

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



2-1-1 updates for the week of Feb. 18th, 2024

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TIRE AMNESTY

FREE CLOTHING GIVEAWAY

FREE LEGAL CLINIC

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AND MORE

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.



What Are Parent Cafés?

Parent Cafés are a **FREE**, three part series of group conversations for parents where you can:

- * The Parent Café process includes follow-up, leading to real change in your life, your family, and your community.
- * Learning you are not alone
- * Sharing ideas
- * Learn about community resources



Are Parent Cafés For Me?

Are you a parent, grandparent, or someone who is actively involved in raising a child? If so, the answer is **“yes”!**

Will I Feel Safe Talking About Difficult Things?

Parent Cafés are all about bringing difficult situations and emotions to the surface, supporting each other, and building the strength we need to be the parent we want to be.

To make sure that happens, Parent Cafés create a safe environment where participants:

- * Speak from their own experience
- * Listen attentively
- * Uplift each other
- * Keep confidentiality



SCAN TO REGISTER

Location: Ashtabula County YMCA 263 W Prospect Rd. Ashtabula, OH.

- * Monday, February 19, 2024 : 4:00pm-6:00pm
- * Tuesday, February 20, 2024 : : 4:00pm-6:00pm
- * Wednesday, February 21, 2024 : 4:00pm-6:00pm

food will be provided – there is child care at this facility.

Make up sessions are available

Upon completion of all three sessions you will receive:

- * \$30 in gift cards + more money in concrete supports!
- * Certificate of Completion

Contact: Estelle Tomasio - estellet@doyccac.org - 440-992-2121 ext 7028

Sponsored in part by:



Department of Job & Family Services
Ohio Children's Trust Fund

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!

The Ashtabula County Solid Waste District will be hosting:

TIRE AMNESTY DAY

FOR ASHTABULA COUNTY RESIDENTS
(must show proof of residency)



**UP TO
4 TIRES
FREE PER
VEHICLE!**

**May 11, 2024
9am-1pm**

Collection to be held at:
Ashtabula County Fairgrounds
(west side of North Poplar St., Jefferson)

- ▶ \$1 per tire after the first 4
- ▶ Maximum of 10 tires
- ⊘ NO oversize tires (over 22" rim size)
- ⊘ NO rims!



ASHTABULA
COUNTY SOLID
WASTE DISTRICT

440-576-1530 • www.ashtabulacounty.us/recycle



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.

No Mobile Food Pantry This Week



Stay informed
For the
April 8, 2024 2024 Solar Eclipse




SUBSCRIBE TO
EMERGENCY ALERTS

Ashtabula County ReadyAlert



Receive emergency notifications for the 2024 Solar Eclipse by scanning the QR Code or visiting the Ashtabula County website at www.ashtabulacounty.us and click on the Ashtabula County ReadyAlert Emergency Notification link near the bottom of the page.




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

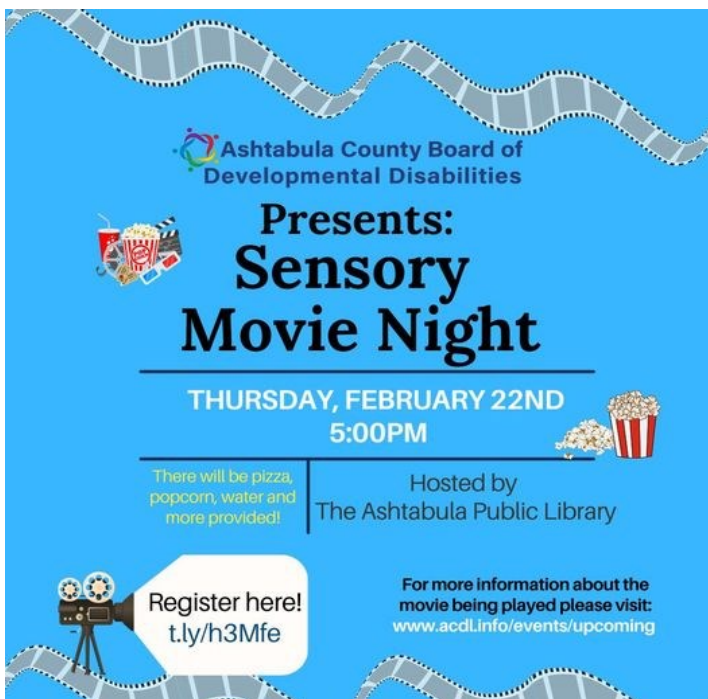
**Bring your own
bags if possible**

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

**FREE LUNCH SERVED
Bring the Whole Family**

Free Legal Advice Clinic in Ashtabula

TUESDAY, FEBRUARY 20
Ashtabula Public Library
Call 440-992-2121 for an appointment

