



# CITY OF CUYAHOGA FALLS

DON WALTERS, MAYOR



Mayor Walters visiting with a resident as part of his  
“Take 10” initiative.

## COMMUNITY REPORT & CITIZEN UPDATE

January 2016

# WELLNESS 411: NEW YEAR, NEW GOALS

By Johanna Tanno, PTA, CWC, INHC, Wellness Coordinator,  
Western Reserve Hospital

Last New Year, you had a vision of what you wanted to accomplish in 2015. You may have excitedly set goals to be more active, healthier, happier or less stressed. How did you do?



With 2016 upon us, you have the opportunity to revisit your 2015 goals and make new ones. Here are some tips to help you reach your 2016 goals:

- 1 Write down your goals and how you're going to reach them. Make them simple, detailed, measurable and attainable.
- 2 Make small changes one at a time. You're more likely to stick to your goal if it's within reach.
- 3 Tell someone and recruit your friends. You are more accountable if you tell your goals to friends or family. If they also have goals, you can encourage each other.
- 4 Be PATIENT. Changes take time, and seeing results may take longer. Nobody remembers the person who quit, so stick with it.
- 5 Remember that habits take 21 days to form.
- 6 Focus on your goals. Remember why you made your resolution.
- 7 Think positively. Believe that you can and will reach your goals.

A famous Chinese proverb says, "To get through the hardest journey, we need take only one step at a time. But we must keep on stepping." I encourage you to keep moving forward to a healthier and happier New Year!

-Johanna

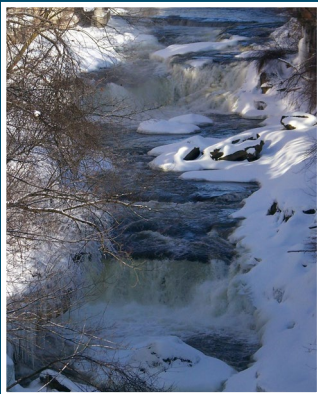
# WINTER READY TIPS

Although the mild winter is long overdue, it always helps to prepare for the worst of snow seasons. Here are some tips to keep us safe and healthy until we can welcome spring.

- 1 **Clear Streets for Clean Streets:** In times of heavy snowfall, remove parked cars from city streets so they can be properly plowed and avoid putting snow from driveways or sidewalks into already cleared streets. Also, keep sidewalks free of snow and ice for children, mail carriers, and neighbors.
- 2 **Weatherize Your Home:** Save up to 40% on cold weather energy using simple insulation techniques and equipment maintenance. For more details and a free home energy audit, please call (330) 971-8240.
- 3 **HEAP Winter Crisis Program:** The Home Energy Assistance Program is available to income eligible residents that are at risk of disconnection, have been disconnected or have less than a 25 percent supply of bulk fuel. HEAP runs through March 31. Qualifying information and applications may be found at [energyhelp.ohio.gov](http://energyhelp.ohio.gov) or by calling (800) 282-0880.



# WINTERIZE YOUR HEALTH WITH CF PARKS



Cuyahoga Falls is proud to have been awarded the 2015 Ohio Healthy Community Award, ranking our city highest in the state. This is due in large part to our access to great healthcare, programs like "Not Me, I'm Drug Free," and our extensive park system. Our community can stay healthy throughout the cold season despite winter's challenges of short days, holidays and weather, by visiting the many amenities in our backyard!

Babb Run Park, Bird & Wildlife Sanctuary is reopened for nature lovers. Since the destructive May 12 storm, extensive repairs have been made from securing the culverts to replacing a large section of road. Tie on your hiking boots and set out to enjoy snow-laden trails in one of Cuyahoga Falls' most dynamic parks.

Families may also head east to Galt Park for some winter fun on the hillside and newly installed play equipment, take a stroll on the boardwalk, and stop by High Bridge Glens for wintertime views of our incredible river.

Residents can ice skate, free of charge, through February 15 at Falls River Square. Skate rentals are available for a minimal fee. For more information call (330) 971-8135.

