

# CREATING HEALTHY COMMUNITIES COALITION NEWSLETTER

1st Quarter 2021



## *Our Mission:*

Creating Healthy Communities (CHC) is committed to preventing and reducing chronic disease statewide.

Through cross-sector collaboration, we are activating communities to improve access to and affordability of healthy food and increase opportunities for physical activity where Ohioans live, work and play. By implementing sustainable evidence-based strategies, CHC is creating a culture of health.

*Making the Healthy Choice the Easy Choice!*

## **This Issue:**

Tips for Coping with Stress during  
Pandemic

2021 CHC Projects

Member Participation

Food Access Subcommittee

Upcoming Partner Programs

Upcoming Coalition Meetings

## Tips for Coping with Stress during Pandemic

- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.
- Take care of your body.
- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Source: [Mental Health and Coping During COVID-19 | CDC](#)

# 2021 CHC Projects

## Coalition Objectives

- ◆ Increase membership participation

## Warren City

- ◆ Active Transportation Commute Strategy
- ◆ Annual Bike to Work Event
- ◆ Healthy Vending Policy

## Niles City

- ◆ Active Transportation Plan
- ◆ Healthy Vending Policy

## Trumbull County

- ◆ Thomas A Swift MetroPark Improvement
- ◆ Food Access Policy & Planning



# What Makes an Effective Coalition



Membership participation should be **ACTIVE** and **ENGAGING**.

**Coalitions are:**

- Prime vehicles for fostering social support within communities.
- Prominent mechanisms for building local capacities to address health and social concerns.

**Three separate yet intertwined evaluation aspects emerge when assessing a coalition:**

- A. Capacity of organizations to be good coalition members
- B. Capacity of the coalition
- C. Outcomes/Impact of the coalition work

## **Why is Member Participation Important?**

**YOUR opinion MATTERS**  
More perspectives  
New information  
Community ownership  
It feels good!  
A number games

## **Key Components to Engaging Members**

<b>Leadership</b>	<b>Communication</b>
<b>Social Resources</b>	<b>Decision Making</b>
<b>Sense of Community</b>	<b>Participation-</b>
<b>Empowerment</b>	<b>benefits</b>
<b>Member Satisfaction</b>	

# Trumbull County Food Access Sub-Committee

Community food security is a very complex condition that cannot be achieved from an individual perspective by a single organization.

Together, we are committed to promoting health and wellness in our community. Therefore, it is important for us to continue to examine and reflect on the conditions of the community. It takes a collaborative effort to achieve food security and increase access to proper food and nutrition needed to live healthy and enriched lives.

If you are interested in sitting on our Food Access Subcommittee, please contact Kris Kriebel by email, [HEKriebe@co.trumbull.oh.us](mailto:HEKriebe@co.trumbull.oh.us) or by phone, 330-675-7887.





THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



# 8 Week **FARM Producer Series**

Tuesdays  
Starting  
**MAR  
9th**  
through  
**APR  
20th**

## Who Should Attend:

Current farmers and gardeners that are interested in starting a farm business

## Where:

All meetings for the classes will be held digitally through Zoom

## When:

6:30 PM to 8:30 PM



TRUMBULL  
NEIGHBORHOOD  
PARTNERSHIP



## Topics:

Soils and Fertilizer  
Season Extension  
Herbicides Fungicides  
Pesticides  
Food Safety  
Fruit Production  
Successional Planting

