



CREATING HEALTHY COMMUNITIES COALITION NEWSLETTER

2nd 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:

City of Niles AT Plan

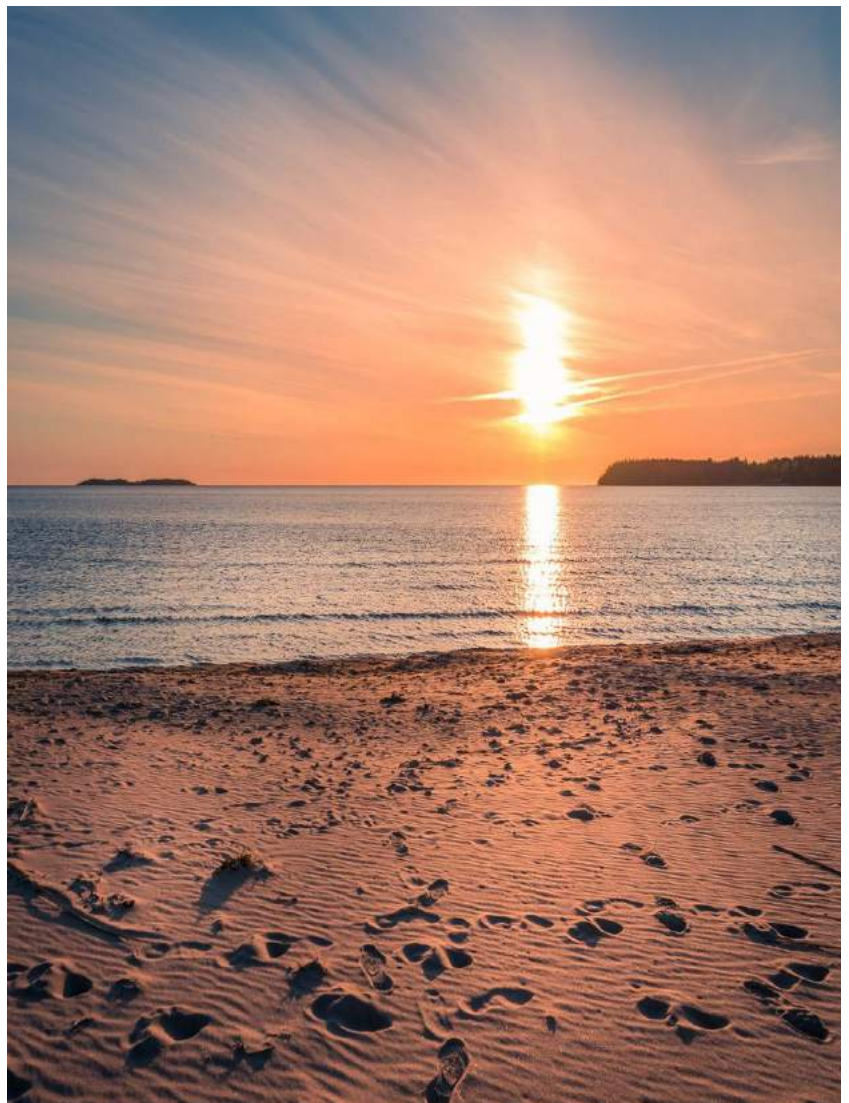
21 Tips for an Amazing Summer of Self-Care

