New Leaf Collection Machine Purchased

Funds were allocated by Mayor Kolograf and Council for the purchase of a new leaf collecting machine. This season, because of the new machine, the leaf collection process will be more efficient by eliminating "downtime" for repairs.

Northfield and Alexander Roads Intersection to be Widened

We are pleased to announce that the widening of the Northfield Road and Alexander Road intersection is now scheduled to begin on September 30, weather permitting. It is anticipated that the construction period will last for approximately two months. Northfield Road will be widened to accommodate new turning lanes from Northfield Road onto Alexander Road. Additionally, a new traffic signal will be installed to replace the old signal at this location.

During construction, all roads will remain open to traffic, however there will be lane closures that occur during this project. As such, all vehicles should expect traffic delays during the construction period.

Use of Engine Brakes Prohibited in the Village

Ordinance #2019-7, an ordinance to address the abuse by the truck industry regarding engine retarders, has been adopted and is now enforceable by our Police Department. "No Engine Brake" signs have been installed on the west and east ends of Alexander Road.
Win $25,000 CASH, FREEPLAY® And More!

Receive one Golden Ticket in each candy bar you receive.
GET YOUR CHOCOLATE 12 P.M. – 9 P.M.

Saturdays

Win a Dodge Ram Every Sunday in October!
DRAWINGS AT 6 P.M.
Deposit Golden Ticket entries in drawing drum between 4 P.M. – 5:55 P.M.
Vehicle model and color may vary. See M life® Rewards desk for promotional rules & disclaimer.

Sundays

TRUCKS OR TREATS

$500,000 GOLDEN TICKET GIVEAWAY

MGM Northfield Park | MGMNorthfieldPark.com

10777 Northfield Road, Northfield, OH 44067330.908.7625 | MGMNorthfieldPark.com

Must be 21 years or older to gamble. If you or someone you know has a gambling problem, help is available. For free confidential help 24/7, call the Ohio Problem Gambling Helpline at 1.800.589.9966 or visit www.org.ohio.gov.
Council meeting minutes are available in their entirety on the Village website

**Ordinance 2019-8** — An Ordinance amending 260.02 so as to recognize the right of full time and regular part-time safety personnel to collectively bargain, and declaring an emergency.
- This legislation is to codify the Collective Bargaining Agreement which was approved by the voters in 2009. It was not approved, this is just for housekeeping purposes. 6-0

**Ordinance 2019-9** — An Ordinance amending Section 1292.11 (a) “Paving” to comply with current federal and state construction standards, and declaring an emergency.
- Updating to new standards. 6-0

**Ordinance 2019-10** — An Ordinance amending existing Chapter 1294 entitled “Conditional Use Regulations” of the codified ordinances of the Village of Walton Hills, Ohio, and declaring an emergency. (First Reading)
- Referred to Planning Commission.

**Ordinance 2019-11** — An ordinance amending existing chapter 1252 entitled “Definitions” of the codified ordinances of the Village of Walton Hills, Ohio, and declaring an emergency. (First Reading)
- Referred to Planning Commission.

**Ordinance 2019-12** — An ordinance amending existing chapter 1266 entitled “Country Home District” of the codified ordinances of the Village of Walton Hills, Ohio, and declaring an emergency. (First Reading)
- Referred to Planning Commission.

**Ordinance 2019-13** — An emergency ordinance enacted by the Village of Walton Hills, Cuyahoga County, Ohio hereinafter referred to as the municipality, in the matter of the hereinafter described improvement and requests the cooperation of the county of Cuyahoga, Ohio, hereinafter referred to as the county.
- Accepting grant money for Dunham Road. Passed 6-0

**Ordinance 2019-14** — An ordinance authorizing all actions necessary to apply and accept Northeast Ohio Public Energy Council (NOPEC) Energized community grant(s) in the Village of Walton Hills, Ohio, and declaring an emergency.
- Accepting grant money from NOPEC. Passed 6-0

**Resolution 2019-18** — A Resolution accepting the amounts and rates as determined by the budget commission and authorizing the necessary tax levies and certifying them to the County Auditor, and declaring an emergency.
- Approving millage rates for 2020, no increases. Passed 6-0

**Resolution 2019-19** — A Resolution authorizing the Mayor or his authorized representative to enter into a contract(s) with the director of transportation to complete the bridge inspection program services, and declaring an emergency.
- Allowing ODOT to do bridge inspections at no cost to the Village. Passed 6-0