# Stepping Out (Free Virtual and On Site Classes)

## March 2021



This Program is provided through a grant from the Mercy Health Foundation

<b>Monday</b>	<b>Start Time</b>	<b>Instructor</b>	<b>Location</b>
Booty Works	8:30 AM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Chairs Aerobics	10:00 AM	Faith Wallace	<a href="https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXSnDTTFVtejFEWKmZcORKdzo9">https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXSnDTTFVtejFEWKmZcORKdzo9</a>
Senior Aerobics	10:00 AM	Margo Senek	Niles Wellness Center
Old School Fitness Walking	3:00 PM	Faith Wallace	Greater Mill Creek Community Center
Beginner Line Dance	3:00 PM	Sonja Lynn	Associate Neighborhood Centre
Zumba	4:30 PM	Tamara Cooper	<a href="https://www.zumba.dance/?locale=en_US">https://www.zumba.dance/?locale=en_US</a>
Total Body Strength	5:00 PM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Majestic (Line Dancing)	5:00 PM	Sonja Lynn	Associate Neighborhood Centre
Line Dance	5:30 PM	Mary King	<a href="https://us04wi9WZE0Z09eb.zoom.us/j/8144920248?pwd=TG1/SG5aZFpiQ0g4cHPT">https://us04wi9WZE0Z09eb.zoom.us/j/8144920248?pwd=TG1/SG5aZFpiQ0g4cHPT</a>
Zumba MAX	5:40 PM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Core/Cardio Craze	6:00 PM	Ava Lilley	<a href="https://us02web.zoom.us/j/2630794644?pwd=ZXJvaJZsc3FBQmRoRONDY2puVFBHUT09">https://us02web.zoom.us/j/2630794644?pwd=ZXJvaJZsc3FBQmRoRONDY2puVFBHUT09</a>
Chair Aerobics	6:00 PM	Doreen Block	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
<b>Tuesday</b>	<b>Start Time</b>	<b>Instructor</b>	<b>Location</b>
Core Tabata	8:00 AM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Sweat Circuit	8:40 AM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Chair Aerobics	1:00 PM	Doreen Block	Associate Neighborhood Centre
Line Dancing	3:00 PM	Sonja Lynn	OCCHA
Super Senior Exercise	4:00 PM	Carolyn Spires	<a href="https://us04web.zoom.us/j/72919939523?pwd=THlaNOxVRWdPOHhOTDhIR0pHWE9Ndzo9">https://us04web.zoom.us/j/72919939523?pwd=THlaNOxVRWdPOHhOTDhIR0pHWE9Ndzo9</a>
Yoga/Yogalates	4:30 PM	Doris Bullock	<a href="https://bsmh.zoom.us/j/6179387344?pwd=RGdCMXNGL3dRUUVYRGp6N1JMGhZz09">https://bsmh.zoom.us/j/6179387344?pwd=RGdCMXNGL3dRUUVYRGp6N1JMGhZz09</a>
Line Dancing	5:00 PM	Carol Taylor	OCCHA
Strong	5:00 PM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Zumba MAX	5:40 PM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Kickboxing Plus	6:00 PM	Ava Lilley	Trumbull Family Fitness
Beginner Line Dancing	6:00 PM	Allyson Stephen	Niles Wellness Center
Zumba	6:00 PM	Doreen Block	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
<b>Wednesdays</b>	<b>Start Time</b>	<b>Instructor</b>	<b>Location</b>
Chair Aerobic	10:00 AM	Faith Wallace	<a href="https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXSnDTTFVtejFEWKmZcORKdzo9">https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXSnDTTFVtejFEWKmZcORKdzo9</a>
Chair Aerobics	10:00 AM	Margo Senek	Niles Wellness Center
Chair Aerobics	1:00 PM	Doreen Block	Associate Neighborhood Centre
Line Dancing	3:00 PM	Sonja Lynn	Greater Mill Creek Community Center
Walk Easy (Line Dancing)	5:00 PM	Sonja Lynn	Greater Mill Creek Community Center
Chair Aerobics	6:00 PM	Doreen Block	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Cardo Plus	7:30 PM	Ava Lilley	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
<b>Thursdays</b>	<b>Start Time</b>	<b>Instructor</b>	<b>Location</b>
Booty Works	8:30 AM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Fitness Walking/Line Dancing	4:00 PM	Sonja Lynn	Greater Mill Creek Community Center
Total Body Strength	5:00 PM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Zumba MAX	5:40 PM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Zumba	5:30 PM	Tamara Cooper	Niles Wellness Center
Kickbutt Kettlebell	5:30 PM	Ava Lilley	Trumbull Family Fitness
Triple Step (Line Dancing)	6:00 PM	Sonja Lynn	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Zumba MAX	5:40 PM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Chair Aerobic	6:00 PM	Doreen Block	<a href="http://www.facebook.com/steppingoutyoungstown">www.facebook.com/steppingoutyoungstown</a>
Line Dance Cardio	6:30 PM	Kissa Graham	Trumbull Family Fitness
<b>Friday</b>	<b>Start Time</b>	<b>Instructor</b>	<b>Location</b>
Core Tabata	7:30 AM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Sweat Circuit	8:10 AM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Chair Chi	10:00 AM	Faith Wallace	<a href="https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXSnDTTFVtejFEWKmZcORKdzo9">https://bsmh.zoom.us/j/96519261680?pwd=cHFPVTZXSnDTTFVtejFEWKmZcORKdzo9</a>
<b>Saturday</b>	<b>Start Time</b>	<b>Instructor</b>	<b>Location</b>
Total Body Strength	8:00 AM	Kelley Frazier	<a href="https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09">https://us02web.zoom.us/j/6644689814?pwd=ZzFZZGpnLOU0S1JuUVN0eUlkb2pkQT09</a>
Bodied by Ava Bootcamp	9:00 AM	Ava Lilley	Trumbull Family Fitness

