

The 4-1-1 on 2-1-1



2-1-1 updates for the week of August 4th, 2025

IN THIS ISSUE:

LEGAL CLINIC

HOME WEATHERIZATION

IMPACT 1 YEAR ANNIVERSARY

FEED OUR VETS

CHAIR VOLLEYBALL

VETERANS' PROMISE CEREMONY

HOMESAFE SUPPORT GROUPS

AND MORE

Find our newsletters online at:
[www.211ashtabula.org/
newsletters](http://www.211ashtabula.org/newsletters)

What Am I Reading?

First of all, thank you for your interest in sharing Ashtabula County resources! This newsletter, 'The 4-1-1 on 2-1-1' is created by 2-1-1 Ashtabula County to share timely and relevant resource information.

This newsletter is released weekly, on every Monday. You can find it on our website at 211ashtabula.org or on our Facebook page, 2-1-1 Ashtabula County.



Ashtabula County
Helping People. Changing Lives.



The Legal Aid Society
of Cleveland
Since 1905

Volunteer Lawyers Program
[vlp]

FREE LEGAL ADVICE

Brief Advice Clinic

Legal help for family, health, housing, money, work, and other problems: civil matters only (not criminal)

Saturday, August 9

Intake hour: 10:00 – 11:00 AM

Henderson Memorial Public Library

54 East Jefferson Street, Jefferson, Ohio 44047



Henderson Memorial
Public Library

This clinic is first-come, first-served, no appointments needed. If the clinic is at capacity, those who arrive after the intake hour may be referred to a future clinic.

Please bring all important paperwork with you. **Questions?** Call 888.817.3777 or visit laslev.org.

Attorneys are available for brief advice and referral only. Clinic attorneys do NOT represent you.

If you need legal representation you may be referred to Legal Aid or another service provider.

**YOU CAN SAVE 25-40% ON YOUR ENERGY BILLS
WITH
THE HOME WEATHERIZATION ASSISTANCE
PROGRAM!**

FREE
for Eligible
Households!



The Home Weatherization Assistance Program (HWAP), is designed to improve energy efficiency, reduce energy consumption and ensure safe environments for income eligible households. Qualifying households receive:

- an on-site inspection and energy audit
- safety testing for combustion appliances, &/or repair or replacement
- heating unit and/or water heater tune-up and repair
- air sealing measures may include window &/or door repair
- insulation of attic, sidewalls, floor, or other measures as indicated by audit

Whether you rent or own, this **FREE program Services
Ashtabula, Geauga, & Lake County residents!**

**For more information call 440-997-5957 Ext: 550 or 554,
or just dial 2-1-1!**





1-YEAR ANNIVERSARY

Celebration & Resource Event

Join us as ImpactT celebrates 1 year of hope, healing, and transformation!

Enjoy food, inspiring stories, and connect with local resources and community partners.

Let's celebrate our impact—and keep building together. We'd love to see you there!



Food & Refreshments



Connection Opportunities

- Guest Speakers
- Alumni Testimonials



**FRIDAY
AUGUST 8TH
11AM TO 3PM**



+216-353-4723



TherapyImpact.com



158 W. Main St. Andover, OH

The 4-1-1 on 2-1-1



Upcoming Mobile Food Pantries

The mobile food pantry program provides produce giveaways in multiple places in the county. For more information about your regular local food pantry, please call 2-1-1.

Monday, August 4th

Conneaut Human Resource Center
327 Mill Street, Conneaut
10am-12n

**Looking for your local food pantry?
Call 2-1-1.**

FEED OUR VETS ASHTABULA

433 CENTER ST
ASHTABULA, OHIO 44004

Pantry Dates for 2025

OPEN 8AM TO 11AM

January 18
February 15
March 15
April 19
May 17
June 21
July 19
August 16
September 20
October 18
November 15
December 20

Chair Yoga Mondays - with Melissa Artman

Chair yoga is a gentle form of yoga that is perfect for people of all ages and fitness levels, especially those with mobility limitations, balance issues, or anyone who simply prefers a more accessible form of yoga.

This class will focus on simple stretches, breathing exercises, and mindfulness, helping to improve flexibility, strength, and relaxation without the need for intense movements or getting up and down from the floor.

@ Rock Creek Library Annex
3210 N Main St.
Rock Creek, OH 44084

August
4th - 5pm
18th - 1pm
25th - 1pm

Suggested Donation: \$2



2988 High Street
Rock Creek, OH 44084
440-563-3340
rockcreek.lib.oh.us



The week of August 4th, 2025



Cleveland Clinic

at the **ANDOVER**
Public Library

MOBILE MAMMOGRAM CLINIC

**Friday, August 22
from 9AM - 3:30PM**

To register call 216-444-2626 or email
TaussigCommOutreach@ccf.org

Cancer screening is typically covered under most insurance plans. Cleveland Clinic offers financial aid for those who are uninsured or under-insured. Additionally, transportation support is available for individuals who face transportation barriers to accessing screenings

COME PLAY CHAIR VOLLEYBALL!

