



VILLAGE OF
**WALTON
 HILLS**
 WORK. PLAY. LIVE.



MARCH 2015

Journal

Dear Residents,

A new Onsite Mobile Wellness Station is coming to Walton Hills! Simply put, it will provide optimal wellness through technology, education and social engagement. The station is a scalable, 100% remotely managed, content delivery system featuring health monitoring, secure tracking, and touch screen interface. This station will provide blood pressure and oxygen level checks and has a scale to monitor weight. All of this information will be securely kept on a resident's personal file and will be totally transferable because it will be stored on a cloud system; the information will be able to be accessed from a home computer with a security code. It also features live and on demand educational programs, enabling us to host once a week or once a month programs for our seniors. It will include a digital billboard that will constantly be rolling on the side providing information about upcoming activities and recreation programs in our community and communities with which we share services. It will also provide wellness challenges with an anonymous leaderboard. All the Village must provide is internet access, a 110 electrical outlet, and a secure location for the station.

Why focus on community wellness? 92% of older adults have at least one chronic disease and 77% have at least two chronic diseases (National Council on Aging). Four chronic diseases – heart disease, cancer, stroke and diabetes – cause almost two-thirds of all deaths each year. Chronic diseases account for 75% of the money our nation spends on health care (Forbes: In 2013, approximately \$3.8 trillion). It is estimated that every one dollar spent on community-based wellness programs will save \$5.60 (Trust for America's Health). The goal of investing in wellness is to cut the cost of treating illness. This program will benefit our residents by providing them with the opportunity to be involved

with a positive health option. This is another proactive step forward for our Village; it will help residents work toward the ultimate goal of living a better and healthier life.

In other news to benefit our residents, we would love to have the **R.E.S.C.U.E.** program up and running in March. This program will provide our residents with a USB device containing important medical information to enable the EMS and police department to serve those in need in a more timely and professional manner. This is yet another opportunity to save lives and provide our residents with a comfort level of how their government operates with their best interest in mind at all times.

As always, our community is positive and proactive and is continuously reaching outside the box and bringing in more programs to benefit our residents; this will always be our ultimate goal. One thing Walton Hills will never do is stop innovating and improving on our residents' behalf. Our Village continues to move forward because we look at the big picture. We look at the ways that we can benefit as many people as possible. The silent majority is what we work toward, not the loud minorities. We continue to serve with the winning team that we have successfully put in place.

As we struggle through the last cold days of winter, let us keep in mind that warmer and sunnier days will soon be upon us. I wish all of you and your families a very early spring!

Sincerely serving you,

Kevin Hurst

Mayor/Safety and Economic Director,

I.G.I.T.

MARK YOUR CALENDAR! STATE OF THE VILLAGE ADDRESS
 Monday, March 23rd - 7pm - Village Community Room

www.waltonhillsohio.gov





SHAMROCKIN' IN THE USA

SWIPE AND WIN

Win instantly every day in March! Great prizes like Free Play, show tickets, dining comps and more. Simply swipe your Rock Star Rewards card at any Players Club kiosk every day from 10AM until Midnight to reveal your prize. Plus, we'll have cash drawings every Friday and Saturday at 4PM, 7PM & 10PM. Up to \$10,000 given away each day! Receive one entry for every 10 Base points earned all month long. See Players Club for details.



NORTHFIELD PARK

[f FACEBOOK.COM/HRROCKSINONP](https://www.facebook.com/hrrocksino) [TWITTER.COM/HRROCKSINONP](https://twitter.com/hrrocksino)

HRRNP.COM • 330.908.7625 • 10777 NORTHFIELD ROAD, NORTHFIELD, OH 44067

Must be 21 years of age or older. Non-transferable and non-negotiable. Management reserves the right to cancel or modify this offer without notice. Other restrictions may apply. See Players Club for details. For free, confidential help 24/7, call the Ohio Responsible Gaming Helpline at 1.800.589.9966. ©2015 Hard Rock International (USA), Inc. All rights reserved.



