

# THE CITY OF RICHMOND HEIGHTS

Anthony Gimellia, Editor

# The CITY EDITION

## DAVID ROCHE ELECTED CHAIRMAN AIRPORT NOISE ABATEMENT COUNCIL

Richmond Heights City Council President David Roche was elected on December 14 as the chairman of the Cuyahoga County Airport Noise Abatement Council. A regular attendee of the Airport Noise Abatement meetings for years, David succeeds Willoughby Hills Council President David Reichelt in the position.

The Council is composed of Airport Administration, Flight Departments (Chief Pilots), Air Control Tower, and a community representative from Richmond Heights, Highland Heights, and Willoughby Hills. Visit <http://development.cuyahogacounty.us/en-US/noise-abatement-council.aspx> for the responsibilities of the Council.

## COMMUNITY RAISED-BED GARDENS AVAILABLE!

The City now has a raised-bed garden available for residents to rent for the purpose of growing vegetables or flowers. These raised beds are located north of the Police Station with access from the Elementary School parking lot and come in three sizes; 2 feet by 4 feet, 3 feet by 4 feet, and 4 feet by 4 feet. There are two raised beds, sized 2 feet by 4 feet, which are higher for handicapped accessibility. These beds will be available on a first come, first served basis. Please contact City Hall to make arrangements for a raised-bed starting March 1. There will be a small, refundable deposit to rent the gardens.

## A Message from Mayor Daniel J. Ursu

Throughout these difficult economic times, the City of Richmond Heights has been fortunate to have a friend and community partner in University Hospitals Richmond Medical Center (UHRMC) on Chardon Road. As readers of these pages know, UHRMC periodically funds the printing of the City Edition newsletter. Even more, they have helped to maintain our Recreation Department programs in recent years with donations of \$7,500.00 per year to help keep the department operational.

Additionally, UHRMC supports our Fire Department by donating key equipment to our Rescue Squad Vehicles, including but not limited to:

- \* All of the medications that our Paramedics use to treat every possible medical emergency as written in the EMS Protocols.
- \* Lifepak 12 Cardiac monitors that allow our Paramedics to do 12 lead EKG testing and transmission to the hospital of those EKG's in the field as well as external cardiac pacing and defibrillation.
- \* Continuous Positive Airway Pressure Units (CPAP) – a device that is used to help patients with severe difficulty breathing. CPAP has eliminated the need for these patients having to be intubated and placed on ventilators by 85%.
- \* Glucose testing equipment.
- \* Intubrite – The latest technology in endotrachial intubation that uses multiple light sources which aides Paramedics in placing a breathing tube in a patient's trachea to establish a protected airway.

Just recently UHRMC provided us with a heavy lift apparatus called a "Hovermat" which is an air-powered device used to move patients on a pillow of air reducing incidents of back injury.

Lastly, but most importantly, UHRMC provides our residents with easy access to superb health care. As many of you know, their Emergency Room is just minutes away from Richmond Heights homes and businesses. This allows our Rescue Squads to have our residents to the E.R. rapidly, once the squad begins to roll from the site of the emergency.

Thanks to University Hospitals Richmond Medical Center for all of what they do for our residents and our City!

## SPECIAL THANKS!

THE FALL 2011 AND WINTER/SPRING 2012 CITY EDITION  
SPONSORED BY



University Hospitals  
Richmond Medical Center

A Campus of UH Regional Hospitals

## SENIOR BENEFITS

If you've ever been to the Emergency Room with an elderly parent, relative or friend, you know how difficult it can be. How stressful. Even confusing.

At University Hospitals Richmond Medical Center, a campus of UH Regional Hospitals, we understand. We have created the region's first Senior ER facility – an innovative option for seniors and their families who want more compassionate, specialized care focused on their unique medical, emotional and functional needs.

"As older patients live longer, and often with several chronic medical conditions, it's imperative that Emergency Departments address all aspects of each patient's medical and social needs in the ER...not just the emergency that brought them in," says Dr. Howard Dickey-White.

Everything about our Senior ER reflects this new direction in geriatric care. The environment is warmer, safer and less stressful with soft lighting, calming décor, special pressure-reducing mattresses, easy-read clocks and signage, skid-resistant floors and other senior-centric features throughout.

Even more important, though, is our multidisciplinary team of doctors, nurses and specialists certified in senior care, trained to go beyond compassionate emergency treatment to treat the whole person and their unique health care picture.