**Resolution 2019-20** — A resolution authorizing the Mayor and the Fiscal Officer of the Village of Walton Hills to enter into a contract with Specialized Construction, Inc. (“Specialized”) for the 2019 road repair program, and declaring an emergency.
- Awarding the 2019 road repair contract to Specialized. Passed 6-0

**Resolution 2019-21** — A resolution authorizing the Village Engineer to prepare bids and specifications for the Egbert Road Force Main Replacement Project, and declaring an emergency.
- Opening bids for the Egbert Road Force Main. Passed 6-0

**Resolution 2019-22** — A resolution proclaiming Thursday, September 19, 2019 as “Fathers Walk Day”, and declaring an emergency. Passed 6-0

- Settled the lawsuit brought against Kevin Hurst and Denny Linville. Settlement amount was $60,000. Passed 5-0 (Linville-abstained)

- Settled the lawsuit brought against Kevin Hurst. Settlement amount was $15,000. Passed 5-0 (Allen-abstained)
The Service Department is teaming up once again with the Cuyahoga County Solid Waste District for recycling roundups.

**Leaf Collection**

The Service Department will start collecting leaves on a weekly basis as soon as enough leaves have fallen. As a reminder, here are a few important things to consider when placing leaves along the street for pick-up:

- Place leaf piles close to the pavement to eliminate the need to rake the entire pile closer to the vacuum machine for collection.
- Do not place any leaves around sign posts, mailboxes or fire hydrants.
- Do not mix in any tree branches, grass and/or any kind of foreign debris into the leaf pile as it may clog the machine and damage it or cause injury to the operator.

**Hazardous Waste Roundup**

**Monday, 10/7 through Friday, 10/11 at the Walton Hills Service Garage**

6800 Dunham Road, from 8am – 3:30pm

**Acceptable Items:** oil-based paint, solvents, used motor oil, automotive fluids, aerosols, lawn and garden products, pesticides, pool chemicals and household cleaners. NO LATEX PAINT. Latex paint must be dried out and put in with your regular trash.

**Zoning Code Enforcement and Permit Update**

Rob Kalman – Zoning Administrator

Our Zoning Department has been busy with code enforcement this year closing out the third quarter of 2019 with 27 violation notices and 11 citations issued. This is an increase from 2018 that had 16 violation notices issued for the year. Additionally, fees for permits issued in 2018 totaled $3,711.60. Permit fee totals for 2019 as of third quarter total $18,937.67.

**Senior Snowplowing applications available NOW online and at the Village Hall.**

**Leaf Collection**

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**Life Line Screening**

Life Line Screening, a leading provider of community-based preventive health screenings, will be in our community on **Tuesday, November 5, 2019** at Walton Hills Community Center. Ultrasound screenings to identify risk factors for **Cardiovascular disease** include: Carotid Artery (plaque buildup—a leading cause of stroke), Abdominal Aortic Aneurysm (an enlargement or weak area in the main blood vessel that carries blood from the heart to the rest of the body), Peripheral Arterial Disease (hardening of the arteries in the legs), a Heart Rhythm Screening (an EKG to detect Atrial Fibrillation—irregular heartbeat) and an Osteoporosis Risk Assessment for men and women. Being proactive about your health by knowing your risks helps you and your doctor address problems early.

Register online TODAY at [www.lifelinescreening.com/communitycircle](http://www.lifelinescreening.com/communitycircle) and receive your “Community Circle” discount and your Preferred Appointment!
Aging makes Seniors more likely to fall for several reasons. Some of the most common physical causes are chronic health conditions, such as heart disease, dementia and low blood pressure (hypotension), which can cause dizziness. Falls have a physical impact that can lead to pain, disability and even death. But they also have a psychological impact. For many older adults, the fear of falling is so pervasive that it makes them become prisoners in their own homes. This causes them to limit social activities and become more isolated.

Following are just a few of the steps that can be taken to protect your steps, as you age:
1. Keep the home well lit, as darkness and shadows can be deceiving, especially to one with diminishing eyesight.
2. Make sure walkways are open and free of clutter.
3. Limit or remove throw rugs, as these may move and are a tripping hazard.
4. Have handrails on both sides of the stairways.
5. Add grab bars in appropriate areas such as near stairs and in the bathroom.
6. Use adaptive devices such as shower chairs and raised commodes, to help maintain stability.
7. In the bath or shower put nonskid mats on the floor surface.
8. Wear an electronic pendant with a button to push to call for help.
9. Take regular exercise classes to increase strength and balance, such as yoga and tai chi.
10. Drink adequate water, as dehydration may cause dizziness.
11. Eat foods rich in Vitamin D to increase muscle strength.
12. Get screened for osteoporosis. If needed follow your physician’s direction to treat.
13. Get regular eye exams and wear glasses if prescribed.
14. If directed by your physician, use walking aids such as canes or walkers.
15. Wear sensible shoes with non-skid soles.

