

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



2-1-1 updates for the week of Feb. 25th, 2024

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Find our newsletters online at:
www.211ashtabula.org/newsletters

What am I reading?

Welcome to our 2-1-1 newsletter, "The 4-1-1 on 2-1-1"!

Now more than ever access to available resources is vital. We started this newsletter to highlight new and/or timely community updates. This is just a small highlight and may not contain all the information you need.

For more resources and for up-to-date information, please remember to contact us at 2-1-1 Ashtabula County! Just Dial 2-1-1.



Ashtabula County
Helping People. Changing Lives.



Harm Reduction 101

Medications as Tools for Recovery

Join us for an engaging event as we dive into the world of harm reduction and medication for addiction treatment (MAT) in the context of substance use treatment. Lunch will be provided!

March
20
2024

Ashtabula Public Library
4335 Park Avenue,
Ashtabula, Ohio 44004

Schedule:

12:00pm

Welcome and Lunch

12:30pm–1:00pm

Presentation by Dr. Asuri

1:00pm–1:30pm

Facilitated Q&A + Forum

- **Gain a deeper understanding** of medications used in addiction treatment.
- **Explore harm reduction principles** and how they contribute to positive outcomes.
- **Learn about the different medications** available for treating substance use disorders and their unique attributes.
- **Dispel common myths and stigma** surrounding harm reduction and MAT.

Learn from Experts:



Engage in a dynamic Q&A session facilitated by **Jewel White**, Community Outreach Manager at BrightView Health.



Benefit from insights shared by our expert presenter, **Dr. Harithsa Asuri**, Senior Medical Director for BrightView Health.



This session is part of a four-quarter series to promote education and awareness surrounding Harm Reduction.

Healthy Ashtabula Bingo

How to play: Complete activities in a row, column, diagonal, or the entire board. Adapt as needed by modifying activities to fit your lifestyle and health goals. Share on social media (Optional) by posting your board or pictures with #HealthyAshtabulaBingo. Celebrate your health journey. Every completed task is a step towards a healthier you!