The Senior ER approach begins with listening – truly valuing the history that patients and their families share with the clinical care team. This allows us to develop

an insightful plan of care that addresses everything from mobility, cognition and safety to medications and diet. It includes connections to community resources for senior care and provides real comfort for caregivers, helping them understand and prepare for whatever is to come.

Given the growth of the elderly population, changes in how we care for seniors will affect every level of our health care system. With our new Senior ER model of care, the UH Richmond campus of UH Regional Hospitals can dramatically improve the transition back to home or other health care setting and keep patients moving forward in their recovery.

And that's good news for everybody.

## Introducing the region's first Senior ER.

### The unique needs of seniors addressed in a unique environment.

Welcome to the Senior ER at University Hospitals Richmond Medical Center, a campus of UH Regional Hospitals, where our elderly patients get the specialized emergency treatment they deserve. This means:

- Expert doctors and nurses specifically trained in senior care – available all day, every day
- Quick patient assessment within 30 minutes
- Amenities that cater to senior needs, including soft lighting, safety rails, visual and hearing assistive devices, mattresses that reduce pressure on skin and aching backs and more.

We're transforming senior care. If you have questions or would like to receive a detailed brochure about our Senior ER, please call **440-735-3754**.

*If you or your loved one is experiencing a medical emergency, call 911.*

At **University Hospitals**, our mission is you.



**University Hospitals**  
Richmond Medical Center  
*A Campus of UH Regional Hospitals*

440-585-6500  
UHRichmond.org  
27100 Chardon Road  
Richmond Heights, Ohio 44143

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## NIGHT AT THE RACES ON SATURDAY, FEBRUARY 25

The Hillcrest Rotary is sponsoring a 'Night at the Races' to benefit Richmond Heights Recreation! Cost is \$20 per person for dinner. Also, opportunities exist to sponsor a race or individual horses! The event is being held at the Kiwanis Lodge on Saturday, February 25. For details or to reserve a table, please call Recreation at (216) 383-6313.

## FLOWER BASKET PROGRAM

Individuals and businesses can contribute to Richmond Heights beautification through the support of the Flower Basket Program. The City plans to purchase and install 24 flower baskets at the main intersections in Richmond Heights, City buildings and park locations. The Service Department will maintain the flower baskets through the summer months.

Suggested minimum support is \$100 for a business and \$50 for individuals. Baskets can be purchased "in honor of" or "in memory of" someone special. Please make checks payable to "City of Richmond Heights Flower Basket Program". Please mail to: Finance Director, City of Richmond Heights; 26789 Highland Road; Richmond Heights, Ohio 44143. Donations will be accepted throughout the year. Recognition will be made in the "City Edition" and by calendar year on the website.

[www.richmondheightsohio.org/beautification.php](http://www.richmondheightsohio.org/beautification.php)

## SPECIAL THANK YOU TO CITY BEAUTIFICATION SPONSORS

Two local business owners made significant contributions to support the beautification of the City in 2012 and beyond. The sponsors are: **Richmond Heights McDonalds** (\$5000) **Done Right Automotive** (\$1000).



Please visit the  
City of Richmond Heights  
online at  
[www.richmondheightsohio.org](http://www.richmondheightsohio.org)

## COMMUNITY CONNECTIONS CULTURAL COMMISSION "NO TV/NO SCREEN NIGHT IN RICHMOND HEIGHTS" WEDNESDAY, FEBRUARY 1, 2012

The Community Connections Cultural Commission cordially invites you to the 6<sup>th</sup> annual community-wide book discussion, suitable for the whole family.

### WHAT: You are invited to participate in a book discussion of:

*"I Know Why the Caged Bird Sings"* by Maya Angelou – Adults & High School Students.

*"Promises to Keep: How Jackie Robinson Changed America"* by Sharon Robinson – Middle School Students.

*"Bud, Not Buddy"* by Christopher Paul Curtis – Elementary Students.

### WHEN: On Wednesday, February 1, 2012

7:00 p.m. **Gather for light refreshments**

7:30 p.m.- 9:00 p.m. **Discussion**

### WHERE: Faith United Church of Christ, 575 Richmond Road (North of & next to the Richmond Town Square Mall).

**The Rev. Dr. Eugene McAfee and the Faith United Church of Christ Book Discussion Group graciously host our discussion of these books. ALL ARE WELCOME!**

The books are available at the Richmond Heights Library. The Cultural Commission enthusiastically encourages you to obtain the books, spend time reading as a family, and then on February 1, 2012, turn off the TV and screens of all types and join your friends and neighbors in a thoughtful discussion.