Bike to Work Event

2021 CHC Projects

Upcoming Partner Programs / Updates

Upcoming Coalition Meetings



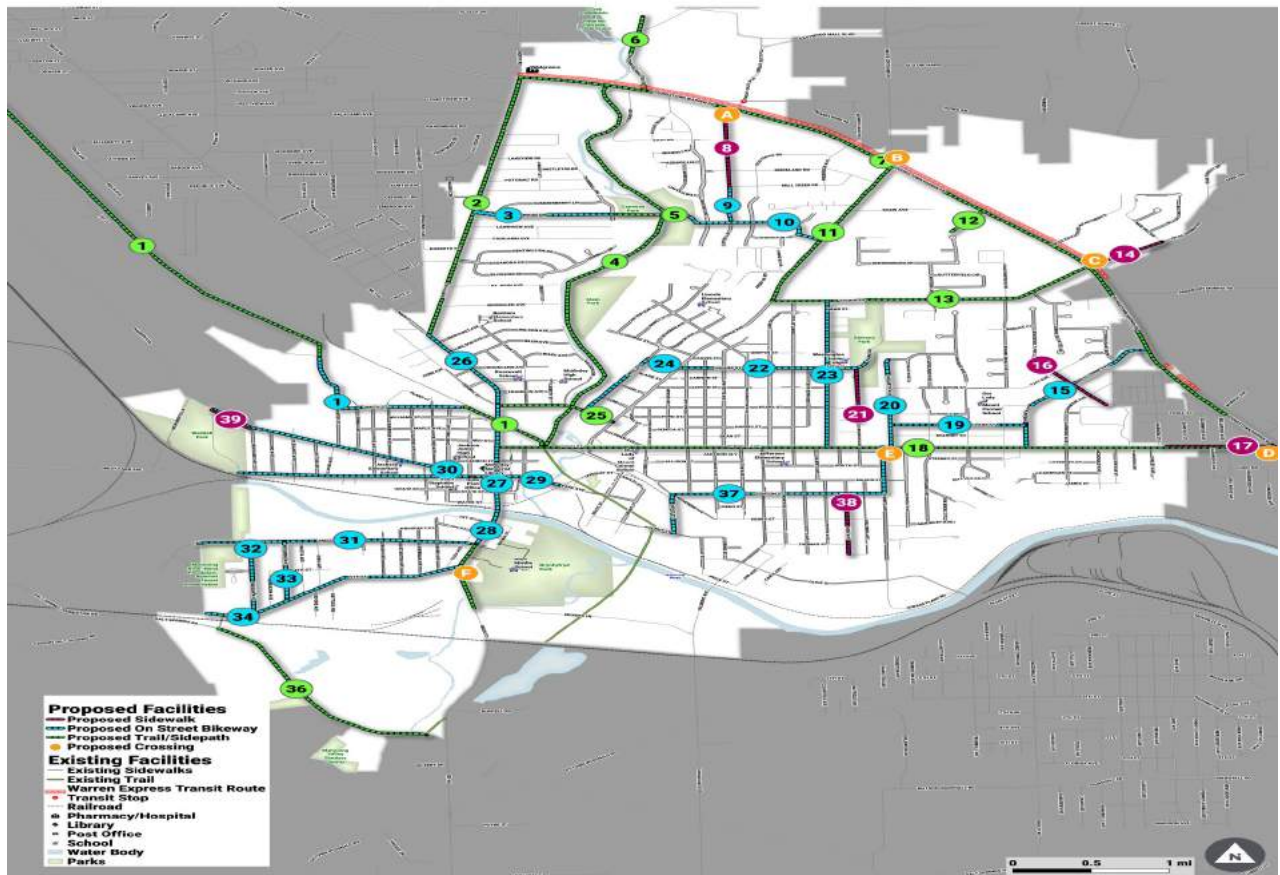
Niles Active Transportation Plan: Draft Recommendations

The City of Niles is in the process of creating an Active Transportation Plan for their community. If you are a resident of Niles, or are an individual who utilizes Niles for travel, recreation or physical activity, please complete the Online Interactive Map:

[Active Transportation Plan | City of Niles \(tooledesign.github.io\)](https://tooledesign.github.io)

If you need a physical copy of the survey, please email me at: HEKriebe@co.trumbull.oh.us

Niles Active Transportation Plan: Draft Recommendations



Instructions

Step 1: Comment on proposals

Review the proposed facilities on the map. Provide your feedback on the comment sheet.

Step 2: Tell us what we missed

Use a green pen to show us additional places you want to go to, and routes you want to take.

Use a red pen to show us places where there are barriers or gaps that make it difficult to walk or bike.



