



**Sept. 25, 2020**  
**Volume 105**

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

**KIWANIS FOOD &  
DONATION DRIVE  
AT THE RICHMOND  
HEIGHTS SHRED  
DAY OCTOBER 10<sup>th</sup>**

Please drop off  
non-perishables or  
a donation whether  
you are shredding  
or not.

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

**MAYOR'S MESSAGE**



**Richmond Heights Mayor  
David H. Roche**

Welcome to our e-newsletter publication. Did you know that the Cuyahoga County Office of Emergency Management offers a mass notification system powered by CodeRED? Richmond Heights is a participating municipality in "Ready Notify". You can expect to receive notifications for things like water boil alerts, safety messages, road closures, county government news and closures, and emergencies. When you sign up, you will need to provide an e-mail, phone number, address, primary language, and if you require any special assistance in an emergency. Messages can be delivered by cell phone, home phone, work phone, SMS, text messages, E-mail, Mobile App or TDD Transmission. [To register, visit our website.](#)

**NEWS, EVENTS, HIGHLIGHTS**

**NEW! WALK YOURSELF WELL CLUB AT UH RICHMOND MEDICAL CENTER TUESDAYS 9:00 am -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.

[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.

### FIRE PREVENTION WEEK OCTOBER 4<sup>th</sup> – 10<sup>th</sup>

According to National Fire Protection Association, cooking is the leading cause of fires & fire injuries in the U.S. RHFD shares the following tips; Never leave cooking food unattended. If you must leave the kitchen while cooking, turn off the stove. Use a timer to remind you that you are cooking. Be alert while cooking. Always keep oven mitts and pan lid nearby to smother the flames if a fire starts. Turn off burner, slide lid over pan, leave pan covered until cool. Have a kid-free zone" of at least 3 feet around the stove & areas where there is hot food and drink preparation. "***Serve Up Fire Safety in the Kitchen!***" is this year's theme. During Fire Prevention week, Firefighters will be visiting schools, daycares, & businesses in our Community to encourage this important safety message, as well as, speaking about fire safety in general.

### RICHMOND HTS. GRADUATION RATE WENT FROM "D" TO A "B"

Dr. Renee Willis relayed to us that around this time of the year, the State of Ohio releases its coveted Report Cards. Due to Covid-19, we did not access students, so grade cards are not available. However, ODE continued to collect data and this year's version of the report card reflect all the hard work we put into being intentional. Numbers reported are released one year later, reflecting the prior year, not the graduating class of 2020. Richmond Heights graduation rate went from a "D" to a "B" in one school year & this is cause for celebration.

### EARLY IN PERSON VOTING HOURS

The link above will take you to the Cuyahoga County Board of Elections. Their website can answer any questions you have regarding the election and your polling locations.

### CHARTER RE-LAUNCHES FREE 60 HOUR SPECTRUM INTERNET

For Households with Students. Call 844-310-1198 to enroll.

### SPECTRUM INTERNET ASSIST

High speed internet available to eligible low-income and seniors



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**  
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