If you would rather take your play indoors, there's an exciting installation on the lower fitness floor of the Natatorium. The new 12-person cross-over jungle gym has reduced wait-times and expanded workout opportunities. The Natatorium has also increased its WiFi accessibility so that patrons may better enjoy their listening devices. Free seven-day trial memberships are available, and seniors' memberships may be made free through insurance programs like Silver Sneakers, Prime and Silver & Fit.

Learn more about our 30 neighborhood parks and facilities at [cityofcf.com](http://cityofcf.com) or (330) 971-8225.





# TAX DAY EXTENDED & ASSISTANCE UNDERWAY

The City of Cuyahoga Falls is once again offering residents Volunteer Income Tax Assistance (VITA) which offers free help to fill out your basic income tax returns. Qualifiers are individuals who make \$53,000 or less, have a disability, are seniors or have limited English-speaking skills. AARP provides additional free tax preparation help to the city's senior community at the Quirk Cultural Center. Assistance times and locations will vary and are posted online at [cityofcf.com](http://cityofcf.com). To participate in these assistance events, please bring the following information:

- Picture identification for taxpayer and spouse
- Social Security cards (or ITIN cards or ITIN letter) for all members of the household
- Proof of all income including W-2 and 1099 forms and self-employment records
- Child care information including record of payment with name, address and tax ID# of childcare provider
- Tax deduction and credit information including mortgage interest statements (Form 1098), medical expenses, tuition payment statements (Form 1098-T), receipts for any property taxes and charitable contributions paid in 2014
- Direct deposit information including bank routing and account numbers (voided check)
- Prior year (2014) tax returns — bring a copy of your federal and state returns if available
- Both spouses must sign if filing jointly. Cannot process Married Filing Separately (MFS) returns

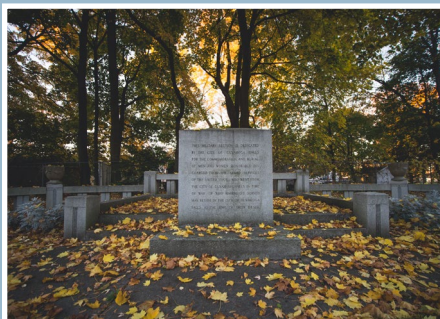
The city's Income Tax Department would like to remind all residents that for 2016 the deadline to file your income taxes is Monday, April 18th due to Washington D.C.'s Emancipation Day.

For more information on VITA, call (330) 297-6400 and learn more about the AARP program at (866) 389-5653.



## HONORING VETERANS IN CUYAHOGA FALLS

Since 1945, Oakwood Cemetery has provided veterans of Cuyahoga Falls with an eternal resting place at no charge. It came to the attention of City Hall that spouses were not permitted to be buried with their military partner, per city ordinance. In September, Mayor Don Walters introduced legislation to ensure that loved ones can be laid to rest together. This policy is aligned with national veterans' cemeteries where civilians may be buried where burial plans have been made for their veteran spouses. The markers are shared between partners. Members of the community are encouraged to walk the historic 26-acre grounds that were established in 1834. Visit the military memorial or Oakwood Chapel, supported by the Ladies Cemetery Association.



Thank you to Jeffrey R Stroup Photography who provided many of the photos for this edition.



## DISABLED RESIDENTS FIND HELP THROUGH THE FAIR HOUSING ACT

State and federal fair housing laws protect persons who suffer from physical and/or emotional disabilities. A housing provider's refusal or failure to grant a request for a reasonable accommodation is considered discrimination and in violation of fair housing laws.

Handicap or disability is not the only protected class under the Fair Housing Act, as it also prohibits discrimination on the basis of race, color, religion, sex, national origin, and familial status. Discrimination is not just denying someone housing, but it includes any difference in treatment, exclusion, or failure to offer a person an equal opportunity in housing on the basis of their protected class.

If you have questions, please feel free to contact the Fair Housing Advocates Association at (330) 253-2450. Online resources that are available to the public can be found at [hud.gov](http://hud.gov) or [doj.gov](http://doj.gov); both provide access to the HUD-DOJ memo on fair housing reasonable accommodations.



