

Christian Ostenson

District 3

Newsletter

Maple Heights, OH



June is Alzheimer's & Brain Awareness Month

Worldwide, 50 million people are living with Alzheimer's and other dementias. Alzheimer's disease is a degenerative brain disease and the most common form of dementia. Dementia is not a specific disease. It is an overall term that describes a group of symptoms. Many conditions are progressive, which means that the signs start out slowly and gradually get worse. Signs of Alzheimer's and Dementia include:

- Memory loss that disrupts daily life
- Challenges in planning or solving problems
- Poor judgment and decision-making
- Inability to manage a budget
- Losing track of the date or the season
- Difficulty having a conversation
- Misplacing things and being unable to retrace steps to find them
- Changes in mood and personality
- Avoiding friends and social activities

Research suggests that adopting multiple healthy lifestyle choices, including a healthy diet, not smoking, regular exercise, and cognitive stimulation may decrease the risk of cognitive decline and dementia.



This month helps spread awareness about Alzheimer's and other dementia along with the different kinds of care that people with the disease require. It is a way to propel research, advocate risk reduction and early detection, and promote on-going care and support.

Hello, District 3 Residents.

Summer has arrived and home renovation projects are in full swing. Make sure you have secured the proper permits, and your Contractors are registered with the city. Reach out to the Building Department at 216.662.6000 with questions.

Stay safe,
Councilman Christian Ostenson

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 June 11th) throughout the pandemic.

5345 Warrensville Center Road

4:30 P.M. to 6:30 P.M.

Farmers Market Coupons

The Senior Farmers' Market Nutrition Program provides low-income seniors with access to locally grown fruits, vegetables, honey, and herbs. Participants receive ten \$5.00 coupons to use at participating farmers' markets and roadside stands. Restrictions apply, please contact the Senior Center at 216.587.5481 for information.

Coupon Distribution at Maple Heights Senior Center

15901 Libby Road

June 23rd, 24th, and 25th

1:00 P.M. to 4:00 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.

Music in the Park Series 2021

June 29th Kevin Conwell & The Footprints

6:30 P.M. to 8:30 P.M.

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!**



**Date to be announced soon ...
Districts 3 & 5 Combined Block Watch**

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