Join us for a fun and friendly match with
RSVPs required!

**Wednesday,
August 6
10:30 AM**

**LOCATION:
Orwell Country
Neighbor
39 S Maple Street
Orwell, OH**



- Seated chair volleyball—easy on joints, full of fun!
- Great exercise and social time in a safe, inclusive setting

MUST RSVP TO PARTICIPATE. SPACE IS LIMITED!

**Contact: Cathie at
330-876-0330
(leave a message)**

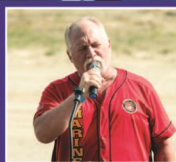
JOIN US! Veterans' Promise Ceremony; 2025 Ashtabula County Fair



Come out and take part in the 2025 Veterans' Promise Ceremony on August 7, 2025 at 5 p.m. sharp! All veterans will receive free admittance all day. The Young Marines will perform Color Guard duties for the ceremony that will last about 45-minutes! All veterans in the grandstand will have an opportunity to stand and make a promissory oath, reminding their loved ones that while they passed the torch to a younger generation, they remain ready to stand against any threat we may face as a nation.

I, STATE YOUR NAME, DO PROMISE TO CONTINUE TO PRESERVE THE DISCIPLINE AND VALUES IMPARTED IN ME BY THE UNITED STATES MILITARY. I PROMISE TO HONOR THE MEMORY OF OUR BROTHERS AND SISTERS LOST, BOTH ON AND OFF THE BATTLEFIELD. I PROMISE TO CONTINUE TO FAITHFULLY SUPPORT AND DEFEND THE CONSTITUTION OF THE UNITED STATES AGAINST ALL ENEMIES, FOREIGN AND DOMESTIC. I PROMISE TO NEVER QUIT AND NEVER SURRENDER, FOR I AM A UNITED STATES VETERAN. THROUGH THIS PROMISE, I RENEW MY COMMITMENT TO THE UNITED STATES OF AMERICA, MY FAMILY, FRIENDS, AND NEIGHBORS, SO HELP ME GOD.

2024 ASHTABULA COUNTY FAIR VETERANS PROMISE CEREMONY



Thomas J. Lucas Jr.,
Sang the Star-Spangled Banner



Welcome,
Veterans Service
Commission Director



Welcome Space
Force Rep.,
Shane Graham



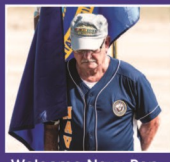
Invocation Gary Lehr



Veterans Service Commission Board and Staff



Welcome Army Rep.,
John Smith



Welcome Navy Rep.,
Dan Blank



Welcome Coast Guard
James Thompson Jr



Welcome Marine Rep.,
Harold Specht



Welcome Air Force
Rep., Bradley Howard



Speaker John Smith



Colors, Young Marines Color Guard



August

2025

Homesafe Support Groups



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Neutral Affirmations 9:00pm
3 Regaining Confidence 3:00pm	4	5	6 Emotional Expression Group 7:00pm	7	8	9 Movie Night 9:00pm
10 Potential Warning signs to Look For 3:00pm	11	12	13 Boundaries and Consent 7:00pm	14	15	16 Cooking On a Budget 9:00pm
17 Empowerment Activity 3:00pm	18	19	20 Trauma and the nervous system 7:00pm	21	22	23 Self-Care Techniques 9:00pm
24 Calm Your Mind With Food 3:00	25	26	27 Empowerment And Identity group 7:00pm	28	29	30 Goals 9:00pm
31 Unhealed Trauma 3:00pm						



Celebrating healthy aging and educating older adults

Are you 65 or older and looking for an opportunity to learn how to stay healthy and meet new people?

Join us and bring a friend!

The educational program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy lifestyle choices
- Celebrate this exciting stage of life and all the benefits that come with it
- Discuss risk factors and behaviors you should avoid to stay healthy
- Examine how alcohol, prescription medications and over-the-counter medications affect older adults differently and how you can avoid problems
- Learn how to use simple tools to help you feel more empowered about your health and the healthcare you receive

Every Tuesday, 9:30am to noon (August 19th to September 23rd) at Country Neighbor

39 South Maple Street, Orwell 44076

Free refreshments and a \$10 gas card per lesson for participating in the program (6 lessons total)!

To Register and for more information, call the Ashtabula County Mental Health and Recovery Services Board at 440-992-3121.



