



CITY OF CUYAHOGA FALLS

DON WALTERS, MAYOR



Mayor Walters is joined by Congressman Tim Ryan to honor the Heath brothers, the inaugural recipients of the Honorary Boulevard Street Naming Award, for their lifelong service to the City of Cuyahoga Falls.

COMMUNITY REPORT & CITIZEN UPDATE

September 2015

WELLNESS 411: FALL IN THE FALLS

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

The evenings in Cuyahoga Falls are cooling down, the kids are back in school, the football season has started and the leaves are changing. Fall is in the air – and so are seasonal germs. But there's good news! By adopting a few simple habits, you can greatly improve your ability to stay healthy this season.



First and foremost, wash your hands thoroughly and often. This is the most important habit because it keeps bacteria and viruses off your hands and out of your mouth and eyes. Keep a small bottle of antibacterial gel nearby when you don't have access to soap and water. And speaking of water, drink plenty of it. Staying hydrated helps flush out the unwanted toxins in your body. Remember to always bring a bottle of water on your fall adventures.

Fall is the perfect time to get out and take a hike, ride your bike or get active in your favorite activity, and you can make the most of your outdoor adventures by checking out local farmers markets, where you can purchase fresh, healthy food. Eating a healthy diet will help boost your immune system and fend off the cold and flu germs. And don't forget to visit your doctor for a flu shot and updates on other vaccines.

Now, I have a favor to ask – Help us provide the care and info that interests you by taking my brief, two-minute survey at <http://www.westernreservehospital.org/about-us/community-programs/community-needs-survey.aspx> or call (330) 971-7959 for a paper copy.

Thanks, and stay healthy!

-Johanna

ART INSIDE|OUT IN THE FALLS

The City of Cuyahoga Falls has partnered with the Akron Art Museum and the Knight Foundation for an innovative art project: Inside|Out. This effort provides an opportunity to showcase and enjoy a fantastic array of artwork, right in our neighborhoods. Ten pieces from the museum's art collection have been replicated and installed on the exteriors of local buildings, in gardens and throughout our city parks. Please visit akronartmuseum.org/inside-out or stop by City Hall to get your travel brochure and learn about how to access the Akron Art Museum for free.



Akron Art Museum rendering of
Falls River Square Pavilion

BUSINESS IS BETTER HERE: FLURY'S CAFÉ

Flury's Café remains one of the most charming and beloved local businesses in Cuyahoga Falls. This past spring, owner Kim White relocated her restaurant from Sackett Avenue to 2202 Front Street. Flury's Café has deep rooted history in Cuyahoga Falls and has maintained a loyal customer base for decades. White bought the original business from Mr. Flury in 1994, but the restaurant dates back to 1968. The then 26 year old new business owner set off with the intention of winning Mr. Flury's customers, while growing a regular base of her own. Twenty-one years later and a new location under her belt, White refers to her patrons as her "newbies" and her "besties." She brought Mr. Flury's original cash drawer and spatula to her new location. When asked why she continues to keep her business in the City of Cuyahoga Falls, she smiles fondly and credits her customers. "It's the people I am fortunate enough to meet, to hear their stories, to make their food, and to see them smile," stated White. "We always say, even if you come in by yourself, we're always here for you."

Owner Kim White is a 1986 graduate of Cuyahoga Falls High School. Flury's is a cash only establishment and is open Monday-Saturday, from 7 a.m to 3 p.m. For more information, visit www.fluryscafe.com.



CONVERSATION & ACTION ON OPIATE EPIDEMIC

None of us are immune to the fact that there have been opiate related tragedies in our city and across the region. This epidemic is not unique to our area and is happening all across the country. Opiate addiction knows no race, age, or economic status -- addiction is affecting young and old, male and female, rich and poor.

According to the Substance Abuse and Mental Health Services Administration, four out of five heroin users first began with recreational use of prescription pain relievers. The National Institute on Drug Abuse has found that nearly 50 percent of young people who inject heroin started by abusing prescription drugs.

The natural questions become: what is being done and how can I help?