**REGISTRATION: Please call Richmond Heights City Hall at (216) 486-2474 to indicate your attendance.**



*A very special thank you to Santa and Mrs. Claus and the awesome volunteers who helped with the Breakfast with Santa event on Saturday, December 3 at the Kiwanis Lodge.*

## RICHMOND HEIGHTS YOUTH BASKETBALL SPONSORS

### Corporate Sponsor

University Hospitals  
Richmond Medical Center

### Team Sponsors

Associated Estates Realty  
BGSD.COM  
Budget Dry Cleaners  
Cardinal Community Credit Union  
Done Right Automotive  
Hawkins Sales  
Hillcrest Sunoco  
MACE  
New 2 You Thrifty Thrift Store  
Richmond Heights Kiwanis

## KIWANIS CLUB OF RICHMOND HEIGHTS

"Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time." The Richmond Heights Kiwanis Club is aggressively looking to add new members interested in becoming involved in the community. Contact David H. Roche, President, at (216) 291-2207 or [davidroche@roadrunner.com](mailto:davidroche@roadrunner.com)

**IS YOUR NEW YEAR'S RESOLUTION TO GET IN SHAPE?**

**GET FIT WITH ZUMBA FITNESS**

**WEDNESDAYS**

**6:30 P.M. - 7:30 P.M.**

**KIWANIS LODGE  
27285 HIGHLAND ROAD**

**COST: \$7.50 PER CLASS**

**CINDY (216) 346-8909**

## THE POTENTIAL OF GREENWOOD FARM

Greenwood Farm has the potential to become an asset for Richmond Heights and the gem of the area. It could be comparable to Willoughby Fine Arts, Henn Mansion in Euclid, or Wildwood Cultural Center in Mentor, where local residents and people from other communities come to see and use the buildings and grounds.

Greenwood's beautiful 17 acres could become a "living lab" that could be used in collaboration with the Richmond Heights Schools to enhance the curriculum in the natural sciences, environmental studies, conservation, etc. It could be a place where teachers and students have hands-on learning; a place where students and adults alike learn about urban farming. Greenwood Farm could become a place for the Schools to enhance the study of the arts. With the help of volunteers, the grounds could be transformed into the beautiful gardens that once were, where folks could walk the property and enjoy the peace and tranquility. The Board of Directors envisions all this and more for Greenwood Farm.

Our City leaders made a wise decision when they voted to protect this crucial area in the heart of Richmond Heights. When the Board of Directors, supported by the community, is successful in reaching its goals, Greenwood Farm could be the *engine to spur economic activity in Richmond Heights*.

New membership applications and membership renewals for 2012 are being accepted at this time. If you are interested in becoming a member or helping in any way, please check the Greenwood website, [www.greenwoodfarmassn.org](http://www.greenwoodfarmassn.org), or obtain a membership form at City Hall. Watch for upcoming events at the Farm this summer and fall! *We appreciate your support!*

## RICHMOND HEIGHTS GARDEN CLUB

There are interesting garden related programs planned for February through June 2012 including our "Annual Spring Luncheon" at Pine Ridge Country Club in April and a field trip in May.

The Garden Club meets on the 3<sup>rd</sup> Thursday of the month from September through June at the Kiwanis Lodge, 27285 Highland Road located at the rear of the Richmond Heights Community Park. Yearly membership dues are \$10.

If you are interested in joining the Garden Club or for more information, please call Aire Roche, President at (216) 291-2207.



*The Richmond Heights Garden Club "Trim-A-Tree" Committee did a wonderful job decorating the holiday tree at City Hall. (Left to Right) Dolores Sciaulino, Ann Torer, Susan Myers, & Dorothy Smirtnik.*

## WHAT TO DO DURING A POWER OUTAGE

This valuable information comes to you from your Richmond Heights Community Emergency Response Team (RH-CERT). If you are interested in joining Richmond Heights CERT, please contact Eloise Henry (440) 465-3310.

If you happen to lose power, please remember the following: Call the Cleveland Illuminating Company (CEI) immediately at 1-888-LIGHTS (544-4877).

You may think your call is not important because all your neighbors have already called to report the outage. However, your call is equally important because CEI determines the size and scope of the outage by the number of calls received.

