

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



2-1-1 updates for the week of March 24th, 2024

IN THIS ISSUE:

RAM TRANSPORTATION

PARENT CAFE

TRASH AND TREASURE SALE

GARDEN VOLUNTEERS

FREE COMMUNITY MEAL

MOW APRIL MENU

ALZHEIMERS SUPPORT GROUP

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 Is Parent Café?

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

- * Learn you are not alone
- * Share ideas
- * Discover community resources

Make up sessions are available



Is Parent Café 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 Café is 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:

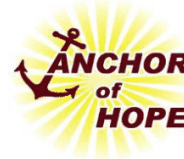
- * Speak from their own experience
- * Listen attentively
- * Uplift each other
- * Keep confidentiality



SCAN TO REGISTER

Location: Andover UMC - 181 S. Main St. Andover. OH 44003

- * Tuesday, April 16, 2024 : 6:00pm- 8:00pm
- * Wednesday, April 17, 2024 : 6:00pm-8:00pm
- * Thursday, April 18, 2024 : 6:00pm-8:00pm



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

Upon completion of all three sessions you will receive:

- * \$30 in gift cards & more!
- * Certificate of Completion

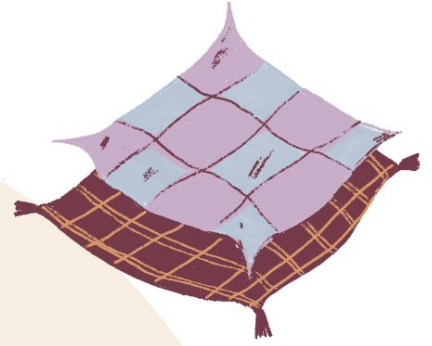
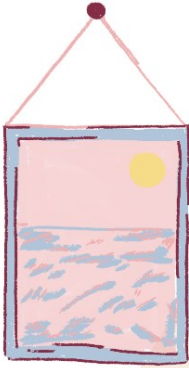
Contact: Estelle Tomasio - estellet@doyccac.org - 440-992-2121 ext 7028

Sponsored in part by:



Department of Job & Family Services

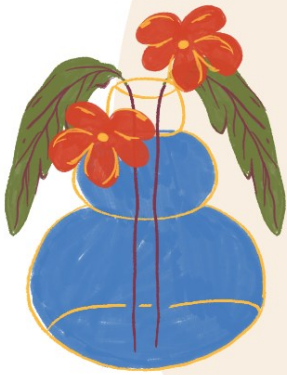
Ohio Children's Trust Fund



**ASHTABULA 1ST UNITED
METHODIST CHURCH**
4506 ELM AVNEUE

**TRASH AND
TREASURE SALE**

**APRIL 20TH 9AM - 4PM
APRIL 21ST, AFTER WORSHIP**



Ashtabula County RAM 2024 Transportation Assistance

FREE Medical, Dental and Vision Care



FREE shuttle service to the RAM Clinic will be available

From the Warming Center – 3527 Lake Avenue, Ashtabula

Saturday, April 13: 7 AM, 8 AM, 9 AM, 10 AM, 11 AM, Noon

Sunday, April 14: 6 AM, 7 AM, 8 AM, 9 AM

For those living south of I-90

Please call Country Neighbor at 440-437-6311 prior to April 12
to schedule FREE transportation

FOR LIMITED SAME DAY SCHEDULING APRIL 13-14 TO RAM

CALL SUNSET TAXI – 440-855-5314

*Thank you to Sunset Taxi, Ashtabula County Transportation System (ACTS),
and Country Neighbor for arranging FREE shuttle service to the RAM Clinic.*

Information about services at the RAM Clinic

- Service will be available on a first come, first served basis.
- There are a limited number of openings for vision and dental each day. There is no guarantee that openings will be available. You are more likely to receive the service you want if you arrive early. The later you arrive, the less chance you have of receiving the service you need.
- When you arrive, you may be asked to wait in a tent until an opening is available.
- Patients are typically only able to receive either dental OR vision services on the same day. Medical services are always available.
- The majority of people assisting with the clinic are unpaid volunteers who give of their time to help our community. Please be kind and patient with them.



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.

Tuesday, March 26th
Edgewood Alliance Church
3137 East Center Street
Conneaut, OH
10:00am–12:00n

**Looking for your local
food pantry?
Call 2-1-1.
Or text your zip code to
898211**



MY NEIGHBORHOOD COMMUNITY GARDEN



Volunteer Days & Times
Tuesdays 9 a.m. - 1 p.m.
Thursdays 5 p.m- 7 p.m.
Saturdays 9 a.m.- noon

CLIFFORD KADON PRESIDENTIAL PARK
5835 Madison Ave. Ashtabula, OH 44004

To get involved, please email us!
my.neighborhood.collaborative@gmail.com

Or Find Us on Facebook @
[my.neighborhood.collaborative](https://www.facebook.com/my.neighborhood.collaborative)



Stay informed
For the
April 8, 2024
2024 Solar Eclipse



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.