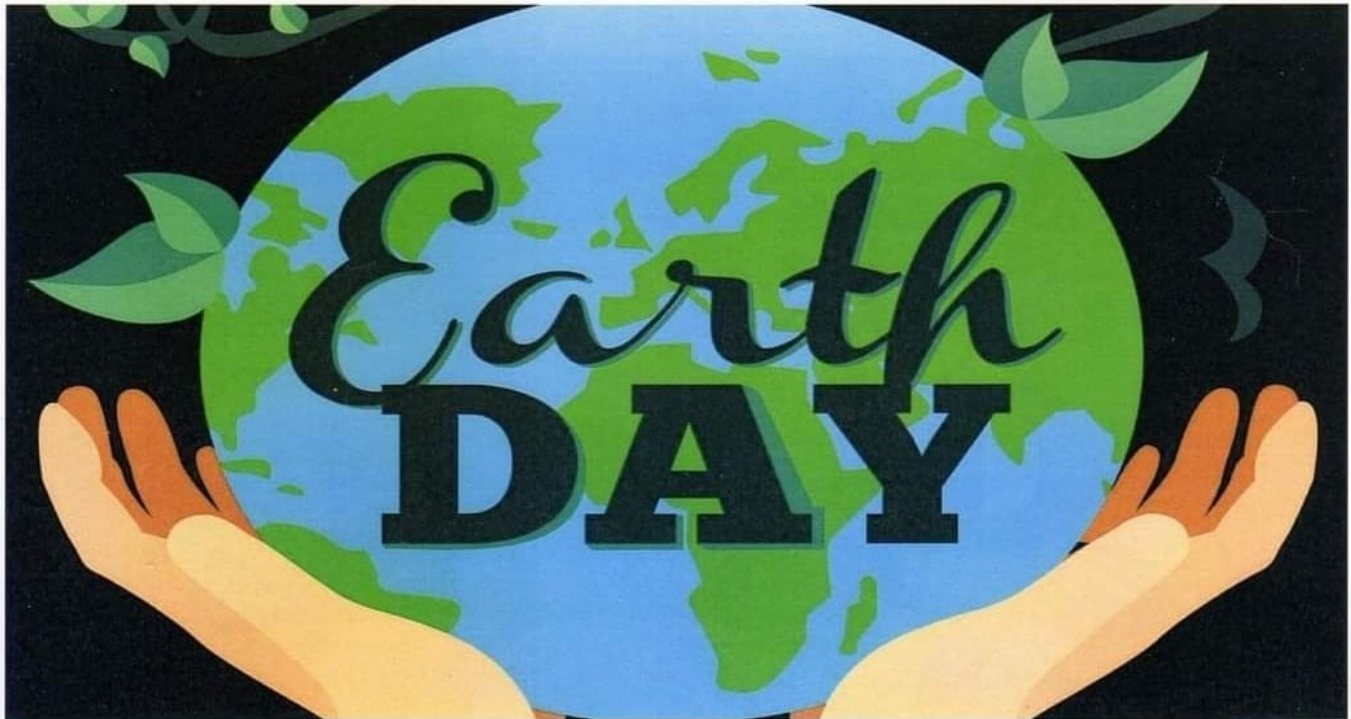
Check your blood pressure	Go to bed an hour earlier than usual.	Skip added salt for a day	5-10 minutes of morning stretching	Eat a serving of berries...(try frozen)
Do a random act of kindness	Try a heart-healthy recipe	Do a cardio workout	Enjoy a hearty laugh	Take a photo (or admire) something beautiful in nature
Eat a salad with leafy greens	Attend a Yoga/Pilates session in person or virtual	 Connect with a love one	Have a meal with omega-3 fatty acids (ex salmon or flax seeds)	20-30 minute brisk walk
Limit processed foods for a day	Get 7-8 hours of sleep	Create something (drawing, writing, anything)	Drink 5-8 cups of water	Watch this 1-min video: https://www.youtube.com/watch?v=en6_sNVVHos
Share this Bingo board with a friend	Make a doctors appointment that you have put off (or similar)	Spend one hour less on digital devices	Take stairs instead of the elevator	Plan a healthy meal/snack for a day or the week

#HealthyAshtabulaBingo

Healthy Ashtabula Bingo

Are you ready to make health and wellness fun? Dive into Healthy Ashtabula Bingo – a game designed to inspire, motivate, and unite our community to achieve better health. Here is the link for the 1-minute video: https://www.youtube.com/watch?v=en6_sNVVHos

You choose the challenge, aim for a single-line bingo or multiple lines, or go for the total blackout board! Make sure to modify the activities to suit your goals, abilities, and preferences. This challenge is about improving your health in the best way for you!



CLEAN UP ASHTABULA

Let's take pride in our city and our community by coming together for a great cause and help support Earth Day with our annual City clean up! Please RSVP with contact person and number of volunteers in group by Tuesday April 2nd.

Help make AshtaBEAUTIFUL!

**SATURDAY, APRIL 20TH 8:30 A.M.- NOON
RAIN OR SHINE**

**City of Ashtabula Municipal Building (KeyBank) Parking Lot -
4717 Main Avenue**

Please RSVP by email to the Clerk of Council with number of volunteers in your group and the *number of volunteers attending lunch* by April 2nd.

Email: Clerkofcouncil@cityofashtabula.com

Questions or need to RSVP by phone please call: Jodi Mills Ward 4 Councilor- (440)812-5916 or Jane DiGiacomo Ward 5 Councilor- (440)415-3752

Bags will be available, and lunch will be provided by Signature Heath as a thank you for all your hard work and will take place at the Ashtabula YMCA, multi-purpose room, located at 263 W. Prospect Rd, Ashtabula.





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.