If you have a charged laptop computer (your desk top will not be working) you can check the following website which will list the cities and the number of homes affected. The website is [www.firstenergycorp.com/outages](http://www.firstenergycorp.com/outages)

Remember, your cordless phones will not be functional. Therefore, you should consider using a corded phone or cell phone to communicate.

Have blankets, a working flashlight, a battery powered radio and plenty of water available in your emergency kit. If you have an automatic garage door opener, you will need to manually disengage the drive to open your door.

This may sound like common sense, but during emergency situations, we sometimes tend to forget the obvious!

For more information, please call Richmond Heights City Hall at (216) 486-2474.

## HELP KEEP YOUR CITY'S HOUSING STOCK MAINTAINED

Anonymously report rental and vacant properties to the Building Department at (216) 383-6312.

## SPRING INTO ADVENTURE DAY ON SATURDAY, MARCH 31!

Join Recreation for a day of fun and activity to shrug off the winter doldrums! Meet us at the Kiwanis Lodge for 3 hours of fun, activities and lunch! We will provide a bounce, games, face painting, crafts and lunch. Reserve your tickets for Saturday, March 31 from 10:00 a.m. to 1:00 p.m. Tickets are \$4 for adults and \$6 for children. Children may join in all the activities and have unlimited time in the bounce as well as having lunch. Children must be accompanied by an adult. Tickets will go on sale beginning February 27 at City Hall in the Recreation Department.



*The newly-constructed bridge at the Richmond Heights Community Park will provide a safer route for residents using our park, school busses and vehicles heading to the Kiwanis Lodge.*

## 2012 RECYCLING EVENTS AT THE SERVICE GARAGE 26260 CHARDONVIEW ROAD

### Computer Round-Up Dates

Months of April & August, every Saturday 9:00 a.m. to 1:00 p.m. Monitors, keyboards, CPU's, laptops, software, & cell phones are accepted.

### Scrap Tire Round-Up

Saturdays in September 1, 8, 15 & September 22 9:00 a.m. - 1:00 p.m. Tires must be removed from rims.

### Phone Books

We accept phone books all year, just drop them in our paper bin.

### Paint Drop Off

Months of March, June, August & October, every Saturday 9:00 a.m. - 1:00 p.m. **OIL BASE PAINT ONLY ACCEPTED.**

-Latex Paint should be dried up with kitty litter or other drying agent and placed out with your regular trash.

**\*\*\*\*PLEASE NOTE: Lids must be left off the paint cans\*\*\*\***

Other Notes:

-Make sure all trash & recyclables are out by **7:30am**.

-Separate recyclables; cans, plastic, glass; we **can not accept** mixed bags. Please **DO NOT** leave recycled items outside the gate when the Service Department is closed.

**Please contact Republic Waste at (216) 741-8113 if you have any problems with pick-up.**

## RICHMOND HEIGHTS SCHOOL BOARD NEWS & NOTES

**Page 6 is printed on behalf of the Richmond Heights School Board for those residents who are part of the Richmond Heights School District.**

### **FAILURE IS NOT AN OPTION!!!!**

by Dr. Robert J. Moore, II,

As Interim Superintendent, I want to take this time to provide you, the public, with an update as to the status of our school district. The quality of education at Richmond Heights Local School District is getting better. We have a lot of work to do and we are heading in the right direction. We are providing a rigorous and print-rich environment for our students. Teachers are working diligently to prepare our students for the state standardized tests, i.e., Ohio Achievement Assessment and the Ohio Graduation Tests, which will be administered in the spring. Reading and math scores are on the rise, attendance has increased, suspensions have decreased and the teachers are engaged in a number of professional development workshops to enhance their craft. In October, 75% of our third grade students passed the Reading Test on the Ohio Achievement Assessment.

The District conducted a Community Forum and the turnout was great!!! The participation from the community and school was exceptional. We will be hosting another Community Forum on Thursday, February 9 from 7:00 p.m. – 9:00 p.m. at the Kiwanis Lodge. We encourage you to attend. If you have questions regarding the Community Forum, please email us at [communityforum@richmondheightsschools.org](mailto:communityforum@richmondheightsschools.org). In addition, please check our website for the latest updates and activities at [www.richmondheightsschool.org](http://www.richmondheightsschool.org).

We welcome to our district: Mr. (Article continued in next column)

Harold Booker, Secondary School Assistant Principal; Mr. David Mog, Director of Technology; and Mr. Nicholas Grande, Math Teacher in the Secondary School. These individuals started the 2011-2012 school year with us.