Your Village Officials

Top row: Councilpersons Gloria Terlosky, Paul Rich, Mary Brenner-Miller, Brian Spitznagel

Bottom row: Councilman Don Kolograf, Mayor Kevin Hurst, Councilman Denny Linville

Legislation Unanimously Approved at the 2.17.15 Council Meeting

Council meeting minutes are available in their entirety on the Village website.

Ordinance No 2012-4 addresses tabled legislation.

Resolution No. 2015-7, a Resolution of Appreciation for "Student Government Day."

Resolution No. 2015-8 authorizes a donation to the Community Connections Grants Program in support of the Bedford Schools Mentoring Program.

Resolution No. 2015-9 authorizes the advertising of bids for the Senior or Handicapped Resident Lawn Care Program.

Resolution No. 2015-10 confirms the reappointment of Vic Nogalo to the position of Fiscal Officer.

Resolution No. 2015-11 authorizes an easement agreement for the property at the corner of Alexander and Northfield Rd.




DID YOU KNOW? Studies show mowing your lawn to a height of 4 inches prevents crabgrass as effectively as a chemical herbicide.

Spring Mower Maintenance Checklist

- Sharpen mower blades
- Check filters and replace if necessary
- Clean spark plugs and replace if necessary
- Clean the deck
- Set the blades at 3 or 4 inches

MOWING MARCH MADNESS

- Get your lawn mower ready for the busy season ahead.
- Every 3 years, soil test in spring (or late fall) to determine what nutrients need to be added to the soil. Testing saves money, time and prevents over application of nutrients. Kits can be found at local Soil and Water Conservation District or Cooperative Extension offices.
- Lightly rake the lawn to remove compacted grass and snow mold caused by excess moisture.
- Start a compost pile with the first grass clippings of the season. Subsequent clippings should be left on the lawn as nature's fertilizer.

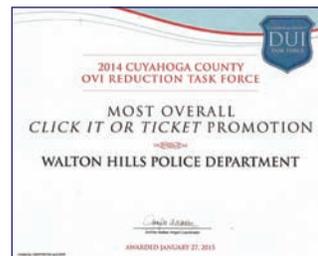
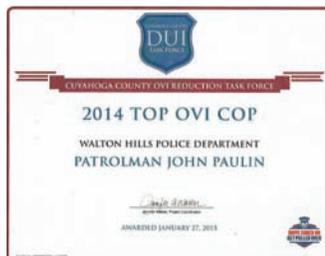
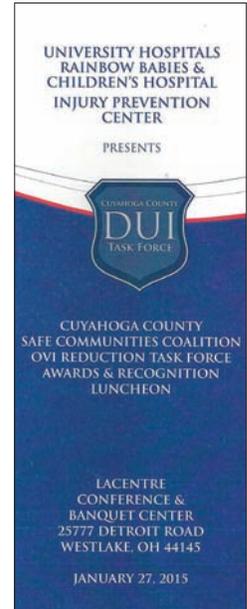


Walton Hills Police Department Information

Kenn Thellmann, Chief of Police
Councilman Denny Linville, Safety Committee Chair

On January 27th the Walton Hills Police Department and its officers were honored at the Cuyahoga County Safe Communities Coalition OVI Reduction Task Force Awards and Recognition Luncheon.

The event was sponsored by University Hospitals Rainbow Babies & Children's Hospital Injury Prevention Center in Westlake at the LACENTRE Conference and Banquet Facility. Ptlm. Mark Hoy received an award for seat belt citations and Ptlm. John Paulin received an award for OVI arrests. Chief Thellmann and the Walton Hills Police Department also received an award for Social Media, due to our Facebook postings. Our Police Department has been a member of the OVI Task Force since 2009. There are currently 42 Law Enforcement agencies in Cuyahoga County participating in the OVI Task Force.



On February 14th four members of the Walton Hills Police Department attended an interesting training, Pet First Aid, sponsored by the American Red Cross and Brooklyn Heights (aka Barklyn Heights). Dogs and cats are more than pets – they're family. Just like any other family member, pets deserve to be cared for and protected. Red Cross Dog First Aid and Cat First Aid courses teach you how to respond to health emergencies and provide basic first aid for the four-legged members of your family. Now members of the Walton Hills Police Department may be able to help you and your pets in time of need. For more information on Pet First Aid, contact the Police Department at 440.232.1313.