Friday, March 1st
Sheffield Fire Station
3636 Sheffield Monroe Road
Kingsville, OH
3:00pm to 5:00pm

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

Recovery Breakfast



Please RSVP to:
Kim Boyd
E-mail: kim.boyd@cccchio.com
Phone: 440-998-4210

FREE CLOTHING giveaway

Bring your own bags if possible

**Saturday
March 9th
11AM to 2PM**

**First United Church of Christ
2870 RT 307, Austinburg**

**FREE LUNCH SERVED
Bring the Whole Family**



FRIENDSHIP CLUBHOUSE: WHERE POSSIBILITIES HAPPEN!

Please join us for fellowship and a community discussion about recovery and connection on Friday, March 1st at 8:00am.

Join us IN PERSON!

2801 C Court Ashtabula, OH 44004

Community Counseling Center is a non-profit behavioral health provider focused on engaging the community in recovery.	Stay connected with us at: cccchio.com 440-998-4210
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QUESTION PERSUADE REFER

Ask A Question, Save A Life

QPR is an evidence-based gatekeeper training to help prevent suicide. Participants learn to recognize warning signs of suicide, offer hope to a person who might be experiencing a suicidal crisis, and how to get help and save a life.

Free Training, Registration Required

February 26th

5:00pm-6:00pm

Jefferson Henderson Memorial Library

To register:

<https://www.ashtabulamhrs.org/events/>



Community Hero Nomination Form

In recognition of National Child Abuse Prevention Month, the Ashtabula Child Abuse Prevention Team is looking for nominations for our Community Hero Award. We ask that you nominate someone who demonstrates their commitment to children/families throughout Ashtabula County and has done something to help build resiliency, outside of their regular job description. Our Community Hero is someone who significantly impacts child abuse and neglect prevention through their everyday acts. Please list at least two (2) examples of how they are a true Community Hero.

If your nominee is selected, they will be recognized at the April "It Takes A Community" luncheon sponsored by Children Services.

Name of Nominee _____

Nominee Email _____

Nominee Phone _____



Please give specific at least TWO examples or reasons for nomination:

Please continue onto another page, if needed.

Your Name

Signature

Phone Number

Email



Nominations must be submitted by March 20th to Matthew Wunsch at matthew.wunsch@jfs.ohio.gov or Ashtabula County Children Services, 3914 C Court, Ashtabula, OH 44004






Ashtabula County Community Action Agency
Meals On Wheels Menu



March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menu Subject to Change Based on Availability of Products. Milk Served Each Day.				1 Tuna Sandwich Vegetable Soup Tropical Ambrosia Salad Cucumber & Tomato Salad
4 Pulled Pork w/ Bun Brussel Sprouts Bean Quartet Fresh Fruit	5 Teriyaki Chicken w/ Rice Asian Blend Vegetables Applesauce Tropical Fruit Cup	6 Cabbage Roll Casserole Key West Veggie Blend Peaches Dinner Roll	7 Turkey w/ Gravy Sweet Potatoes Stuffing Green Beans & Fruit	8 Fish Sandwich Baked Beans Coleslaw Cinnamon Applesauce
11 Baked Chicken w/Gravy Mashed Potatoes Peas & Carrots Oranges & Biscuit	12 Pasta w/Meatballs Italian Vegetables Fresh Fruit	13 Kielbasa Mashed Potatoes Corn Salad Applesauce & Roll	14 Turkey&Cheese Sandwich Tomato Bisque Beets Grapes	15 Nautical Noodle Delight Tropical Ambrosia Salad Cucumber&Tomato Salad
18 Italian Sausage w/ Bun Peppers & Onions Buttered Cabbage Peach Cup	19 Chicken Sandwich w/ Lettuce & Tomato Corn Tossed Salad & Raisins	20 Chili Cornbread Cold Pea Salad Fruit	21 Chicken Noodle Casserole Green Beans Mixed Fruit	22 Vegetable Lasagna Broccoli Mandarin Orange
25 Meatball Hoagie Potatoes O'Brien Broccoli Mixed Fruit	26 Chef Salad Pears Dinner Roll	27 Pork Roast Mashed Potatoes Mixed Vegetables Pineapple & Roll	28 Stuffed Shells Roasted Broccoli Salad	29 



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

