

# Christian Ostenson

## District 3

Newsletter

Maple Heights, OH



### September is National Prostate Cancer Awareness Month

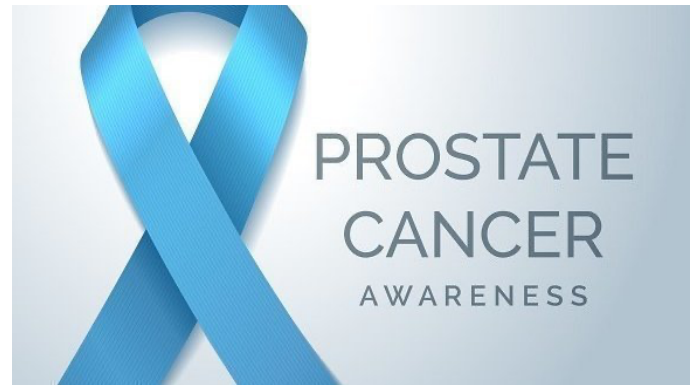
During National Prostate Cancer Awareness Month, we support those diagnosed with prostate cancer through research, education, and access to prevention, treatment, and follow-up care and support.

Prostate cancer is the second most common cancer among men in the United States. All men are at risk for prostate cancer. About 13 out of 100 American men will get prostate cancer during their lifetime, and about 2 to 3 men will die from prostate cancer.

The most common risk factor is age. The older a man is, the greater the chance of getting prostate cancer.

Different people have different symptoms and some men do not have symptoms at all, but they can include:

- Difficulty starting urination
- Weak or interrupted flow of urine
- Frequent urination, especially at night
- Difficulty emptying the bladder completely



- Pain or burning during urination
- Blood in the urine
- Pain in the back, hips, or pelvis that doesn't go away

If you have any symptoms that worry you, be sure to see your doctor right away.

Hello, District 3 Residents.

Fall is fast approaching. Now is the perfect time to make those home repairs we have all been putting off. Make sure your home is ready for the cooler weather coming soon.

Stay safe,  
Councilman Christian Ostenson

Contact me via Telephone: 216.509.2512 or E-mail: [mhcouncilmandistrict3@gmail.com](mailto:mhcouncilmandistrict3@gmail.com)

Facebook: Councilman.ChristianOstenson

## 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 September 17th.*

5345 Warrensville Center Road

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

### Maple Heights Food Pantry

*6-day food supply for everyone in the household now twice per month!*

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.

### 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.

September 15<sup>th</sup> || October 6<sup>th</sup> & 20<sup>th</sup>

Contact me via Telephone: 216.509.2512 or E-mail: [mhcouncilmandistrict3@gmail.com](mailto:mhcouncilmandistrict3@gmail.com)

Facebook: Councilman.ChristianOstenson

### Community Shred Day

Paper items only. Watch them shred it.

Saturday October 9<sup>th</sup>

9:00 A.M to 12:00 P.M.

St. Andrew Eastern Orthodox Church

16029 Maple Park Drive

### Flu Shots at Maple Heights Senior Center

Get the flu, pneumonia, & shingles shots. Call 216.587.5481 for your appointment.

Monday September 20<sup>th</sup>

10:00 A.M to 12:00 P.M.

15901 Libby Road

### Maple Heights Districts 2 & 3 Combined Block Watch



Wednesday September 29, 2021

6:00 P.M. to 8:00 P.M.

St. Andrew Eastern Orthodox Church

16029 Maple Park Drive