The following are examples of measures that are being taken and recommendations on how we, as a community, can come together to help:

- The City has partnered with Western Reserve Hospital through the “Not Me, I’m Drug Free” program, offered to fifth graders in the Cuyahoga Falls and Woodridge school districts. This unique and effective, positive reinforcement program has been praised by the offices of the Governor and Attorney General, and was recognized with the Summit for Kids Business Award from the County of Summit.
- The Crime Fighters Anonymous Tip Line was established to gather information about crimes in our city. Anyone may anonymously call in with tips and may get paid for assisting police.
- In April, the first Let’s Talk event united members of the Falls community with Cuyahoga Falls High School, the ADM Board, Western Reserve Hospital and the city, to focus on teen health and opiate use. Presentations included information on prevention and communication methods, legal consequences and stories from brave opiate survivors. Through action, education and prevention, we can battle teen drug use and improve the lives of our youths as they grow into adulthood.
- Currently, Mayor Walters is working to assemble a group of local opiate survivors to offer advice, guidance, and support to those who need it, and to serve as an example of how addiction can be overcome.
- To keep these addictive medications off of the streets, residents may D.U.M.P. (Dispose of Unused Medications Properly) at a secure drop box in the Police Department lobby. Located at 2310 Second Street, the lobby is open 24/7.
- The City of Cuyahoga Falls Police Department was one of the first departments in Summit County to carry Narcan (also known as Naloxone), the life-saving opiate-reversing drug, in every police car. Officers are often the first to arrive on the scene and have saved many lives. Firefighters also carry Narcan to perform emergency reversals.
- Family members and friends of persons who are addicted to prescription pain relievers or heroin now have access to Naloxone to respond to overdoses through Project D.A.W.N. (Deaths Avoided With Naloxone). For more information, call Summit County Public Health at (330) 375-2984 or Edwin Shaw Rehabilitation at (330) 436-0950.

Make no mistake, this is a battle that will require determination, persistence, and a lot of resources-- but doing nothing is not an option. Every death hurts and with your help, we will continue to fight, together.



Mayor Don Walters addresses students of Cuyahoga Falls about the "Not Me, I'm Drug Free" program



HOW TO TAKE ACTION

- ADM Crisis Center: (330) 996-7730
- Summit County Opiate Task Force: summitcountyopiatetaskforce.org
- Crime Fighters Anonymous Tip Line: (330) 971-TIPS
- D.U.M.P. Prescription Drop-off: 2310 Second Street
- Let’s Talk: Cuyahoga Falls School District: (330) 926-3808
- Opiate Survivors Task Force: (330) 971-8200
- Not Me, I’m Drug Free: (330) 928-2181

HONORING VOLUNTEERISM IN CUYAHOGA FALLS

This summer, Mayor Don Walters, joined by U.S. Representative Tim Ryan and Neighborhood Development Services Executive Director Dave Vaughan, unveiled the Honorary Boulevard Street Naming Award with inaugural honorees, Bob and Harry Heath.



YMCA Advisory Board with Mr. Davis at his home

For decades, their involvement in countless organizations has greatly impacted our entire community for the better. The commemorative site was developed through donations from local businesses and is located in the median on Broad Boulevard between Third and Fourth streets. This is a new initiative to pay homage to the people and organizations that selflessly give back to Cuyahoga Falls residents and the city as a whole.

Volunteers from across Cuyahoga Falls consistently come together to give of their time, talents and money. For example, the Riverfront YMCA Board recently spent an evening helping out a senior resident with his gardening, while volunteers from Walmart visited two of our parks and worked to improve the quality of play for our children. Thank you to all who have put hours of work and dedication into your own volunteer efforts, all of which make Cuyahoga Falls a better place to work, live and play.

SAFETY FOR SENIORS

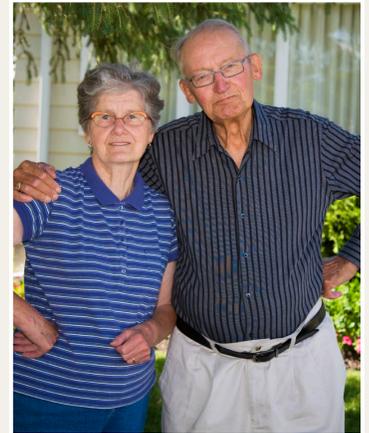
Mayor Walters recently rolled out the Senior Watch Program, a new initiative to identify the needs of our older adults, and improve the quality of life for our citizens. To qualify for services, residents must be 65 years old or older, live alone, have limited to no contact with family members or caregivers, and have limited mobility, be disabled and/or bedridden. Participants may choose from the following:

Check-In: Participants designate a day and time to call or check-in with the Police Department. If phone contact is not made, an officer will visit the home to check on the resident.

Elderly Call: On selected days and times, the Police Department will call the Senior citizens to check on their welfare. If no phone contact is made, an officer will be sent to the home.

Senior Watch: Seniors requiring more assistance than others, and who may not have family to provide assistance, may schedule a weekly Police Officer visit to check on the resident's welfare.

Applications may be obtained through the Cuyahoga Falls Police Department at (330) 928-2181.