## "\$ELL-EBRATING" LOCAL BUSINESSES

When consumers spend \$100 at a local business, roughly \$68 stays in the local economy. If the same is spent at a large business, only \$43 stays in the local economy.<sup>1</sup>

Mayor Don Walters saw an opportunity on Small Business Saturday to promote the meaningful impact our local businesses have on the Cuyahoga Falls community through a unique social media promotion called Small Business "\$ell-ebration." At no expense to the taxpayer, the Mayor purchased \$20 gift certificates at various small, locally-owned businesses around the city. Each gift certificate was provided to the first customer that entered the store and mentioned Small Business Saturday. Winners posted "selfies" to the Mayor's Facebook page to encourage others in the community to shop locally.

In addition to the financial benefit to the region, shopping local helps those same businesses give back to the community. In 2014, small businesses donated, on average, 250 percent more than larger businesses to non-profits and community causes.<sup>2</sup> We remain fortunate to have many business owners and patrons giving back to the community here in Cuyahoga Falls.

1. 2012 Civic Economics Study, Grand Rapids, MI
2. 2014 Seattle Good Business Network Study



Mayor with "King Harold" of D and L Collectibles at Portage Trail and 2nd Street

## NEIGHBORS MAKING CONNECTIONS THROUGH SOCIAL MEDIA

In 2010, the Pew Research Center showed that nearly 30 percent of Americans do not know their neighbors by name. We know that when neighbors start talking, relationships are created, awareness is intensified, and we tend to look out for each other more. Mayor Walters continues to focus on high-impact, low-cost programming that brings citizens together, and he has found such an opportunity in Nextdoor.com.

All Cuyahoga Falls residents with access to web technology can now learn each other's names and foster relationships through the social media site, Nextdoor.com. Much like the Mayor, Nextdoor is on a mission to encourage residents to use the power of technology to build stronger and safer neighborhoods. This virtual community reflects our real-life, geographical boundaries, and provides a private and free online platform for next door neighbors to get to know one another. Use this tool on your smartphone or computer to further engage with City Hall, receive instant alerts, find local resources, report suspicious activity and organize neighborhood events. Learn more at Nextdoor.com.

Residents have already taken advantage of social media to help those in need, such as Jeff and Kathy Straughan of East of Chicago Pizza, and recent recipients of the city's Honorary Boulevard award. "I'm From Cuyahoga Falls and I Need Assistance" is a Facebook site where residents in need can post their challenges and reach out to neighbors for help. Thank you to the Straughan family and all others lending a helping hand and turning virtual relationships into concrete friendships. We can make a difference one click at a time.



## SPOTLIGHT: NEW TO CITY COUNCIL

Please welcome three new members to Cuyahoga Falls City Council:

**Mary Nichols-Rhodes, Ward 4:** a licensed practical nurse, manager at a wellness center of a continuing care retirement community.

**Adam Miller, Ward 6:** helped implement the Cuyahoga Falls Snow Angel program, served in the U.S. Marine Corps.

**Russ Iona, Ward 8:** a regional branch manager at American Mortgage Service Co and active member of the Chamber of Commerce.

Call (330) 971-8190 or visit [cityofcf.com](http://cityofcf.com) to contact your representative and learn more about your councilmembers.



2016-17 City Council from left to right; Top Row: Paul Colavecchio, Victor Pallotta, Jerry James, Carol Klinger, Mary Nichols-Rhodes, Michael Brillhart; Bottom Row: Jeff Iula, Mary Ellen Pyke, Adam Miller, Russ Iona, Vince Rubino

