally, barbecue and hibachi type grills must be used and stored in the backyard of the property.