Turn over



# Stepping Out (Free Virtual and On Site Classes) March 2021



This Program is provided through a grant from the Mercy Health Foundation

## Fitness Educational Virtual Training (One-on-One)

By appointment only Doris Bullock 330-720-3293

## Monthly Health Screenings

Call for more information Doris Bullock 330-720-3293

## September Healthy Eating Educational Director Instructor Location

Michelle Gollac [www.facebook.com/steppingoutyoungstown](http://www.facebook.com/steppingoutyoungstown)

## Sites and Locations

<u>Sites and Locations</u>	<u>Phone Number</u>
(ANC) McGuffey Centre, 1649 Jacobs Rd. Youngstown, OH 44505	330-744-4377
(AME) Grace AME, 1137 Main Ave. SW, Warren, OH 44483	330-394-6270
(EARC) Eugenia Atkinson Recreation Center, 903 Otis St. Youngstown, OH 44510	330-747-3299
(EBF) E.B. Family Life Center, 7 S. Garland Ave, Youngstown, OH 44506	330-746-7190
(GCVC) Grace Community Vision Center, 2214 Mahoning Ave., Youngstown, OH 44509	330-707-4714
(GMCCC) Greater Mill Creek Community Center, 496 Glenwood Ave, Youngstown, OH 44502	330-743-0020
(HRNM) Heart Reach Neighborhood Ministries, 211 Redondo, Youngstown, OH 44503	330-744-2000
(IMY) Inspiring Minds Youngstown, 2246 Glenwood Ave, Youngstown, OH 44511	234-254-8124
(NWC) Niles Wellness Center, 213 Sharkey Dr., Niles, OH 44446	330-349-9355
(OCCHA) OCCHA, 3660 Shirley Rd. Youngstown, OH 44505	330-781-1808
(Taft) Taft Elementary School, 730 E. Avondale Ave. Youngstown, OH 44502 (United Way)	330-746-8494
(TFF) Trumbull Family Fitness, 210 High St. NW Warren, OH 44481	330-394-1565

### **Please Note:**

#### **1) The following sites are now open:**

**Associate Neighborhood Centre (McGuffey Centre)**  
**Greater Mill Creek Community Center**  
**Trumbull Family Fitness**  
**OCCHA**  
**Niles Wellness Center**

**For information or scheduling with Nutritional Educator or Personal Trainer call**

**Doris Bullock, Project Coordinator, (C) 330-720-3293, (O) 330-480-8659**

**Email: [dibullock@mercy.com](mailto:dibullock@mercy.com)**

**(For updated calendars: [www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar](http://www.mercy.com/-/media/mercy/youngstown/stepping-out-calendar))**