## CUYAHOGA FALLS CALENDAR OF EVENTS

### JANUARY

- 1** • New Year's Day, City Offices Closed; Natatorium Special Hours, Noon - 5 pm  
• Refuse & Recycle Collection Delayed One Day Balance of Week  
• Ice Rink @FRS, 12 - 9 pm
- 2** • Ice Rink @FRS, 12 - 9 pm  
• Improv @Quirk, 7:30 pm
- 3** • Ice Rink @FRS, 12 - 8 pm
- 5** • Mayor's First Tuesday
- 6** • Home School Sign-up Begins @Natatorium
- 7** • Falls Travel Club @Quirk, 1 pm  
• Ice Rink @FRS, 3 - 9 pm
- 8** • Ice Rink @FRS, 3 - 9 pm
- 9** • Ice Rink @FRS, 12 - 9 pm  
• Twilight Tri @Natatorium, 7 pm
- 10** • Ice Rink @FRS, 12 - 8 pm  
• Sunday Funday Dance @Quirk, 5 pm
- 14** • Home School Sign-up Ends @Natatorium  
• Ice Rink @FRS, 3 - 9 pm
- 15** • Ice Rink @FRS, 3 - 9 pm  
• Senior Adult Bingo @Quirk, 1 pm
- 16** • Ice Rink @FRS, 12 - 9 pm  
• Improv @Quirk, 7:30 pm
- 17** • Ice Rink @FRS, 12 - 8 pm
- 18** • Martin Luther King Day, City Offices Closed  
• Extra Open-swim @Natatorium, 1 - 5 pm  
• Ice Rink @FRS, 12 - 8 pm
- 21** • Ice Rink @FRS, 3 - 9 pm
- 22** • Ice Rink @FRS, 3 - 9 pm  
• Ballroom Nights @Quirk, 7:30 pm
- 23** • Ice Rink @FRS, 12 - 9 pm
- 24** • Ice Rink @FRS, 12 - 8 pm
- 28** • Ice Rink @FRS, 3 - 9 pm

- 29** • Ice Rink @FRS, 3 - 9 pm  
• Senior Adult Casino Day @Quirk, 12:30 pm
- 30** • Ice Rink @FRS, 12 - 9 pm
- 31** • Ice Rink @FRS, 12 - 8 pm

### FEBRUARY

- 2** • Mayor's First Tuesday
- 4** • Falls Travel Club @Quirk, 1 pm  
• Ice Rink @FRS, 3 - 9 pm
- 5** • Senior Adult Bingo @Quirk, 1 pm  
• Ice Rink @FRS, 3 - 9 pm  
• Daddy Daughter Date Night @Quirk, 6:30 pm
- 6** • CFABA Baseball Registration @Quirk, 10 am - 1 pm  
• Ice Rink @FRS, 12 - 9 pm  
• Daddy Daughter Date Night @Quirk, 6:30 pm  
• Improv @Quirk, 7:30 pm
- 7** • Ice Rink @FRS, 12 - 8 pm  
• Daddy Daughter Date Night @Quirk, 1 pm
- 10** • WRH 10 O'clock Talk: Arthritis, Is There a Cure? @Natatorium, 10 am
- 11** • Ice Rink @FRS, 3 - 9 pm
- 12** • Ice Rink @FRS, 3 - 9 pm
- 13** • CFABA Baseball Registration @Quirk, 10 am - 1 pm  
• Ice Rink @FRS, 12 - 9 pm
- 14** • Ice Rink @FRS, 12 - 8 pm  
• Sunday Funday Dance @Quirk, 5 pm
- 15** • President's Day, City Offices Closed  
• Extra Open-swim @Natatorium, 1 - 5 pm  
• Celebrate the Arts Day @Quirk, 9 am  
• Last Day for Ice Rink @FRS, 12 - 8 pm
- 19** • Senior Adult Bingo @Quirk, 1 pm
- 20** • VITA Tax Assistance @Natatorium, 8 am - 5 pm  
• Improv @Quirk, 7:30 pm
- 22** • Registration for Quirk CC Spring & Summer Classes Begins
- 24** • Mayor Walters' State of the City Address @Sheraton Suites, 11:45 am
- 26** • Ballroom Nights @Quirk, 7:30 pm



# A MESSAGE FROM MAYOR DON WALTERS

As we embark on a new year, I am energized by the progress that we have been making in the City of Cuyahoga Falls. I want to let you know about two new programs that the city is now offering for residents.