Would you really be able to fight off an attacker? If no is the answer, then come learn how...90% of self-defense is education. Come find out what you can do to protect yourself against sexual predators and other attackers!

R.A.D. RAPE AGGRESSION DEFENSE

Wednesday, April 8 & 15 – Village Community Room – 5pm – 9:30 pm

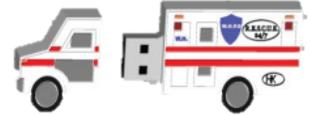
Rape Aggression Defense (RAD) Systems is not a martial arts program. It is an internationally recognized WOMEN-ONLY self-defense course teaching realistic self-defense tactics and techniques to give women the tools needed to prevent or escape harmful situations.

Class size is limited so registration is required.

Open to all women ages 17+

**Contact Ptlm. Melissa Walsh by March 30th to RSVP or for more info.
MelissaW@waltonhillsohio.gov or call 440-232-1313**





Walton Hills to Institute the *R.E.S.C.U.E.* Program A Potential Life Saving Program!

WALTON HILLS, OH — (February 2015) — Walton Hills Mayor Kevin Hurst has announced plans to launch ***R.E.S.C.U.E.***, a potential life-saving program that provides emergency service personnel with vital information on residents during times of emergency. This program is a new informational unit that is only available to Walton Hills residents at this time. Other communities have already expressed interest in this program, which will be available to them once it goes public. We are proud to be able to offer the ***R.E.S.C.U.E.*** unit program at no cost to our residents.

What does the acronym R.E.S.C.U.E. stand for?

Residents ***E***xchange information concerning ***S***afety that can be ***C***ommunicated by ***U***nitng all safety departments in the time of an ***E***mergency.

R.E.S.C.U.E. is a program that provides emergency service personnel with the information they will need to take the best possible care of our residents, while also informing them of who needs to be contacted in case of an emergency.

The ***R.E.S.C.U.E.*** unit is a small USB device that residents can hang on their refrigerators. It stores important information, such as medical allergies, medications taken, and possession of a living will or DNR order. In the case of an emergency, fire, police and EMS personnel can plug in a resident's ***R.E.S.C.U.E.*** device and immediately view vital information that allows them to best care for the individual, as opposed to hoping the resident can respond to questions or attempt to access medical records.

To receive a ***R.E.S.C.U.E.*** unit and become a part of this program, residents can call the Village Hall (440) 232-7800 and make an appointment to come in to answer the medical and basic information questionnaire; then that information will be up-loaded onto the ***R.E.S.C.U.E.*** unit. All of the information the resident provides will remain confidential; the Village will not sell personal information. Each ***R.E.S.C.U.E.*** unit will also be protected by a passcode that needs to be entered to access the ***R.E.S.C.U.E.*** unit.

"During an emergency, it can be difficult or impossible to communicate necessary medical information to emergency personnel," said Mayor Hurst. The ***R.E.S.C.U.E.*** unit alleviates that concern, ensuring that the emergency personnel can get the information they need, quickly, to best take care of a resident in need."

For more information about Walton Hills, visit its website at <http://www.waltonhillsohio.gov>.



BELLA MIA HAIR STUDIO & DAY SPA

SIGNATURE FACIAL OR MANI/PEDI \$50

60 MIN RELAXATION MASSAGE \$50



7629 WALTON ROAD—WALTON HILLS—CORNER OF WALTON & ALEXANDER NEAR DELI

440-786-9590 WWW.BELLAMIWEST.COM



March Recreation News

Carol Stanoszek, Recreation Director (440) 786-2964 stanoszekc@waltonhillsohio.gov
Mary Brenner-Miller, Recreation and Community Life Committee Chairwoman

Event: DIAL M FOR MURDER & LUNCH**Date: Tuesday, March 3rd**

Time: Leave Village Hall at 9am

Site: Hanna Theatre

Cost: \$16 plus the cost of lunch

Note: An Alfred Hitchcock thriller! An ex-tennis pro marries his wife for money – he plans on killing her for the same reason!
Lunch at Hofbrauhaus.