This is going to be a year of continued success. Please feel free to contact me and inquire how you can participate and volunteer with our district. We welcome you to visit our schools and attend any and all scheduled activities.

### **BOARD OF EDUCATION BUDGET INFORMATION**

Dear Richmond Heights Community,

The Richmond Heights Board of Education will soon be addressing budget reductions to balance our budget for the current and the 2012-2013 school-year. Any reductions to our educational operations will be painful to us and ultimately affect our students. We are, however, required by the laws of the State of Ohio to operate within a balanced financial budget.

Our current projections reflect a deficit of \$209,696 for our current June 30, 2012 year-end and a deficit of \$843,257 for our June 30, 2013 year-end. The reason for the deficit is not due to over-spending on the part of the district. We have been very prudent with your tax dollars. Our plight has been caused by the reduced support of our district from our state and federal revenue sources. The following table will reflect the effects of the reduced revenues:

	Prior Year Fiscal 2011	Current Year Fiscal 2012	Revenue Loss
Basic State Aide	\$1,229,289	\$969,029	\$(260,260)
Tangible Personal Property Replacement	\$1,184,992	\$962,594	\$(222,398)
ARRA Stimulus(Federal)	\$103,163	-0-	\$(103,163)
<b>TOTAL</b>			<b>\$(585,821)</b>

The reductions will continue in future years along with an additional 2% per year being phased-out in Tangible Personal Property Replacement revenues from the State of Ohio.

We will try our very best to keep reductions from affecting the education of our students, but our requirement from the State of Ohio is very clear. The Richmond Heights Board of Education approved the Schedule of Revenues, Expenditures and Changes in Fund Balance (Five Year Forecast) through June 30, 2016, in October of this year. The complete schedule and Assumptions to the Financial Statements can be found in PDF at the Finance Department tab at our website [www.richmondheightsschools.org](http://www.richmondheightsschools.org) or at the Ohio Department of Education website [www.ode.state.oh.us](http://www.ode.state.oh.us).

## SENIOR CITIZENS CLUB

If you're a resident and 50 years of age or older, there is an activity for you with the Senior Citizens Club.

There is Bowling, Golf, Cards, Trips, and other entertainment; all in a friendly atmosphere with friends, neighbors and with refreshments!

Presently, bowling takes place every Monday morning 9:30 a.m. until 12:00 p.m. (discount rates-\$1.50/per line); then having the highlight of the day; a great lunch at a local restaurant. Several card games are on tap for Fridays at City Hall. Special event dinner parties are held during the year. Presently membership is in excess of 60 individuals.

Come join in on the fun. The dues are only \$5 per year. General meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month at 1:30 p.m. at the Kiwanis Lodge. Please come and give the group a try. For a schedule of the meetings or more information, please contact Senior Club President, David Roche at (216) 291-2207.

## RICHMOND HEIGHTS CITY HALL, AT YOUR SERVICE!

Richmond Heights City Hall business hours are weekdays, 9:00 a.m. to 4:30 p.m. The address is 26789 Highland Road and the phone number to City Hall is (216) 486-2474. The information line can be accessed 24 hours a day/ seven days a week by calling (216) 383-6300 or by computer at [www.richmondheightsohio.org/EventCalendarItems/InformationLine.pdf](http://www.richmondheightsohio.org/EventCalendarItems/InformationLine.pdf) Information is updated on the 1st and 15th of each month.

## THE BOARD OF ELECTIONS IS ACCEPTING APPLICATIONS FOR MARCH 6 PRIMARY ELECTION

The Cuyahoga County Board of Elections must employ nearly 6,000 Poll Workers to serve at the polls on Election Day and is currently hiring for the March 6 Primary Election.

Poll Workers provide an important service for the community and work on the front lines of the democratic process. Poll Workers earn \$172.10 for their service and must complete training prior to working on Election Day.

Cuyahoga County residents who are interested in serving as a Poll Worker may call (216) 443-3277 to complete an application by phone or fill out an online application at the following link [boe.cuyahogacounty.us/en-US/online-pollworker-application.aspx](http://boe.cuyahogacounty.us/en-US/online-pollworker-application.aspx).

