

Sept. 18, 2020  
Volume 104

## MAYOR'S MESSAGE

Welcome to the  
**City of Richmond  
Heights, Ohio**  
e-newsletter

**News, Events,  
Highlights:**

**City Website**  
updated frequently  
at  
[www.richmondheightsohio.org](http://www.richmondheightsohio.org)

**Daily Facebook  
Updates**

**Virtual  
Meetings via  
Zoom**

*Check website for  
links*

**Sept. 21, 2020  
Architectural  
Review Board  
9:00 am**

**Sept 22, 2020  
Committee of the  
Whole  
7:30 pm**

**Sept 22, 2020  
Council Meeting  
8:15 pm**



**Richmond Heights Mayor  
David H. Roche**

Welcome to our e-newsletter publication. The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. Census results influence highway planning & construction, grants for buses, subways, & public transit systems. Think of your local schools: Census results help determine how money is allocated for planning & funding for education including Head Start, Pell Grants, school lunches, adult education, & grants for preschool, teachers support & special education. Did you know that census data helps communities respond to natural disasters & secure funding for hospitals, police, & fire departments? The list goes on & on. Please, if you have not responded yet, make it a priority, Follow the link on the second page of this newsletter to get counted.

## NEWS, EVENTS, HIGHLIGHTS

### **NEW! WALK YOURSELF WELL CLUB AT UH RICHMOND MEDICAL CTR TUESDAYS 9-9:30 AM.**



**University Hospitals**  
Bedford Medical Center  
Richmond Medical Center

*Campuses of UH Regional Hospitals*

Many physicians favor walking over running because it is a low-impact exercise, far less punishing on the joints & heart. Walking yields health benefits regardless of how old or fit you might be, it can also extend your lifespan. Many people suffer from high blood pressure & those who walk 10,000 steps daily display significantly reduced blood pressure levels & increased stamina. Results show that taking the first step in a 10,000-step journey helps people that suffer from hypertension & reduce the risk of developing more significant diseases down the road. Walking can help you lose weight & is overall a great exercise. Join UH Richmond Medical Centers' social distancing walk on the hospital's outdoor campus. September 15<sup>th</sup> thru September 29<sup>th</sup> beginning at 9am to 9:30 am. To join the club, call 440-735-4700 & begin your journey walking toward a healthier lifestyle. If you have questions, please call 440-585-6289. Wearing a mask is required to participate.

Community  
Partnership on  
Aging  
Richmond Heights  
Outreach Office  
(440) 442-2626

HAPPY ROSH  
HASHANAH  
September 18, 19,  
20, 2020



[Watch this video](#)  
from our friends at  
Richmond Heights  
Branch Library  
highlighting the  
profound impact  
services have on  
the community  
members.



## **RICHMOND HEIGHTS DRIVE THROUGH SHRED DAY OCT.10<sup>th</sup> 9:00 am- 12:00 pm.**

Limit 6 bags or boxes per vehicle. You must be able to unload your vehicle. For everyone's safety social distancing will be practiced. Masks required. Masks provided if needed.

## **DROP OFF CANS TO BENEFIT BURNED CHILDREN**

The Richmond Heights Division of Fire is proud to participate in the *Aluminum Cans for Burned Children* program. The proceeds are used for fire safety education, a summer & winter camp for burn survivors & to buy non-medical items not covered by health insurance to aid in the healing process. The program is sponsored by MetroHealth Medical Center of Cleveland & fire departments throughout Northeast Ohio. The *ACBC program* also provides two (2) Fire Safety Houses to elementary schools & community home days promoting fire safety in the home. Operated by firefighters, the houses are 28-foot trailers built to resemble two-story homes. Over 3,000 Northeast Ohio school children tour the Fire Safety Houses monthly. The goal of *ACBC* is to educate young children about the dangers of fire, how to call 9-1-1 in the event of an emergency & what to do if there is a fire in their home. The drop off points for *ACBC* in the City of Richmond Heights are the fire station & the police station.

## **RICHMOND HEIGHTS PET PANTRY** –

Free Pet food for those in need this Saturday, Sept. 5<sup>th</sup> from 12:00 pm - 2:00 pm

## **2020 CENSUS SEPTEMBER 30<sup>th</sup> DEADLINE**



Like & follow our [Fire Department](#), [Police Department](#) & our [Recreation Department](#) on their Facebook pages for up to the minute news & events.



City of Richmond Heights  
26789 Highland Road

Richmond Heights, Ohio 44143  
(216) 486-2474