Event: PARKER AND BASEBALL SIGNUPS**Date: Thursday, March 5th – 6:30pm to 8:30pm
Saturday, March 7th – 10am to 12pm**

Site: Community Room

Cost: TBA

Note: Registration on the above dates guarantees your child a spot on a team. Final registration deadline is April 4th. Forms will be available online by March 1st. Any questions? Call 440.786.2964.

Event: HIKE LITTLE EGYPT**Date: Saturday, March 21st**

Time: Hike starts at 9am sharp, ends before Noon

Site: Meet at Bedford Reservation's Hemlock Creek Pavilion parking lot

Cost: Free!

Note: Enjoy this historic section of Walton Hills. This 2-mile walk is sponsored by the Metroparks. Dress for the weather, wear good walking boots or shoes and bring a snack and water. Much more information is available on our Village website!

Event: FAMILY BOWLING**Date: Saturday, March 21st**

Time: 6:30pm to 8:30pm

Site: Roseland Lanes

Cost: \$8.00

Note: Two hours of bowling plus a soda, hotdog or pizza. Sign up by March 16th.
Drive there on your own.

Event: CAMPBELL'S SWEET SHOP TOUR**Date: Wednesday, March 25th**

Time: Leave Village Hall at 12:30pm

Site: Cleveland's Ohio City

Cost: \$6 plus the cost of lunch

Note: We will eat lunch at Crop Bistro, then tour Campbell's sweet shop. Learn the history of popcorn! Yum!

Event: SENIOR LUNCH**Date: Monday, March 30th**

Time: 11:15am

Site: Community Room

Cost: \$5.00

Note: Easter fun! Wear an Easter hat and you may win a prize! Please RSVP by 3/25.

Event: CAROL'S BOOKWORMS**Date: Monday, March 30th**

Time: 7pm

Site: Community Room Library

Cost: One item for our food pantry

Note: We will be discussing our 74th book while enjoying a pot luck dinner at this month's meeting!

Camp Counselors Needed

Applications for summer park camp counselors can be picked up in the Recreation and Community Life Department or found online at www.waltonhillsohio.gov from March 2nd to April 13th. Applicants must be willing to work with children, enjoy the outdoors, and be at least 18 years of age.

Transportation Services

The Recreation Department offers transportation services for senior and disabled residents. Availability is Monday through Thursday from 9am to 3:30pm. Our drivers are trained to provide safe transportation and are caring and professional. For more information or if you have any questions, please call Carol or Karleen at 440.786.2964.

Baseball Commissioner Needed

Must have some knowledge of baseball. Must be able to work evenings and some days. Must enjoy kids and have people skills. If interested, call Carol at 440.786.2964.



May your troubles be less
and your blessings be more
And nothing but happiness
come through your door



Happy St. Patrick's Day!

Senior or Handicapped Resident Lawn Care Program

To be eligible to participate in the Senior or Handicapped Resident Lawn Care Program, you must be either a senior age 65 or older or have a handicap which prevents you from cutting the lawn, have earned income of less than \$10,000 and have no other person residing with you who is capable of providing lawn care service. Handicapped residents must provide a doctor's certificate relative to their handicap.

Residents can apply for lawn cutting and leaf pickup service, lawn cutting only or leaf pickup only. Applications are available at the Village Hall or can be downloaded from the Village website. Residents have the option of paying in full for the entire season or paying in two installments. A check, made payable to the Village of Walton Hills for the appropriate amount, should be included with the application. The application is to be mailed or placed in the Village Hall mailbox marked "Senior Lawn Care Program" on the outside of the envelope. All prices include edging driveways and walkways, collection and disposing of grass clippings and general trimming around trees and shrubbery.

Lawn cutting season is from **approximately** April 15th to October 31st, depending on the weather. Leaves will be picked up in late fall, depending on weather conditions. Maximum grass height shall be no higher than 3.5 inches throughout the lawn cutting season. The service provider is not responsible for removing leaves from flower/shrub beds. Residents may remove leaves from flower/shrub beds to be picked up by the service provider. Leaves

will be placed at the street for removal by the Walton Hills Service Department.