First, the **Take 10** program is an opportunity for me to conduct random, unannounced 10-minute visits with neighbors and businesses to grow and forge relationships throughout the community. The purpose of the visits are for me to hear your opinions about the city, take notes on what is important to you, and then work to address your concerns. Although I see many of you in the community at meetings and events, it is also important to me that I meet with you one on one. I know you don't always have time to come to me, but I can certainly schedule a time to visit you.

The second program is the **Internet Purchase Exchange Location**, located in the lobby of the Cuyahoga Falls Police Department. I have designated a "Safe Zone" where members of the public are free to meet face-to-face to buy and sell items transacted through online marketplaces, such as Craigslist. The "Safe Zone" which offers recorded video and audio surveillance, is open 24 hours a day, seven days a week. The hope is to reduce the potential of crime associated with face-to-face transactions.

I remain committed to bringing low to no cost programs to the city that provide various benefits for residents. I would like to wish you all a happy, safe, and prosperous New Year!

Sincerely,



## CONTACT INFORMATION:

[cityofcf.com](http://cityofcf.com)

City Hall: (330) 971-8000

City Council: (330) 971-8190

## CUYAHOGA FALLS CALENDAR OF EVENTS

### MARCH

- 1** • Mayor's First Tuesday
- 3** • Falls Travel Club @Quirk, 1 pm
- 4** • Senior Adult Bingo @Quirk, 1 pm
- 5** • CFABA Baseball Registration @Quirk, 10 am - 1 pm  
Improv @Quirk, 7:30 pm
- 10** • Annual Benefit St. Pat's Card Party @Quirk, 1 pm
- 11** • Antic Theatre Spring Show *Dorothy in Wonderland* @Quirk, 8 pm
- 12** • Antic Theatre Spring Show *Dorothy in Wonderland* @Quirk, 8 pm
- 13** • Daylight Savings Time Begins — Check Your Smoke Detector Batteries  
• Antic Theatre Spring Matinee *Dorothy in Wonderland* @Quirk, 3 pm
- 17** • Akron Pops Orchestra Concert @Quirk, 7:30 pm
- 18** • Senior Adult Bingo @Quirk 1 pm  
• Antic Theatre Spring Show *Dorothy in Wonderland* @Quirk, 8 pm
- 19** • VITA Tax Assistance @Natatorium, 8 am - 5 pm  
• Bunny Hop @Quirk, 11 am  
• Antic Theatre Spring Show *Dorothy in Wonderland* @Quirk, 8 pm
- 20** • Antic Theatre Spring Matinee *Dorothy in Wonderland* @Quirk, 3 pm  
• Sunday Funday Dance @Quirk, 5 pm

**21 - 25** • Extra Open-swim This Week @Natatorium, 1 - 5 pm

- 25** • Good Friday, City Offices Closed  
• Ballroom Nights @Quirk, 7:30 pm
- 26** • Spring Cast-A-Ways Garage Sale for Kids Only @Quirk, 9 am - 2 pm  
• Community EXPO @Natatorium, 9 am - 3 pm  
• Easter Egg Hung @Water Works Park, 2 pm
- 27** • Easter, Natatorium Closed

### APRIL

- 1** • Senior Adult Bingo @Quirk, 1 pm
- 2** • Improv @Quirk, 7:30 pm
- 5** • Mayor's First Tuesday
- 7** • Falls Travel Club @Quirk, 1 pm
- 13** • WRH 10 O'clock Talk: My Tummy Hurts! Should I Be Worried? @Natatorium, 10 am
- 15** • Senior Adult Bingo @Quirk, 1 pm
- 16** • Improv @Quirk, 7:30 pm
- 18** • City of Cuyahoga Falls Income Tax Due
- 22** • Ballroom Nights @Quirk, 7:30 pm
- 29** • Arbor Day @Bicentennial Arboretum
- 30** • Girls Slow Pitch Softball Registration @Quirk, 10 am - 1 pm  
• Last Day of Pre-season Water Works Pass Sales

**Note: FRS = Falls River Square**

**Please contact City Hall with questions:**  
**(330) 971-8000 / [parksandrecreation@cityofcf.com](mailto:parksandrecreation@cityofcf.com)**