FALL LEAF PROGRAM

The 2015 Leaf Program will run October 26 through November 25. The city has invested in four new leaf vacuum machines, increasing our fleet size and allowing for a more efficient program. Residents may rake leaves to the curb by 7 a.m. on their scheduled leaf pickup days. Delays may occur due to inclement weather; however, every household will receive two leaf pickups before the season ends. In early October, stop by the utility billing department, look to our city website, or call the Leaf Hotline at (330) 971-8031 for your neighborhood's leaf pickup schedule.



FALL CLEANUP & SIMPLE RECYCLING

According to the EPA, only 15% of clothing is donated or recycled, meaning 85% of items end up in local landfills. Tattered items that are not accepted by charities can be diverted from landfills to green Simple Recycling bags, left curbside next to your waste cart. Learn more by calling (866) 835-5068 or visit simplerrecycling.com.

Fall cleanup for all City of Cuyahoga Falls sanitation customers will continue through September 18. Place all items at the curb by 7 a.m. on your regularly scheduled pickup day. Acceptable materials include waste contained in bags or boxes, and/or bagged and bundled yard waste. Unacceptable materials include tree trunks, demolition materials and hazardous items.

For more details, call the Sanitation Department at (330) 971-8010.



SPOTLIGHT: COUNCILMEMBER TERRY MADER

After 12 years of service to the residents of Ward 8, Councilman Terry Mader is not seeking re-election and will finish his time on council at the end of this year. Throughout his time on council, one aspect of Councilman Mader's service has remained constant—his commitment to being a strong voice for his constituents.

"It has been a life's honor to serve the citizens of Cuyahoga Falls as a Councilman," stated Mader. "What a blessing it is to be able to leave a legacy of having played a part in moving the city forward, having done what is good for the city, and being able to see positive results of your work come to fruition."

Mader is a Marine Corps Veteran who served in the Vietnam War. He retired after 38 years of employment with AT&T. He and his wife will spend time traveling to see their daughter and son-in-law who live in Europe. He looks forward to what this next chapter in life holds.



Cuyahoga Falls Ward 8
Councilmember Terry Mader

CUYAHOGA FALLS CALENDAR OF EVENTS

SEPTEMBER

- 1** • Mayor's First Tuesday
- 3** • Falls Travel Club Luncheon @Quirk, 12 pm
- 4** • Senior Adult Bingo @Quirk, 1 pm
• Farmers' Market in the Falls "Senior Citizen Appreciation Day" @Quirk, 3 - 6 pm
- 5** • Improv @Quirk, 7:30 pm
- 7** • Labor Day/City Offices Closed
• Refuse & Recycle Delayed 1 Day Balance of Week
• Riverfront Cruise-in, 5 pm - dark
- 8** • Primary Election Day
• Residential Sanitation Customers' Fall Cleanup All Week
- 9** • Homeschool Gym & Swim Free Trial Day @Natorium, 10 am - 12 pm
- 11** • Farmers' Market in the Falls @Quirk, 3 - 6 pm
- 13** • 12th Annual Natorium 5K Race/Walk & 1 Mile Fun Run, 8 am
- 14** • Residential Sanitation Customers' Fall Cleanup All Week
- 18** • Senior Adult Bingo @Quirk, 1 pm
• Farmers' Market in the Falls "Fitness Friday" @Quirk, 3 - 6 pm
• Oktoberfest @FRS, 5 - 11 pm
- 19** • Oktoberfest @FRS, 12 - 11 pm
• Improv @Quirk, 7:30 pm

- 20** • Oktoberfest @FRS, 12 - 8 pm
- 23** • Senior Financial Safety Session about Scams @Quirk, 10 am
- 24** • Gorge Dam Public Update Meeting @Natorium, 6:30 - 8:30 pm
- 25** • Senior Adult Casino Day @Quirk, 12:30 pm
• Farmers' Market in the Falls "Harvest Market" @Quirk, 3 - 6 pm
• Ballroom Nights @Quirk, 7:30 - 10:30 pm
- 26** • National Public Lands Day Cuyahoga River Cleanup Projects @River Front Park & Water Works Park Little Stone Shelter, 9:30 am - 12:30 pm
- 27** • First Responders Appreciation Day Festival @FRS, 1 - 4 pm
• Sunday Funday Dance @Quirk, 5 - 8 pm
- 30** • Citizens' Police Academy

OCTOBER

- 1** • Falls Travel Club @Quirk, 1 pm
- 2** • Halloween Painting & Writing Contests' Deadline
• Senior Adult Bingo @Quirk, 1 pm
• Farmers' Market in the Falls "Farewell Market" @Quirk, 3 - 6 pm
- 3** • Improv @Quirk, 7:30 pm
- 4** • Public Power Pride Week
• Fire Prevention Week
- 6** • Mayor's First Tuesday
- 8** • Red Cross Blood Drive @Natorium, 11 am - 7 pm
• Community Energy EXPO @Quirk, 10 am - 6 pm
• Adult Basketball League Registration Deadline
- 11** • Sunday Funday Dance @Quirk, 5 - 8 pm
- 13** • AARP Smart Driver Class @Quirk, 12 - 4 pm



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Note: FRS = Falls River Square

A MESSAGE FROM MAYOR DON WALTERS

One of the greatest assets of our city is the commitment to community and hometown pride that lives within all of us. We work hard to forge relationships with each other, get to know and watch out for our neighbors, and readily patronize and support our local businesses.