Residents will sign a service agreement detailing the terms of the program with the lawn care provider. **Please note that the service agreement is NOT with the Village;** it is between the resident and the service provider. The Village is only acting as the bargaining agent. The Village will monitor the performance of the service provider. Any complaints must first go to the provider for correction and not the Village. **There will be no priority list and cutting may not take place on the same day each week.** Service will be between the hours of 8am to 9 pm. Home address must be visible on mailbox.

At press time, the Senior or Handicapped Resident Lawn Care Program was out for bids. Therefore, we could not provide information on the cost of the program. If you are interested in signing up this year, please call the Village Hall or check the Village website after March 13th to obtain pricing. Applications will be available online or at the Village Hall.

Please keep in mind that full season lawn care payment is due April 10th. If paying in installments, the first installment is due April 10th and the second is due July 10th. For leaf pickup only, payment is due July 10th, but applications must be submitted by April 10th.

Annual Paper Shredding Event

Mark your calendar! The Village will hold its annual paper shredding event on Saturday, May 9th from 9am to 12pm at the Village Hall. You will have the opportunity to dispose of old financial statements, tax forms, bills, medical records, and other paper without worrying about identity theft or the effect of dumping paper into the environment! More information will be available in the upcoming issues of the "Journal." Start gathering all that paper!

Thank You Carol James Florist

Our most sincere appreciation is extended to Carol James Florist, located at 451 Broadway Avenue in Bedford, for donating a beautiful floral arrangement for display in the Village Hall lobby every week.

Please patronize this wonderful florist! Their phone number is 440.786.1811.



Fiscal Officer's Report

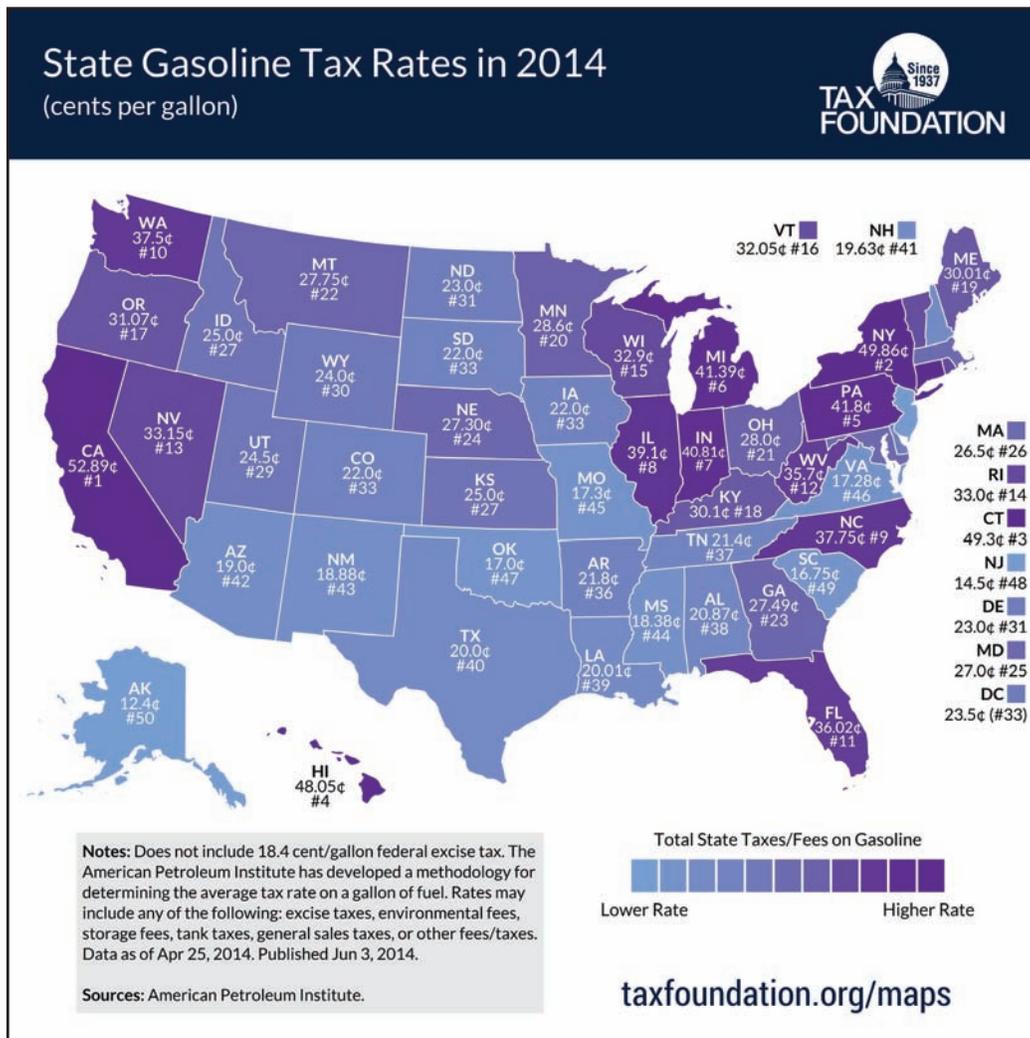
Vic Nogalo, Fiscal Officer / Don Kolograf, Finance Committee Chairman