Turn over 

# Stepping Out (Free Virtual and On Site Classes)

## March 2021



This Program is provided through a grant from the Mercy Health Foundation

### *Class Descriptions*

***Bodied By Ava Bootcamp*** A type of group exercise/ interval training class that mixes traditional calisthenics and body weight exercises with interval training and strength training. Programs are designed to build strength and fitness through a variety of types of exercise and calisthenics, such as pull-ups, pushups, lunges and crunches, as well as drills and sprints. We will incorporate bursts of intense activity alternated with intervals of lighter activity. This high-energy, sweat-inducing class will help you lunge, jump, push and pull with more power and endurance. Sequencing varies with the use of weights, steppers, jump ropes, medicine balls, slam balls, etc. and we will venture outside. Suitable for ALL fitness levels. Equipment is available on site.

***Booty Works*** is a class that focuses on glute activation. Suitable for all levels, weights and bands are used

***Cardio Strength*** is a low impact fitness class that includes functional movement, aerobic exercises, and strength/resistance training with very light weights and resistance bands. Suitable for ALL fitness levels. Equipment is available on site.

***Chair Chi*** is a gentle exercise program by Pat Griffith to help people to receive the benefits of the traditional Tai Chi Chun in the comfort and safety of their chair. Suitable for all level.

***Cardio Plus*** is a low impact fitness class that includes functional movement, aerobic exercises, and strength/resistance training with very light weights and resistance bands. Suitable for ALL fitness levels. Equipment is available on site.

***Chair Aerobics*** is an aerobic workout with emphasis on improving cardio and strengthening muscles for participants who may have certain physical restrictions or limits in a traditional setting. We use chairs, weights, and resistance bands partnered with an upbeat playlist to make class productive and enjoyable. Suitable for ALL fitness levels. Equipment is available on site.

***Core/Cardio Craze*** In this class we will work our Core with exercises to improve your balance and stability. Core exercises also train the muscles in your pelvis, lower back, hips and abdomen to work in harmony. Use of body weight exercises, for example squats, jumping jacks, lunges, punches, planks, push-ups etc. to get the heart rate up and burn calories. Will use chairs or mats for intensive core work. However many core exercises don't require specialized equipment.

***Core Tabata*** is a high intensity interval training program specifically targeting the abdominal and core muscles where an exercise is performed at maximum efforts for 20 seconds followed by a 10 second rest period. This cycle is repeated 8 times for each exercise. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant)

***Dance Fusion*** is an intermediate aerobic class with emphasis on improving flexibility, cardio-vascular strength and muscular strength via a variety of dance genre's. It is a combination of Zumba fitness, Hip Hop, Jazz, Vogue, Majorette, Line Dance, ballroom, and stepping. The instructor fuses all of these dance genre's into an hour of fitness that is both effective and exciting. Suitable for ALL fitness levels. Equipment needed: none.

***Fitness Walking/Old School Fitness walking*** is a 60 minute class where participants are able to walk the circumference of the gym at their own pace while socializing with others or on their own. It is also an opportunity to walk with the instructor one on one and get advice and answers on anything health and fitness related. Great way to get those daily steps in in a safe environment. Suitable for ALL fitness levels. Equipment needed: none

***Kick-Butt Kettlebell*** Kettlebell class/training uses dynamic moves using whole-body exercises to deliver cardio, strength, and flexibility benefits in a short amount of time and can be beneficial for anyone no matter the level of fitness. Kettlebells come in a range of off-centered weights (5lb-30lb) and a workout includes different movements such as the deadlift, swing, squats, halos and orbits. More advanced movements can be incorporated in time. Suitable for ALL fitness levels. Equipment is available on site



# Stepping Out (Free Virtual and On Site Classes)

## March 2021



This Program is provided through a grant from the Mercy Health Foundation

**Line Dancing** is a Soul/Urban line dance class. This class is a fun and an exciting way to dance your way to good health! The instructor will teach you low, moderate and high energy line dance routines and will help you burn calories at the same time. It's a fun way to exercise and it will free the dancer in you! No partners needed--perfect for singles! Suitable for ALL fitness levels. Equipment needed: none

**Majestic Monday** this class focus is on dances with a combination of various line dance steps with some complex movements. It is good for dancers to know the basic line dance steps (*but not required*). Everyone is welcome - be ready to have fun and exercise your mind and body. Suitable for ALL fitness levels. Equipment needed: none

**Sweat Circuit** is a class using running or power walking intervals paired with strength training exercises. Suitable for all fitness! Treadmill/access to a track or trail is recommended.

