

Christian Ostenson

District 3

Newsletter

Maple Heights, OH



August is Children's Eye Health and Safety Month

August is dedicated to preventing eye injuries and vision loss and saving children's eyesight. Healthy vision contributes to children's school readiness, ability to learn, overall healthy development, and ability to reach motor developmental milestones.

The earlier a vision problem is detected and treated; the more likely treatment will be successful. Signs that may indicate a child has a vision problem include:

- Complaints of discomfort and fatigue
- Frequent eye rubbing, squinting, or blinking
- Short attention span or difficulty remembering what was read
- Holding reading materials close to the face
- Consistently using the fingers as a guide when reading
- Covering one eye or tilting the head to one side

Help the children in your life have a successful school year by scheduling a comprehensive eye exam and taking safety measures to ensure their eyes are free from injury.

Kids and Screens: How much harm?

Eyestrain usually isn't serious and goes away once you rest your eyes or take steps to reduce discomfort.



What can parents do:

- Remind them to rest their eyes every 20 minutes
- Remind them to blink
- Reduce glare on the screen
- Adjust brightness and contrast settings to their comfort level

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Coming Next Month:

District 3 Business Spotlight!

Learn more about our local businesses.

Hello, District 3 Residents.

Summer will soon be nearing an end as we begin a new school year in Maple Heights. Please remain alert and reduce your speed as children are walking to and from school.

Stay safe,
Councilman Christian Ostenson

Contact me via Telephone: 216.509.2512 or E-mail: mhcouncilmandistrict3@gmail.com

Facebook: Councilman.ChristianOstenson

Assistance for Residents of Maple Heights

Drive-up Food Distribution Event

Fresh fruits and vegetables are distributed on the 2nd Friday of every month (next event August 13th) throughout the pandemic.

*5345 Warrensville Center Road
4:30 P.M. to 6:30 P.M.*

Farmers Market at Maple Heights Senior Center

The Senior Farmers' Market Nutrition Program provides low-income seniors with access to locally grown fruits, vegetables, honey, and herbs. Redeem Farmers Market coupons at the Maple Heights Senior Center. Please contact the Senior Center at 216.587.5481 for information, and remaining coupon availability.

*15901 Libby Road
Wednesdays 10:30 A.M. to 11:30 A.M.
August 4th & 18th; September 1st & 15th; October 6th & 20th*

Maple Heights Food Pantry

3-day food supply for everyone in the household.

*17100 Broadway Avenue
Tuesdays, 12:00 P.M. to 3:00 P.M.
Wednesdays, 9:00 A.M. to 12:00 P.M.
Thursdays, 4:30 P.M. to 7:30 P.M.*