Once the rains of early summer cleared, we were able to host many successful outdoor events with some of the largest numbers of attendance on record. For example, residents and visitors turned out in droves to support our Kids' Carnival, the final event of this season's Summer Concert Series and Food Truck Frenzy at Keyser Barn, and our annual Touch-A-Truck event at Quirk. We also can be incredibly proud of the crowds for our Irish and Italian Festivals and Riverfront Concert Series presented by IROK, Inc. The efforts to build community through welcoming new neighbors, having block parties and participating in community events have not gone unnoticed and are greatly appreciated.

We are incredibly fortunate here in the City of Cuyahoga Falls to have so many dedicated residents, business owners and organizations who want nothing more than to see our city thrive and succeed. Let's carry on this momentum by continuing to forge relationships, be good neighbors and foster a sense of community and Falls pride in all of us.

Sincerely,



CONTACT INFORMATION:

cityofcf.com
City Hall: (330) 971-8000
City Council: (330) 971-8190

CUYAHOGA FALLS CALENDAR OF EVENTS

OCTOBER, CONTINUED

- 14** • Western Reserve Hospital hosts Ten O'clock Talk on Breast Health @Natorium, 10 am
- 16** • Senior Adult Bingo @Quirk, 1 pm
- 17** • Family Monster Mash Halloween Party @Quirk, 6:30 - 8:30 pm
• Improv @Quirk, 7:30 pm
- 23** • Nat-O-Ween @Natorium, 5:30 pm
• Fall Card Party @Quirk, 12 pm
• Ballroom Nights @Quirk, 7:30 pm
- 24** • Community Health EXPO @Natorium, 8 am - 1 pm
- 26** • Leaf Pickup Program Begins
- 30** • Corn Hole Afternoon @Quirk, 12:30 pm
- 31** • Last Day of City-wide Inside|Out Art Installation
• Community Halloween Spooktacular @Keyser Barn, 2 - 4 pm
• Halloween Community Trick-or-treat, 6 - 8 pm
• Improv @Quirk, 7:30 pm

NOVEMBER

- 1** • Daylight Savings Time Ends - Check Your Smoke Detectors!
- 2** • Leaf Pickup Program Continues
- 3** • General Election Day
• Mayor's First Tuesday
• Senior Financial Safety Session about Identity Theft @Quirk, 10 am
- 5** • Falls Travel Club @Quirk, 1 pm
- 6** • Senior Adult Bingo @Quirk, 1 pm
- 7** • Holiday Treasures Craft Show by Craft Shoppe @Quirk, 9 am - 3 pm
• Improv @Quirk, 7:30 pm
- 8** • Sunday Funday Dance @Quirk, 5 - 8 pm

- 9** • Leaf Pickup Program Continues
- 11** • Veterans' Day/City Offices Closed
- 13** • Antic Theatre Holiday Show @Quirk, 8 pm
- 14** • Antic Theatre Holiday Show @Quirk, 8 pm
- 15** • Antic Theatre Holiday Matinee Show @Quirk, 3 pm
- 16** • Leaf Pickup Program Continues
- 20** • Senior Adult Bingo @Quirk, 1 pm
• Antic Theatre Holiday Show @Quirk, 8 pm
- 21** • Antic Theatre Holiday Show @Quirk, 8 pm
- 22** • Antic Theatre Holiday Matinee Show @Quirk, 3 pm
- 23** • Leaf Pickup Program Continues
- 26** • Thanksgiving Day/City Offices Closed
• Refuse & Recycle Delayed 1 Day Balance of Week
- 27** • City Offices Closed
• Extra Open Swim @Natorium, 1 - 5 pm
• Ballroom Nights @Quirk, 7:30 pm
- 28** • Red Cross Blood Drive @Natorium, 9 am - 2 pm
• Ice Rink Opens for Holiday Season @FRS, 12 - 9 pm
- 29** • Ice Rink @FRS, 12 - 8 pm
- 30** • Ice Rink @FRS, 3 - 9 pm



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