**STRONG** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat

**Super Senior Exercise Class** is a fun way to get in and stay in shape! A scarf, two cans, or two water bottles and a chair are all you'll need to stretch, gain strength and improve your balance!. Suitable for ALL fitness levels.

**Total Body** is a high intensity interval training program where an exercise is performed at maximum efforts for 20 seconds followed by a 10 second rest period. This cycle is repeated 8 times for each large muscle group. Suitable for ALL fitness levels as modifications are available. Equipment needed: exercise mat, dumbbells (whatever size that is appropriate for the fitness level of each participant)

**Triple Step Thursday** this class is driven on improving steps, moves, and *DANES* along with *TIMING* to the music. Everyone is welcome to come to have fun and enjoy while improving your line dancing skills and timing. Suitable for ALL fitness levels. Equipment needed: none

**Walk Easy Wednesday** this class focus on basic line dance steps and simple dances with an introduction to dances with combination moves and steps. Everyone is welcome to be ready to learn and have fun. Suitable for ALL fitness levels. Equipment needed: none

**Walking Class** is a 60 minute class where participants can walk at their own pace. It is also an opportunity to walk with the your friends and make new friends. Great way to get those daily steps. Suitable for ALL fitness levels. Equipment needed: none

**Zumba** is a fitness program inspired by various rhythms and dancing styles. The routines feature aerobic/fitness interval training with a combination of dance moves and exercises that tone and sculpt the body. Some popular genres in my class are reggaeton, pop, hip-hop, salsa, merengue and more! Suitable for ALL fitness levels as modifications are available. Equipment needed: none

**Zumba MAX** is a Zumba class with the KFF twist! It is suitable for all fitness levels with modifications as appropriate or necessary. Be ready to sweat and torch calories!!

**Yogalaties** is Pilates and yoga combine. This class will help to create strength, stability, and support for the spine and the whole body by syncing breath and movement in this flow based class. Find energy, strength, and flexibility while staying kind and gentle to yourself. Suitable for ALL fitness levels. Equipment needed: stretch band and pillow (if needed)

**Yoga** this yoga class is a gentle class focusing on flowing from pose to pose and linking the movement with the breath. All levels are welcome. Suitable for ALL fitness levels. Equipment needed: stretch band and pillow (if needed)





## Mercy Health Physicians Youngstown Open Access Locations

To schedule a new or follow-up appointment with a Mercy Health Physician, call 330-884-7150 or visit [www.mercy.com/find-a-doctor](http://www.mercy.com/find-a-doctor)

\*\*\*\*As of February 1, 2021\*\*\*\*

Hours subject to change based on availability, please visit [www.mercy.com](http://www.mercy.com) to verify

### Primary Care Walk-In Care Sites and Flu Clinics

For evaluation of any acute primary care needs including COVID-19 and flu-like symptoms. Capability to rapid test for strep, flu and COVID-19. Walk-In only. No scheduled appointments necessary.

- **Church Hill Walk-In Care:** 4694 Belmont Ave., Youngstown, OH 44505; Hours: Monday - Friday 8am to 5pm
- **Columbiana Walk-In Care:** 107 Royal Birkdale Dr., Suite A, Columbiana, OH 44408; Hours: Monday - Friday 8am to 5pm and Saturday 8am to 12pm
- **North Lima Walk-In Care:** 9471 Market St., Suite A, North Lima, OH 44512; Hours: Monday - Friday 8am to 6pm and Saturday and Sunday 8am to 12pm
- **Salem Walk-In Care:** 564 E. 2nd St., Salem, OH 44460; Hours: Monday - Friday 8am to 5pm
- **Wick Walk-In Care:** 330 Wick Ave., Youngstown, OH 44503; Hours: Monday - Friday 8am to 6pm and Saturday and Sunday 8am to 12 pm

### COVID-19 Testing Sites

These sites will **not** test anyone without a physician order. The order can be in CarePATH or can be a paper order.