It was nice to see that gas prices were below \$2.00 a gallon, but did you know that approximately 25% of that amount is federal and state taxes? The United States tax on gasoline is 18.4 cents per gallon. The State of Ohio adds on an additional 28 cents per gallon, totaling 46.4 cents in combined federal and state taxes.

The federal taxes are used for federal highway and bridge construction and other transportation programs. The State utilization of its fuel tax revenue is required to be spent on highway construction, traffic enforcement and certain other activities. During

the 2013 year, (latest statistics available from the State), the State collected over \$1.7 billion in fuel tax. Over \$555 million of the fuel tax is distributed back to the 88 counties, municipalities and townships in the State.

Of this amount, the Village of Walton Hills received \$126,105. The money received by the Village can only be used to offset costs related to maintaining and repairing streets including street cleaning, snow and ice removal.



K & K Meat Shoppe



6172 Dunham Road – Maple Heights (Turney-Dunham Shopping Plaza)

216.662.2644 *“Where Service & Quality Meat”*

Store Hours: Monday – Friday 9am to 6pm; Saturday 9am to 5pm; Sunday 9am to 2pm

Owned and Operated by Walton Hills Resident Dennis J. Kolar, Jr. - Family Owned and Operated Since 1979

Fifty Fathers and Four Letter Words

Councilwoman Gloria Terlosky, Information Committee Chairwoman / V.P. of 50+ Club

There is a movie that is going to be filmed in the Bedford School District (Bedford, Bedford Hts., Oakwood & Walton Hills). The premise of the movie is about football and a young high school student who is extremely talented in sports. He goes directly from high school to the pros and has everything that comes with it – fame, money, etc. But, and there is always a BUT, he never had a father. That is his only regret in life.

So our student makes an offer, he will pay an individual \$10,000 a year for the rest of their life to be his father. Hence, the movie is titled "50 Fathers" and individuals and characters show up for interviews and try to convince the student they would be the best choice to be his father. That got me thinking, what does it mean to be a father? Everyone I guess would have his or her own answer on how to respond to that question. What would I say to the student if I was to interview for the position? How would you answer? What would you say? The first thing that came to mind was: "All I Really Needed to Know I Learned in Kindergarten," a poem written by Robert Fulghum. I always had it posted on my office door at work. The words are simple and they make sense. Short, sweet and to the point.

It is all about the words; we have thousands of words in the English language, but the ones I like best are the Four Letter Words. Now, don't get me wrong, I am not talking about swear words, after all this is a GP rated article. I think the best words about how to live a happy and fulfilled life only have FOUR letters.