Free Community Outreach Meal

April 18th
ALL ARE WELCOME

First United Church of Christ, Austinburg
2870 Rt 307 * (440) 275-5125
Austinburgfirstucc.org

ALZHEIMER'S ASSOCIATION CLEVELAND AREA CHAPTER ASHTABULA CAREGIVER SUPPORT GROUP



Caregiver support groups provide a consistent, caring place for discussion of the challenges of caregiving. Caregivers come to share experiences, tips, and information, and to offer support in a setting facilitated by trained volunteers. Please note that these support groups are for caregivers only.

MEETING DATES*

- January 18, 2024
- February 15, 2024
- March 21, 2024
- April 18, 2024
- May 16, 2024
- June 20, 2024
- July 18, 2024
- August 15, 2024
- September 19, 2024
- October 17, 2024
- November 21, 2024
- December 19, 2024

Ashtabula County District Library

4335 Park Ave.

Ashtabula, OH 44004

3rd Thursday, 6:30pm-8:00pm

**TO REGISTER OR
LEARN MORE:
CALL
216.273.4228 OR
800.272.3900.**

ASHTABULA COUNTY HARM REDUCTION SERVICES

All distributed harm reduction items, HIV and Hep C testing is FREE

Ashtabula County Mental Health and Recovery Services Board

- Alcohol/drug treatment resources
- Mental health counseling & treatment resources
- Provides Detera (drug deactivation) bags to county libraries for distribution

Ashtabula County Health Department

- Naloxone/ Fentanyl Test Strip Distribution
- Syringe Needle Exchange/ Syringe Drop-Off
- Rapid HIV/ Hepatitis C Testing
 - Test result reviews and education, prevention, and follow-up

Ashtabula City Health Department

- Overdose/ Harm Reduction education
- Naloxone/ Fentanyl Test Strip Distribution

Conneaut City Health Department

- Naloxone/ Fentanyl Test Strip Distribution

Signature Health - Facility

- HIV and Hepatitis C testing

Signature Health - Mobile Van

- Naloxone Distribution
- Fentanyl Test Kit Distribution
- Educational Handouts
 - ("How to Clean Syringes", PrEP/PEP)
- HIV and Hepatitis C testing
- Test result reviews and education, prevention, and follow-up

Community Counseling Center

- Naloxone/ Fentanyl Test Strip Distribution

Lake Area Recovery Center

- Naloxone/ Fentanyl Test Strip Distribution

Glenbeigh - Rock Creek

- Naloxone Distribution (by appointment)

Brightview

- Naloxone Distribution

Square One

- Naloxone Distribution

Prescription Drug Disposal

Drop- Off

- Andover Village Hall
- Ashtabula City PD
- Ashtabula County Sheriff
- Conneaut PD
- Northwest Ambulance District (NAD)
- Orwell Village Hall
- South Central Ambulance District (SCAD)

Syringe Drop-Off

- NAD
- Conneaut PD
- Ashtabula County Health Department - box outside

****Most services offered at Ashtabula County Health Department (12 W. Jefferson St.) will also be available at our community clinics****



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



April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Italian Sausage w/ Bun Peppers & Onions Buttered Cabbage Peaches	2 Chicken Philly Hoagie w/ Peppers & Onions Carrots Fruit & Dinner Roll	3 Vegetable Lasagna Broccoli Fresh Fruit	4 Taco Salad w/ Corn Chips Fresh Fruit	5 Fish Sandwich Baked Beans Coleslaw Cinnamon Applesauce
8 CLOSED	9 Swedish Meatballs w/Noodles Stewed Tomatoes Mixed Veggies & Fruit	10 Pork Roast Yams Mixed Veggies Pineapple & Dinner Roll	11 Chef Salad Pears Dinner Roll	12 Chicken Casserole Green Beans Pears
15 Oven Fried Chicken Roasted Corn & Peppers Spinach Fresh Fruit & Biscuit	16 Stuffed Pepper Casserole Green Beans Pears & Dinner Roll	17 Chicken Parmesan w/ Pasta Italian Vegetables Mixed Fruit	18 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Peaches & Dinner Roll	19 Macaroni & Cheese Stewed Tomatoes Brussel Sprouts Fruit
22 Sloppy Joe Sandwich Green Beans Cauliflower Poppers Grape Juice	23 Turkey Croissant Cold Pea Salad Fresh Fruit	24 Ham Club Sandwich Vegetable Soup Fruit	25 Cream Chicken w/ Biscuit Green Beans Peach Applesauce	26 Pot Roast w/ Gravy Roasted Potatoes Carrots Fruit & Dinner Roll
29 Pulled Pork w/ Bun Broccoli Salad Bean Quartet Fresh Fruit	30 Tuna Salad Sandwich Chilled Bean Medley Fresh Fruit			Menu Subject to Change Based on Availability of Products. Milk Served Each Day.



**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 are unable to prepare or obtain their own meals, and do not have anyone to provide the support for them.

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.

Lunch is generally served between 11:30 and 12:30 pm, but call for serving times at the site of your choice.

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

By: Samantha Dragon
Have something you want featured?
Email sdragon@accaa.org or call 440-990-1719

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