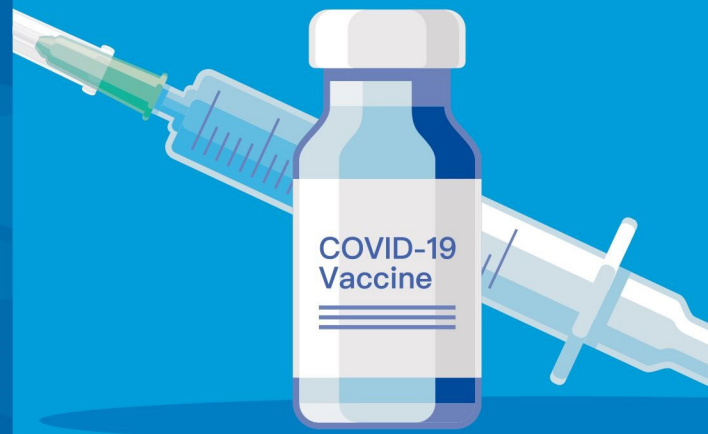
- **Canfield Fairgrounds:** 7265 Columbiana-Canfield Rd., Coliseum 8, Canfield, OH 44406; Hours: Monday - Friday 6am to 2:30pm
- **Howland Medical Center:** 1932 Niles Cortland SE, Warren, OH 44484; Hours: Monday - Friday 6am to 2:30pm
- **St. Elizabeth Youngstown Hospital:** 1035 Belmont Ave., Youngstown, OH 44504; Hours: Monday - Friday 6am to 2:30pm (SE Corner of Belmont and Caroline)

### COVID-19 Vaccine Clinics

**Scheduled appointments only.** No walk-ins will be accepted. Please call **1-866-624-0366** to schedule or schedule via Mercy Health **MyChart**. Criteria must meet ODH guidelines.

- **Howland Medical Center:** 1932 Niles Cortland SE, Warren, OH 44484
- **North Lima Medical Center:** 9471 Market St., 2nd Floor, North Lima, OH 44452
- **Warren Primary Care:** 1296 Tod Place, Warren, Ohio 44485
- **Youngstown Primary Care:** 1053 Belmont Ave., Youngstown, OH 44503

# Facts about the **COVID-19** Vaccines



Stopping COVID-19 will take all our tools: wearing masks, getting vaccinated, washing hands and staying six feet apart.

Experts agree that **the benefits of the vaccines far outweigh the risk** of COVID-19.

**The vaccines are more than 94% effective**, according to Pfizer and Moderna.

**The vaccines have been tested by more than 70,000 people.** 37% of them were from racial and ethnic minorities. This research will continue and include even more people, such as children under the age of 16.

- The Pfizer vaccine is only for people at least 16 years old.
- The Moderna vaccine is only for people at least 18 years old.

**The COVID-19 vaccines have been tested the same way as any other vaccines, but faster.** Pfizer and Moderna followed the same strict rules for quality and safety. They also had to prove their vaccines work.

**The vaccines have not been tested in people who are pregnant.** If you are pregnant, you can choose to be vaccinated when the vaccine is available to you. If you have questions, talk to your provider about the vaccine.

**The vaccines will not give you COVID-19.** Neither vaccine contains the live virus that causes COVID-19.

**The vaccines will not change your DNA.** Messenger RNA (mRNA) vaccines are a new type of vaccine that teaches our cells how to make a harmless protein—or even just a piece of a protein. Our cells break down the mRNA quickly.