Let me expound: We are born to love and to give love, to be kind, to help, to trust and care. Always ready to extend a hand and a few hugs to someone in need. Or plant a soft kiss on a child's boo boo to make the hurt go away. Many a door will be open to us during our lifetime, some will open full wide and others will shut, but we must not fail to realize there will be good days and even a good year, but time changes everything. There will be gaps, bits and pieces of our past that will form our future. Things we were told that never came true and things that took a lot of work that kept us too busy when we should have taken a tiny step back before charging full speed ahead when we should have stayed calm and took a different turn down that road. We cannot change the past but we can learn from it. It is safe to say we can build a wall or we can tear it down. Our hope in life is that we choose the right path; each path is unique to the individual. But whatever you choose to do in life, do not do it half way. Always stay the course and you will walk through life with a glow and a spring in your step, a song in your heart, and you will be able to face life on all its terms.

LOVE is the best of ALL the four letter words. Without LOVE nothing else seems to matter. And something else a friend told me once that speaks to me that I would like to share with you: "You may not remember what the person said to you, but you will always remember the way they made you feel." Choose your words in life, the Four Letter ones will always be remembered. And remember: to be a better parent, be a better you!

**SAVE THE DATE: Wednesday, May 6th at 1 pm
in the Walton Hills Community Room**

When was the last time you saw a real feel good movie? Well, on May 6th you can do just that. The Walton Hills 50+ Club is hosting and inviting all villagers and their friends to an "Afternoon at the Movies." We will be showing the movie titled "The Bouquet" just in time for Mother's Day. It's a movie about relationships between a husband and wife, their adult children and their community. It is filled with romance, humor and hope. It's an endearing story about making time for the ones you love. I guarantee you will see yourself in one of the characters, I know I did. Come, sit back, and enjoy the afternoon. It is FREE to ALL villagers, their families, and friends.

Refreshments will be served.

Opportunity for Students Interested in Politics and Government

ATTENTION!! Students between the 7th and 12th grades, if you are interested in politics and how our government works and want to experience first hand writing legislation, please contact the Village Hall at 440.232.7800. The Hawthorne Valley Youth Council offers first hand opportunities in learning and influencing legislation. It's a great chance for you to make a difference and gain leadership skills. All residents of the Bedford School District are eligible, even if they attend schools in other school districts.



Spotlight on

Ed Werden

One of the many threads in the fabric of our Village

Ed considers it an honor and a privilege to live in Walton Hills, which he sees as a very progressive community. He has no plans of ever moving anywhere else. His friends outside the Village are envious of all of the activities available to our residents, especially the many day trips and monthly senior lunches. He feels fortunate to be able to take advantage of the many opportunities available to him.

Ed grew up in Youngstown, Ohio and graduated from Liberty High School in Trumbull County in 1953. After high school he enlisted in the Navy for two years. He served on a radar patrol ship and sailed up and down the west coast for 40 days at a time from California to Washington; this was an extension of the Distant Early Warning Line (the DEW line).

Ed attended Bowling Green State University and graduated with a business degree in 1962. After a few years he obtained a master's degree in education from Kent State University. He earned a degree in counseling and worked for the State of Ohio in a number of private agencies. He was recruited for a position with the University of Michigan, who had a contract to place continuing education counselors in various Ford facilities to assist U.A.W. hourly employees to develop computer skills and become computer literate. He started out arranging computer classes at the Brook Park engine plant and ended up at the Walton Hills stamping plant. He retired from the University of Michigan, which makes for some interesting discussion because he has been a Buckeye fan all of his life!

Ed married his first wife, Barbara, in 1962. They were married for 25 years and had two children, Wells and Wendy. Carrying on the tradition of developing distinct names that start with "W," his grandchildren were named Wrenna and Wynston.

Ed lived in Cleveland Heights for several years prior to moving to Walton Hills in 2001. The church he still attends, the Church of the Savior, is located in Cleveland Heights. For a number of years he was the coordinator of their retired men's organization and he is still active in their adult Sunday school group – the Towers Wesley Fellowship. This special church is also where he met his second wife, Sandra. After they were married they moved to Maple Heights and eventually to their home on Jefferson Drive. They had a wonderful marriage, which lasted for 25 years until she passed away in June of 2013.

