



Sept. 18, 2020
Volume 104

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

**News, Events,
Highlights:**

City Website
updated frequently
at
[www.richmondheights
ohio.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

MAYOR'S MESSAGE



**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 15th thru September 29th 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.10th 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. 5th from 12:00 pm - 2:00 pm

2020 CENSUS SEPTEMBER 30th 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

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(216) 486-2474