For more information concerning the March Primary Election visit: [www.boe.cuyahogacounty.us](http://www.boe.cuyahogacounty.us)

## FOR YOUR INFORMATION

**Aircraft Complaints:** Call the Cuyahoga County Airport Office at (216) 289-4111 between 8:00 a.m. - 4:30 p.m. Monday - Friday, excluding holidays, to register complaints on aircraft operation between 11:00 p.m. - 7:00 a.m. OR complaints can be e-mailed to [ccairport@cuyahogacounty.us](mailto:ccairport@cuyahogacounty.us)

**Preferably, write to:** Kevin Delaney Manager, Cuyahoga County Airport 26300 Curtiss Wright Parkway Richmond Heights, Ohio 44143

**Richmond Heights Post Office:** 454 Richmond Road (216) 481-4461 Monday-Friday 7:30 a.m.- 6:00 p.m. Saturday 8:00 a.m. - 3:00 p.m.

## REVISED PUBLIC WORKS TIMETABLE

Location	Type of Project	Estimated Construction Date
Highland Road, Richmond Road, Chardon Road Sidewalks	Partial Grant Funding	Lawn Restoration Remains
Heather Lane & Whiteway Drive Allendale Drive, Brookdale Road, Chelford Avenue & Radford Drive Claymore Boulevard (remainder) & Royal Oak Boulevard (remainder)	Repair & Resurface	Completed
Community Park Bridge	Replace (Partially funded by a grant from the Cuyahoga County Department of Development)	Completed
City Wide	Asphalt Rejuvination & Crack Sealing	Continues in 2012
2012 Road Program	Concrete & Asphalt	Spring/Summer 2012

# The CITY EDITION

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Richmond Heights City Hall (216) 486-2474     **THE FALL 2011 AND WINTER/SPRING 2012 CITY EDITION**

Richmond Heights Information Number (216) 383-6300

## SPECIAL THANKS!

**SPONSORED BY**



## The City with the Forward Look!

Editor's note: I would like to thank Nancy Benander, Joseph Cregan, Teri Drda, Dina Greisl, Joyce Kandach & David Roche for their assistance during the production of this City Edition. I also want to thank everyone who submitted an article or took photographs for their contribution.

## **VISIT "CITY OF RICHMOND HEIGHTS RECREATION" ON FACEBOOK "FRIEND" US FOR UPDATES GIRLS VOLLEYBALL CLINIC**

Bump! Set! Spike! Learn the game of volleyball or work on improving your game. The clinic will be held at the Richmond Heights Middle School Gym on Saturdays. **January 28 - February 25 Fee: \$25   Grades 3 – 7   Saturday 2:45 p.m. - 4:00 p.m.   Register at City Hall by Thursday, January 26**

## CHEERLEADING

A little shy? Well, have no fear! Join as we learn to cheer! Get pumped up and bring your gear. We'll yell it out for all to hear!!! Join us for fun, simple gymnastics and lots of spirit! The program will take place Saturday mornings at the Richmond Heights Middle School. **January 28 - February 25 Fee: \$25   Grades K - 6   Saturday 12:00 p.m. - 1:00 p.m.**

## SPRING TRAINING BASEBALL

Hey, Kids! Here's a great opportunity to get out of the house this winter and work on your baseball skills. The Richmond Heights Amateur Sports coaches along with special guests will instruct you on throwing, fielding, hitting, and base running. The program will take place Saturday afternoons at the Richmond Heights Middle School. **January 28 - February 25 Fee: \$25   Ages: 5 - 14   Saturday 1:30 p.m. - 2:45 p.m.   Register at City Hall by Thursday, January 26**

**Richmond Heights Recreation Department, 26789 Highland Road, Richmond Heights, Ohio 44143**

For more information, please call the Recreation Office at: (216) 383-6313

## HEALTHY WAYS TO REDUCE INFLAMMATION THROUGH DIET

With growing evidence that prolonged inflammation raises the risk of many diseases, including Alzheimer's disease, there is no doubt that diet is an important factor. The following are healthy ways to reduce inflammation through diet

1. Eat a diet rich in omega-3s, including wild Alaskan salmon, sardines, freshly ground flaxseed and walnuts.
2. Incorporate plenty of fresh, organic fruits and vegetables into your meals.
3. Reduce your intake of polyunsaturated vegetable oils (such as sunflower, corn and safflower oils), replacing them instead with extra virgin olive oil.
4. Use healing spices in your cooking: turmeric, ginger and red pepper can add zing to meals and are all naturally anti-inflammatory. (Courtesy of Dr. Weil on Healthy Aging)

PRSRT STD

U.S. POSTAGE

**PAID**

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