

Christian Ostenson

District 3

Newsletter

Maple Heights, OH



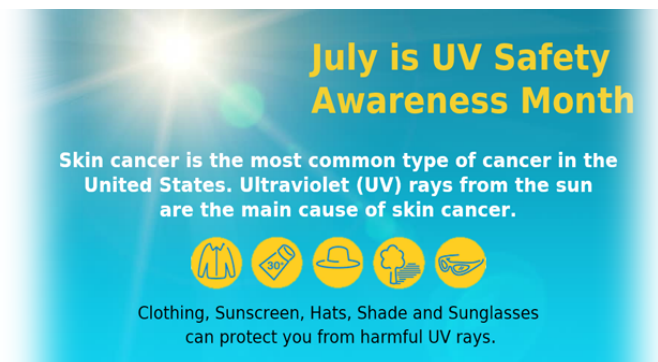
July is UV Safety Awareness Month

July is UV Safety Awareness Month, and as we enjoy the warm sunny days of Summer, we must remember to protect our skin and eyes from the damaging effects of the sun.

The sun emits radiation known as UV-A and UV-B rays. Both types can be damaging, UV-B rays reach the outer layer of skin and UV-A rays can penetrate the middle layer of skin. Unprotected sun exposure can:

- Cause vision problems and damage eyes
- Suppress your immune system
- Prematurely age skin
- Cause skin cancer

Non-melanoma skin cancer, which includes basal cell carcinoma and squamous cell carcinoma, is the most common form of cancer. It affects more than a million Americans each year, so it's important to become educated on the risks and protect yourself from harmful UV rays.



There are things that can be done to minimize the risks:

- Cover up with clothing, sunglasses, & hats
- Stay in the shade
- Use the correct type & amount of sunscreen
- Use lip balm with SPF
- Perform a head-to-toe skin exam once a month

Hello, District 3 Residents.

The Summer heat is rising, and along with it the risk of heat stroke and dehydration. Remember to stay hydrated and don't forget to check on your neighbors.

Stay safe,
Councilman Christian Ostenson

Assistance for Residents of Maple Heights

Drive-up Food Distribution Event

Fresh fruits and vegetables will be distributed throughout the pandemic. The next event is on Friday July 16th. August's event will be on the 2nd Friday of the month, August 13th.

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

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.

2021 Paint the City Program

The program provides a free voucher to applicants who are owner-occupants, current on their property taxes, and income qualify. Visit the City's website for steps to help guide you through the application.

<https://www.citymapleheights.com/paintprogram/>

Music in the Park Series 2021

July 27th Blue Lunch
6:30 P.M. to 8:30 P.M.

August 24th Hubb's Groove
6:00 P.M. to 8:00 P.M.

Stafford Park, 5400 Mayville Avenue
Remember your Lawn Chairs and Blankets!

Maple Heights Districts 3 & 5 Combined Block Watch



Tuesday July 13, 2021

6:30 P.M. to 8:30 P.M. (Zoom Meeting)

Join meeting by computer, tablet, or smartphone:

<https://us02web.zoom.us/j/86103720965?pwd=UjJHZFB>

[6bzZZbE9rMUZYM2xpQWE0QT09](https://us02web.zoom.us/j/86103720965?pwd=UjJHZFB6bzZZbE9rMUZYM2xpQWE0QT09)

or

Join meeting by telephone:

646-558-8656

Meeting ID: 861 037 20965 and PIN #: 232168

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