Ashtabula County Board of
Developmental Disabilities

**Presents:
Sensory
Movie Night**

**THURSDAY, FEBRUARY 22ND
5:00PM**

There will be pizza,
popcorn, water and
more provided!

Hosted by
The Ashtabula Public Library

Register here!
t.ly/h3Mfe

For more information about the
movie being played please visit:
www.acdl.info/events/upcoming



Art Exhibition & DD Awareness Month Kick-off Event



Join us for an opportunity to meet the artists and view the brilliant showcase of masterpieces created by talented artists in our community!

Date & Time

March 4, 2024

12:00pm Proclamation Presented by
Ashtabula County Commissioners

12:00pm - 3:00pm Reception and Gallery Viewing



Location

Ashtabula Public Library

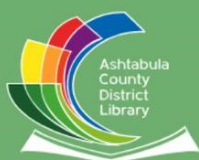
4335 Park Ave

Ashtabula, OH 44004



Featured Artists


People who participated in the Work of Heart Art Program, which features masterpieces created by people with developmental or intellectual disabilities



Ashtabula Public Library
(440) 997-9341
4335 Park Ave
Ashtabula, OH 44004



Ashtabula County Board of
Developmental Disabilities
www.ashtabuladd.org
(440) 335-1587



Sue Legg, Volunteer Service Manager for Hospice of the Western Reserve

Hospice, Dementia, and How You Can Help

**Tuesday, Feb 27
7 PM via ZOOM**

LWV LEAGUE OF WOMEN VOTERS[®]
OF ASHTABULA COUNTY

Sue Legg, the Volunteer Service Manager for Hospice of the Western Reserve, is scheduled to address league members via Zoom on February 27th at 7:00 PM. Her talk, titled "Hospice, Dementia, and How You Can Help," will focus on the critical role of volunteers in Ashtabula County, particularly as patients enter the final stage of life.

Sue Legg serves as the Volunteer Service Manager at Hospice of the Western Reserve (HWR), a leading non-profit organization and one of northeast Ohio's largest hospice care providers. She oversees volunteer services in Ashtabula County, operating from their office on Lake Avenue, Ashtabula.

With an impressive tenure of 11 years at HWR, Legg plays a crucial role in the organization. Volunteers form the backbone of HWR, and her responsibilities include recruiting and training volunteers and coordinating their assignments to support patients and their families. This role allows her to make a significant impact on providing care with dignity and respect for those at the end of their lives.

Before joining HWR, Legg's career was rooted in radiation and medical oncology, where she worked as an office coordinator. Her experience during this period involved aiding individuals in living their lives to the fullest amidst medical treatments. Transitioning to her current role at HWR, she continues to contribute profoundly, now focusing on ensuring patients experience a dignified and respectful end-of-life journey.

Outside of her professional life, Legg is family-oriented, married with three children and blessed with six grandchildren. She cherishes the time she spends with family and friends, particularly enjoying outdoor activities like camping and fishing, which bring her immense joy and relaxation.

Meeting Information:

<https://us02web.zoom.us/j/85087293257...>

Meeting ID: 850 8729 3257

Passcode: LWVAC

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 Municipal Court

110 West 44th Street, Ashtabula OH 44004
440-992-7109

www.ashtabulamunicipalcourt.com

Get rid of your old fines in one shot...



*...take advantage of the March Madness
Clean Sweep!*

Time for spring cleaning! Sweep away old fines when you make a payment during the week of March 25th- 31st, 2024 on cases 2022 or older. A minimum payment of \$100 must be made, and the Court will match any qualifying payment made at court or online (statutory fines and restitution are excluded).

The Clean Sweep program includes Probation fees as well. A minimum payment of \$20 must be made at court or online and the payment will be matched. Visit our website at www.ashtabulamunicipalcourt.com

Mark your calendars for this great program!