Ed is a member of the Men's Club, the 50 Plus Club and the Lake. One of the first things Ed did when he moved to Walton Hills was to join the Lake, which he considers a wonderful resource. He can be frequently spotted there in the early afternoon on a beautiful summer day! One other place he likes to visit in the Village is the Veterans Memorial at the Village Hall. Upon his request, his children bought him a brick paver a few years ago as a Father's Day present. He is honored to attend the Memorial Day and Veterans Day

programs held at the Village Hall each year.

Ed likes working in his yard and doing word searches. He also enjoys visiting the Hard Rock Rocksinio and the Thistledown Racino on a fairly regular basis. He likes the energy that is found in a casino; he finds it relaxing to be with and talk to other people.

Ed plans on traveling more in the future. He would like to get back into elder hostel vacations, which he and Sandra enjoyed on 25 occasions. He would also like to make more frequent visits to North Carolina where his best friend lives and Tucson where his daughter lives. However, any vacation he takes will pale in comparison to the trip he took last March, which was one of the highlights of his life. He took a ten day trip to the Holy Land during the Lenten period with 29 of his church members. He cruised along the Sea of Galilee, floated in the Dead Sea, and put his feet in the river Jordan! But wherever Ed goes, he will be glad to get back to Walton Hills where he has put down permanent roots!

Get to Know Ed:

Favorite movies – Butch Cassidy and the Sundance Kid and The Sting

Favorite television channels – Smithsonian, History Channel, American Heroes

Favorite actors – Paul Newman, Robert Redford

Favorite actress – Sandra Bullock

Favorite singer – Karen Carpenter

Favorite song – Rainy Days and Mondays

Favorite vacation - The Holy Land

Favorite sports team – Cleveland Browns



Calendar of Events

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Blood Drive 2-6pm	3 Dial "M" for Murder 9am COW Mtg. 6pm	4 Historical Center Open 1-3pm & 7-8:30pm	5 Mayor's Court 4pm Baseball/Parker Program Signups 6:30-8:30pm	6	7 Baseball/Parker Program Signups 10am – 12pm
8	9 50 Plus Club Board Mtg. 10am Women's Club Board Mtg. 7pm	10 COW Mtg. 6pm	11 Citizens' League Mtg. 7pm	12 Mayor's Court 4pm	13	14
15	16 50 Plus Club Meeting 1pm	17 Council Caucus/ Council Mtg. 6pm 	18	19 Mayor's Court 4pm	20	21 Little Egypt Hike 9am Family Bowling 6:30pm
22	23 State of the Village Address 7pm	24	25 Campbell's Sweet Shop Tour 12:30pm Women's Club Meeting 7pm	26 Mayor's Court 4pm	27	28
29	30 Senior Lunch 11:15am Carol's Bookworms 7pm	31				

Women's Exercise Class - Tuesdays and Thursdays from 6:30 to 7:30pm in the Community Room

Mahjonn - Mondays, Tuesdays and Thursdays from 1 to 4pm at the Walton Hills Church of Christ

Knit-Wits 2 Needles - Tuesdays from 1 to 3pm at the Walton Hills Church of Christ

For the most up-to-date info, call the Village Voice Info Line 440.735.5001 Option 5
Extra copies of the Walton Hills Journal are available at the Village Hall



“Watch Your Step!”

Advanced Treatments for Balance Disorders

Wednesday, March 25 | 5 – 6:30 p.m.

Presented by Amy McMillin, PT

Warrensville Outpatient and Neuro Rehab Center

4480 Richmond Road, Warrensville Heights

Join us for a free seminar to learn about the variety of balance disorders that can occur in adults, including those related to inner ear problems such as vertigo and Meniere’s disease. In particular, this session will demonstrate how advanced vestibular rehabilitation therapy – an exercise-based program – can help patients overcome these balance problems and reduce their risk of falls.

The seminar will include a demonstration of the SMART Balance Master® equipment.

Refreshments will be provided. Space is very limited and reservations are required. Call **440-735-4726** before March 20 for more information or to register.



University Hospitals
Bedford Medical Center

A Campus of UH Regional Hospitals

440-735-3900 | UHBedford.org

44 Blaine Avenue
Bedford, Ohio 44146