21 Tips for an Amazing Summer of Self-Care

Summer is finally upon us, and we could not be more excited! Summer means more daylight, relaxing, going on adventures and vacations, and living each day to its fullest potential. In a season that seems to be a hotspot for toxic language about the body, it's easy to give into those messages, but this is your summer and you deserve to enjoy every moment. The longer days mean more time for taking care of the wonderful you! In honor of June 21st being the first day of summer, here is a list of 21 tips to help you enjoy the next few months. Read on to see how you fill your summer with love and care.

1. **Remember: EVERY body is a beach body!** Do you have a body? Yes. Are you at the beach? If the answer is yes, then there you have it: a beach body. That's all you need.
2. **You are good enough.** Ignore those magazines that tell you what you need to do to your body to get ready for the season. You don't need to change a thing about yourself to enjoy your summer.
3. **Get outside.** There is more sunlight to indulge in during the summertime. Whether it's sitting outside and enjoying a good book, going for a walk in your local park or getting to the beach, enjoy the incredible weather! Before you know it, you'll be back in the office or classroom, so take advantage of the sunshine while you can.
4. **Wear more sunscreen.** Granted, you should be wearing it all year-round, but really slather it on this season. I am not ashamed of my devotion to my SPF 100.
5. **Go off the grid for a bit.** I used to attend a camp where electronics were prohibited and I loved it. Stepping away from social media, toxic messages, and just the impersonal way technology has us talking to each other was incredible. Even if it's putting your phone on airplane mode for a bit of the day, you won't be worried about what's going on in that little phone of yours and instead you'll enjoy the vast world around you.
6. **Don't compare yourself to others.** Getting off the grid helps you avoid comparing yourself to others. All of those images of models on the beach? That's distorted reality. As long as you are enjoying yourself and how you are spending your summer, that's all that matters.
7. **Be kind, especially to yourself.** Being kind to yourself allows you to spend more time focusing on enjoying your summer and spreading that same kindness to others. You deserve nothing but kindness, and yes, it does spread like wildfire.
8. **Watch your language.** What are you saying about yourself? Hopefully it's positive language. Understandably, we all have those days where we just don't feel our best and we can say some pretty harsh things about ourselves. Don't worry if you do, just be aware of it and think about what you can say next time.
9. **Surround yourself with people who make you feel good.** Summer is short and precious, so spend it with people who lift you up and bring out the best version of you.
10. **Wear what makes you feel beautiful and confident.** Don't adhere to fashion trends if they don't make you feel good. Put things on your body that make you feel incredible, powerful and on top of the world. You deserve nothing less than to feel like that every day.
11. **Make time for the things you love to do.** It's your summer, so spend it wisely. Even if you have a packed schedule, make time each day to do something you love, whether that's reading your book, watching Netflix, attempting to learn how to play the ukulele, anything!

12. Allow yourself to relax and unwind. We all re-energize in different ways. Some people need alone time and others need to be with others. Whatever your setting, remember it's okay to devote time to taking care of yourself. Take a nap, a bath, or go out with your friends.
13. Try something new. A new hobby, new recipe, new book, new hiking spot, doesn't matter. Every day is an opportunity to try something new and every day is a new opportunity.
14. Drink more water. Be kind to your body and soul and keep yourself hydrated all summer long.
15. Go stargazing. When I worked in Maine, my favorite thing to do was to lie on the dock at the lake and just stare into the vastness of the night sky, counting the shooting stars with my friends. It sounds cheesy, but seeing just how big the night sky was and all that was happening in it gave me perspective on my own life.
16. Make a bucket list for the summer, and stick to it! What do you want to do this summer? Write it down and make a goal of it to cross something off that list as often as possible! Make memories that turn into great stories.
17. Remind yourself of what your body can do this summer. Your body can do so much! It helps you swim, hike, laugh, love, smile, and hug. Appreciate your body for all of the wonderful things it can do instead of dwelling on what you wish it looked like.
18. Start each day with a gratitude list. It doesn't have to be long, but jotting down just a few things each morning about what you're grateful for in your life starts your day off on a great note.
19. First thing in the morning, make your bed. It took me a really long time to adopt this habit, but now I can't imagine a day without it. It's a simple task that can be accomplished at the very start of the day.
20. Try meditating. Whether it's five minutes or 50 minutes, just taking some time out of the day to sit and clear your mind is so wonderful. You begin to realize just how powerful a simple breath is.
21. Know that you're not alone. If you are struggling with an eating disorder or are in need of support, please call the NEDA Helpline at 1-800-931-2237 or text "NEDA" to 741741 for the 24-hour crisis line.