**The vaccines are given in two shots**, one at a time and spaced apart. The second dose of the Pfizer vaccine is given 21 days after the first dose. The second dose of the Moderna vaccine is given 28 days after the first dose.

**Most people have only a few or mild side effects.** You might get a fever, feel tired or be sore where you got the shot. This is normal and a sign that your immune system is learning how to recognize and fight the virus.

We know not everyone will be able to get vaccinated right away. **Even after you get the vaccine, continue to wear a mask, wash your hands and stay at least six feet away from others.**

## What is Emergency Use Authorization (EUA)?

During a public health emergency, the FDA uses an EUA to make vaccines available more quickly. For an EUA, the vaccine must be proven safe and effective when tested on large groups of people. The vaccine also must meet other criteria.

# FACTS ABOUT THE COVID-19 VACCINES

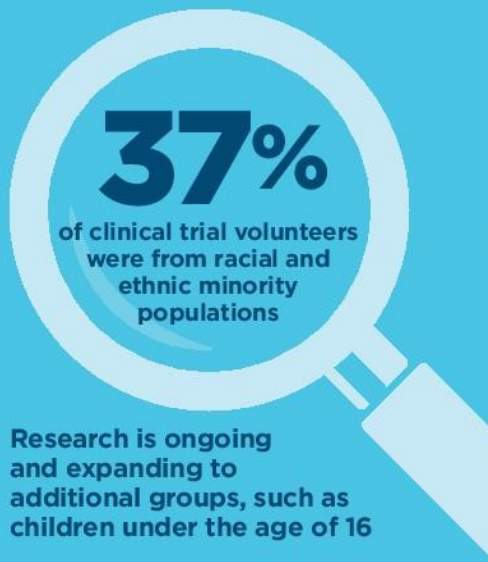
Stopping the **COVID-19** pandemic is going to take all our tools:

- Masking
- Vaccination
- Washing hands
- Physical distancing



The vaccines are **>94% effective** according to Pfizer and Moderna

The research pool was diverse



**What is Emergency Use Authorization (EUA)?**

The FDA can issue an EUA during a public health emergency for vaccines that have been proven safe and effective in large clinical trials and when certain criteria have been met.



**Tested by 70,000+ people**

The COVID-19 vaccines have been tested the same way as any other vaccines, but faster.



The vaccines are given in **two shots**, one at a time and spaced apart.

If you receive the **Pfizer vaccine**: 1st Dose - **Day 1** 2nd Dose - **Day 21**

If you receive the **Moderna vaccine**: 1st Dose - **Day 1** 2nd Dose - **Day 28**

The vaccines **will not give you COVID-19**. Neither vaccine uses the virus that causes COVID-19.

The **Pfizer** COVID-19 vaccine is for individuals **16 years of age and older**.

The **Moderna** COVID-19 vaccine is only for individuals **18 years of age and older**.

**Most people experience few, or only mild, side effects**

After any vaccine, you may have symptoms like a fever. This is a normal sign that your immune system is learning how to recognize and fight the virus.



The **COVID-19** vaccines are believed to be **effective 1-2 weeks after receiving the 2nd dose**

## 2021 COALITION MEETINGS:

May 19, 5:00 PM—6:30 PM **CHC 2nd Quarter Meeting**, TBD

June 25, 9:00 AM—10:30 AM **CHC Grant Planning Meeting**, TBD

June 30, 3:00 PM—4:30 PM **CHC Grant Planning Meeting**, TBD

August 25, 3:00 PM—4:30 PM **CHC 3rd Quarter Meeting**, TBD

November 10, 3:00 PM—4:30 PM **CHC 4th Quarter Meeting**, TBD

### For More Information:

Kris Kriebel, MS, CHES

Creating Healthy Communities Coalition Coordinator

(330) 675-7887



LIKE US ON

facebook

[www.facebook.com/  
trumbullpublichealth](http://www.facebook.com/trumbullpublichealth)



Follow us on  
twitter

[www.twitter.com/  
trumbull\\_health](http://www.twitter.com/trumbull_health)