ASHTABULA COUNTY
Mental Health & Recovery Services Board

NOTICE

ORAL **RABIES** VACCINATION AREA

The Wildlife Services (WS) program of the U.S. Department of Agriculture's Animal and Plant Health Inspection Service (APHIS) is working with the Ohio State Department of Health to protect people and pets from the threat of rabies in your area. WS is distributing an oral rabies vaccine (ORV) bait to vaccinate raccoons, skunks, foxes, and coyotes and help stop further spread of rabies. ORV baits are about the size of a matchbox and are coated with fishmeal flavoring or a sweet vanilla wax. ORV baits can be distributed by airplane, helicopter, or vehicle.



ORV Baits will be distributed between: August 17–September 16, 2025

What if I find rabies baits?

- If you find ORV baits, leave them alone, unless they are where children or pets play. To move ORV baits safely, you should:
- Wear gloves or use a paper towel or plastic bag when picking up the baits.
- Toss intact baits into a wooded area or other wildlife habitat.
- Bag and dispose of any damaged baits in the trash.
- Take precautions by practicing proper hygiene – wash with soap and water any skin or wounds that may have come into contact with ORV baits, especially if the bait was damaged.

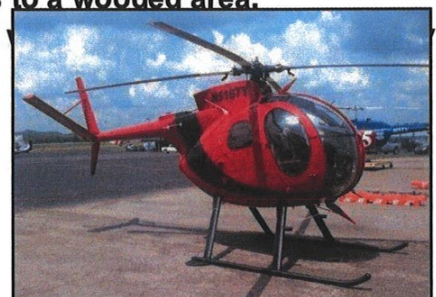
What if my pet eats the bait?

- Don't panic! A few baits are not harmful, but a large number may cause upset stomach.
- Do not risk getting bitten or being exposed to vaccine by taking a bait away from your pet.
- Check the area for more baits and relocate any remaining baits to a wooded area.
- If your pet eats a bait, avoid your pet's saliva for 24 hours, and have been licked.

Questions about ORV or bait you have found?

- Call USDA Wildlife Services: (330) 726-3386

1-866-4-USDA-WS (1-800-487-3297)





**Ashtabula County Community Action Agency
Meals On Wheels Menu**

August 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change Based on Availability of Products. Milk Served Each Day.				1 BBQ Chicken Sandwich Baked Beans Macaroni Salad Applesauce
4 Swedish Meatballs Egg Noodles Veggie Blend Fruit & Applesauce	5 Chef Salad Pears Dinner roll	6 Pork Roast Mashed Potatoes Mixed Vegetables Pineapple & Dinner Roll	7 Hot Dog Baked Beans Watermelon Craisins	8 Chicken Thigh Broccoli Roll Applesauce & Juice
11 Oven-Fried Chicken Corn and Peppers Spinach Fresh Fruit	12 Stuffed Pepper Casserole Green Beans Pears Dinner Roll	13 Meatloaf Mashed Potatoes Peaches Italian Bread	14 Chicken Parmesan Pasta Italian Vegetables Mixed Fruit	15 Turkey Pasta Salad Grapes Bean Salad
18 Sloppy Joes Green Beans Cauliflower Grape Juice	19 Turkey Croissant Cold Pea Salad Fruit	20 Ham Club Sandwich Vegetable Soup Fresh Fruit	21 Cream Chicken Green Beans Peach Applesauce	22 Spanish Rice Carrots Fresh Fruit
25 Pulled Pork Brussel Sprouts Fresh Fruit	26 Loaded Potato Chili/Cheese Corn Fruit Cup	27 Bologna&Cheese Sandwich Potato Salad Fresh Fruit	28 Chicken Fruit Salad Bean Medley Fruit	29 Roasted Turkey Sweet Potatoes Green Beans Fresh Fruit

**YOU MUST CALL 24 HOURS IN ADVANCE TO
CANCEL OR RESTART YOUR MEAL
440-998-3244**

Our senior nutrition program provides hot, nutritious meals for local seniors. In addition to the meal, our staff also conduct a wellness check with every delivery, Monday-Friday.

A minimum contribution of \$3.00 is requested for each meal delivered. No person will be denied service based on inability to pay.

The home delivered meal program is available to seniors age 60 and older who struggle to prepare or obtain their own meals, and do not have anyone to provide the support for them. Assistance may exist for those under 60 that are disabled. Call our office for details.

We also have senior dining sites where all seniors, ages 60 and older, are welcome to enjoy lunch. The meals are made fresh daily in our Jefferson kitchen and served hot in our dining rooms in Ashtabula, Jefferson, and Conneaut.

For more information about our senior nutrition programs, or to sign up yourself, contact senior nutrition at 440-998-3244.

**By: Laken Dowd
Have something you want featured?
Email ldowd@accaa.org or call 440-990-1723**

**This is only a short highlight of some of the
timely 2-1-1 resources, please contact 2-1-1
for more information.**