Source: [21 Tips for an Amazing Summer of Self-Care | National Eating Disorders Association](#)

10TH ANNUAL
BIKE
TO WORK
EVENT

@ the Log Cabin
138 Mahoning Ave
Warren, OH 44481

Friday 6:00 AM
MAY 21 - 9:00 AM
2021 Breakfast
Event
RAIN OR SHINE

Encouraging people to be more physically active by bicycling for transportation.

T-Shirts given to the first 100 people who arrive on a bicycle. Other prizes will also be available.

If your business or organization have ideas for promoting bicycling as a mode of transportation among your employees or customers during Bike to Work Week this would be an excellent time to try them out!



LIKE US ON FACEBOOK AND INSTAGRAM AT
BIKE TO WORK WARREN, OHIO

FOR MORE INFO CONTACT: KRIS KRIEBEL AT 330-675-7887
OR GO TO: TRUMBULLMETROPARKS.ORG/BIKE-TO-WORK-WARREN

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



SCOPE SENIOR SERVICES NEWS RELEASE

Contact Mike Wilson mwilson@fcsOhio.org 330-399-8846

SCOPE hosted video fitness programs during Covid-19

SCOPE Senior Services is the largest organization of seniors in Trumbull County with multiple centers providing recreational, educational, socialization and fitness programming. With the Covid-19 crisis SCOPE streamed fitness classes through Zoom Meetings technology to its various centers and directly to seniors.

Karen Rutan Fitness who is SCOPE's SilverSneakers FLEX instructor conducted Zoom TV fitness classes every day during the Covid-19 pandemic. Senior citizens participated at home or on big screen TV's located at the Newton Falls, Niles and Warren Senior Centers.

Karen made it easy by sending out an email with the class sign up code the morning of each class. There was no cost to participants to take the Zoom TV fitness classes. Classes were sponsored by Total Lifetime Care (TLC) Insurance owned by Rich Schlue, The Trumbull County Senior Levy Services, and SCOPE.



House For Sale

627 Fairfield NE Warren, Oh 44483

\$49,900



About:

This 2 bedroom, 1.5 bathroom single story ranch that has been newly remodeled in 2020 and the first floor (including kitchen, bathroom and bedrooms) is ADA compliant as well as the new wooden wheelchair ramp (which is currently being installed) to provide an easy transition into the house.

The home features a new roof, fully remodeled bathroom and kitchen which has new cabinets, countertops and flooring. The basement has a new sump pump and french drain to ensure dryness as well as a new furnace and hot water heater both installed this year!

Qualifications:

- ▶ Income Under 80% Area Median Income
- ▶ 5 year owner occupancy restriction
- ▶ Bank pre-approval
- ▶ Agree to take HUD Certified Housing Counseling

Other: Priority will be given to applicants under 50% Area Median Income or have a experienced physical or mental domestic abuse, have a physical or mental disability, are developmentally disabled, person recovering from chemical dependency (drugs/alcohol) or has HIV/AIDS

If you would like to set up a viewing of the home please contact us at 330-469-6828 Ext. 4

House For Sale

1165 Adelaide SE Warren, Oh 44484

\$49,900



About:

Enjoy all of the beautiful hardwood flooring and woodwork throughout this freshly remodeled 2 bedroom, 1 bathroom home. The whole house has refinished hardwood floors and fresh paint. The updated kitchen has new cabinets, countertops and flooring and the bathroom has been remodeled as well!

The majority of the windows have been updated and the home also has a new roof, furnace and hot water heater.

