

City of Mt. Healthy



Winter 2015

“A city with a historic past working toward the future”

You're Invited...
Regularly scheduled
community gatherings
(in alphabetical order):

Beautification Comm.
3rd Thursday
6:30 p.m. @ city hall

Block Watch
3rd Thursday
7 p.m. @ city hall

Board of Education
3rd Monday
7 p.m. @ Board of Ed

Business Association
2nd Monday
11:00 a.m. @ MHCH

Celebrate Mt. Healthy
1st Thursday (none Dec.
& Jan.)
9 a.m. @ city hall

City Council
1st & 3rd Tuesday
7 p.m. @ city hall

Economic Task Force
4th Monday
6:30 p.m. @ city hall

Free Community Meal
Every Tuesday
5 p.m. @ St. Paul UCC

Free Community Meal
Every Thursday
5:30 p.m. @ Trinity LC

Historical Society
1st Wednesday
7 p.m. @ 7612 Perry

Urban Tree Commission
2nd Monday 7 p.m.
Locations vary, so call
377-1976 for more details

Cincinnati Association for the Blind and Visually Impaired Aims to Help More African Americans Keep Their Independence

Going through life with limited vision can be very challenging. The Cincinnati Association for the Blind and Visually Impaired is ready to help with those challenges, bringing independence back into one's life. CABVI is the only private, not-for-profit organization in our community that provides services to help improve the quality of life and independence for those with vision loss. Those services include, but are not limited to, rehabilitation, providing employment and access to technology. Their certified instructors work with young children all the way to elderly adults and are committed to helping them find a comfortable, independent lifestyle that works.



The African American community is more prone to vision loss due to our high rates in diseases like diabetes, cataracts and sickle cell anemia when left untreated. Macular degeneration and glaucoma are other eye conditions that are commonly found in seniors and can lead to blindness.

CABVI encourages people who are experiencing sight loss to seek help through one of their many services. Regular eye exams are important and can help with early detection of the mentioned diseases plus heart disease and strokes. Services are based on ability to pay, and other funding is available.

For more information on how the CABVI can help you or a loved one, contact them at 513-221-8558 or www.cincyblind.org.

Winter Storm Preparedness

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and

sometimes by strong winds, icing, sleet and freezing rain.

Regardless of the severity of a winter storm, you should be prepared in order to remain safe during these events. For more information please go to;

www.redcross.org/prepare/disaster/winter-storm

Mt. Healthy's Utility Aggregation Program = group utility rates for residents

Gas and Electric Utilities are delivered by Duke Energy; however residents can chose the City's gas and/or electric aggregator as their supplier to get the City's contracted rates. Visit our webpage for more information:

<https://mounthealthy.wordpress.com/residents/natural-gaselectric-aggregation/>

Protect Your Trees this Winter

Though trees appear dormant in winter, their roots remain active: they grow whenever the soil temperature is above freezing. Since the majority of roots are in the top 12" of soil, they are susceptible to damage by deep freezes in the severe winters.

The vigor of a tree's spring growth can be determined by the health of its roots at the end of winter. Further north, snow provides an insulating blanket to protect roots from freezing, but when there's no snow, a layer of leaves can provide similar protection.

The Mt. Healthy Urban Tree Commission, an all-volunteer group, welcomes your participation. Contact healthy.trees@yahoo.com, or Karen Arnett at 513-377-1976.

Mt. Healthy Library Branch Programs:

Technology Appointments

Ongoing basic computer classes for any age

Make It, Take It Arts & Crafts

2nd Mondays (all day)

Preschool Story Time
Wednesdays at 10:30 a.m.

Game Time
Wednesdays at 4:00 p.m.

Visit them for a complete list of local programs!