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If you would like to set up a viewing of the home please contact us at 330-469-6828 Ext. 4

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Physical Therapy Services

Here for all your physical therapy needs wherever you need us,
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We can Treat:

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- ✔ Balance Impairments
- ✔ Pain Management
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Our Services:

- ✔ One-on-One Physical Therapy Assessments and Treatments
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- ✔ Hands-on Manual Therapy and Massage
- ✔ Customized Home Exercise Programs

****Most Major Insurances Accepted, including CareSource!**

SCHEDULE AN APPOINTMENT TODAY



Call us at **330-578-7179** or visit us online at **Blueskytherapy.net/outpatient**

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HOWLAND FARMERS MARKET



2021 SUMMER SEASON
SATURDAYS, 9AM - 1PM
MAY 29TH - OCTOBER 16TH, 2021
RICHARD E. ORWIG PARK
EAST MARKET ST. IN HOWLAND

live music

food demos

special guests



HOWLAND FARMERS MARKET

follow us



2021 SUMMER SEASON

SATURDAYS, 9AM - 1PM

MAY 29TH - OCTOBER 16TH

RICHARD E. ORWIG PARK, EAST MARKET ST.

NEXT TO HOWLAND HIGH SCHOOL



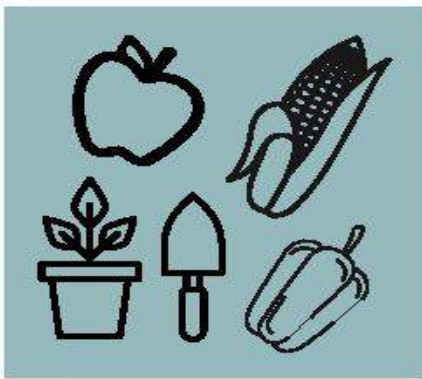
HAVE YOU HEARD?

WE PROUDLY ACCEPT EBT/SNAP, AND
WE'LL DOUBLE YOUR SNAP DOLLAR FOR PRODUCE



WIC AND SENIOR FARMERS MARKET
NUTRITION PROGRAM COUPONS ACCEPTED

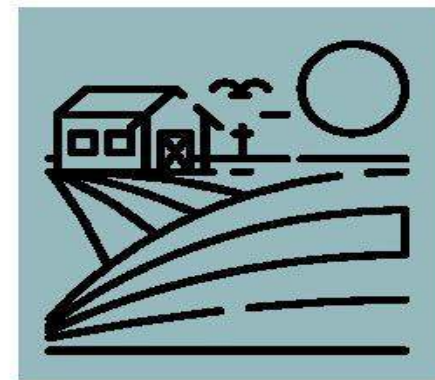
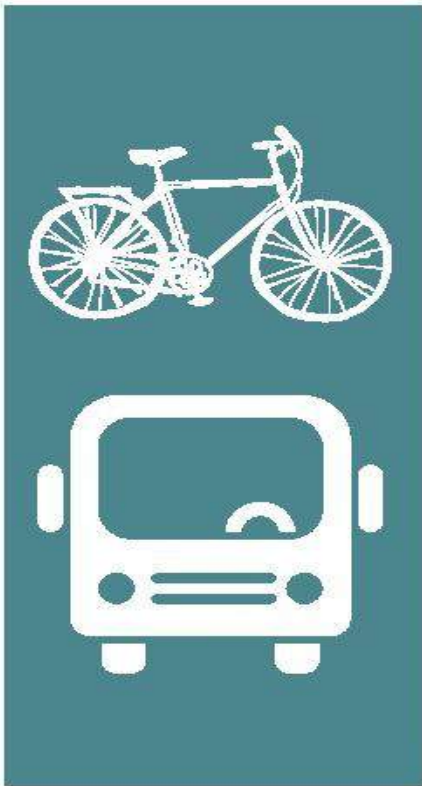
www.howlandfarmersmarket.com (330) 509-4287



**Healthy
Community
Partnership**
Mahoning Valley



NEWS & HAPPENINGS



BOOKMARK AND CHECK OUT THE
HCP BULLETIN BOARD FOR

- EVENTS & ACTIVITIES
- GRANTS
- VOLUNTEER OPPORTUNITIES
- RESOURCES
- AND MORE!



FOR MORE INFORMATION, CONTACT ROBIN PERRY
RPERRY@HCPMAHONINGVALLEY.COM

2021 COALITION MEETINGS:

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



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