While the danger of falls, especially in the elderly, is well understood, the good news is that there are ways to reduce and prevent them. The important message is that steps can be taken to save lives and improve the quality of life. With a little planning and taking appropriate steps, the threat of falls can be reduced, increasing one’s opportunity for sustaining a more independent lifestyle.

Source: National Council on Aging

According to the U.S. Centers for Disease Control and Prevention:

- One in four Americans aged 65+ falls each year.
- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- Medicare and Medicaid shouldered 75% of these costs.
- The financial toll for older adult falls is expected to increase as the population ages and may reach $67.7 billion by 2020.

Growing older makes Seniors more likely to fall for several reasons. Some of the most common physical causes are chronic health conditions, such as heart disease, dementia and low blood pressure (hypotension), which can cause dizziness. Falls have a physical impact that can lead to pain, disability and even death. But they also have a psychological impact. For many older adults, the fear of falling is so pervasive that it makes them become prisoners in their own homes. This causes them to limit social activities and become more isolated.

Medicare Part D Presentation

On Thursday, October 3 at 7:00pm at the Walton Hills Event Center — 14660 Alexander Road, there will be an important presentation on Medicare Part D. This is the Prescription Drug Program for Medicare participants.

With the ever-rising cost of prescriptions, this can be a very valuable program. If you will be new to Medicare, this program is important to you also! This presentation is not for individuals on an employer sponsored plan or for those wishing to remain with their Medicare Advantage plan.

Do you want to save money on prescription drugs? Not reviewing your plan annually could be costing you money. If you are enrolled in a private drug prescription program, it is recommended that you review your drug plan annually. There can be annual changes in the factors that impact cost, these include premiums, deductibles, copayments and formularies.

Medicare has an open enrollment period from October 15 thru December 7. To learn more about this program and what you need to do, come to the presentation by Kathleen Kapusta, Village Social Worker. To register, call 440-786-2964 by Sept. 30.
### October Recreation News

**Event:** 3 STOP TRIP  
**Date:** Tuesday, October 1  
**Time:** Leaving the WH Event Center at 9:00am  
**Site:** Mentor & Chardon  
**Cost:** $3.00 + what you buy and eat  
**Note:** 1st stop - Breakfast at Yours Truly in Mentor, 2nd stop - Great Harvest Bread Co., 3rd stop - Sage’s Apples in Chardon

**Event:** MEDICARE PART D PRESENTATION  
**Date:** Thursday, October 3  
**Time:** 7:00pm  
**Site:** WH Event Center  
**Cost:** Free  
**Note:** See page 5 for more information. Presented by Kathleen Kapusta. To register, call 440-786-2964 by Sept. 30.

**Event:** CANTON BREWERY  
**Date:** Tuesday, October 15  
**Time:** Leaving WH Event Center at 10:00am  
**Site:** Canton  
**Cost:** $12.00 + Lunch  
**Note:** Tour, Lunch & Samples

**Event:** FLU SHOTS  
**Date:** Wednesday, October 23  
**Time:** 9:30am to 11:00am  
**Site:** WH Event Center  
**Note:** Call Village Hall at 440-232-7800 to set up your appointment time.

**Event:** CUYAHOGA VALLEY TRAIN RIDE  
**Date:** Thursday, October 24  
**Time:** Leaving the WH Event Center at 8:30am  
**Site:** Cuyahoga Valley  
**Cost:** $30.00  
**Note:** This is a 3 1/2 hour train ride to Akron with a box lunch.

**Event:** VILLAGE HALLOWEEN PARTY  
**Date:** Sunday, October 27  
**Time:** 5:00pm  
**Site:** WH Event Center  
**Cost:** Free  
**Note:** Entertainment, crafts, costume contest, trick or treat street, pizza, snack, and beverages. Any residents, family or civic group that would like to pass out treats please call the Recreation Dept. at 440-786-2964

**Event:** SENIOR LUNCH  
**Date:** Monday, October 28  
**Time:** 11:15am  
**Site:** WH Event Center  
**Cost:** $7.00  
**Note:** Call 440-786-2964 to join us for lunch, and some Halloween fun! Costume contest, Halloween Bingo - win some prizes, enjoy the company and a good meal!

**Event:** THE BOOKWORM’S BOOK CLUB  
**Date:** Monday, October 28  
**Time:** 7:00pm  
**Site:** WH Event Center  
**Note:** Join our club to discuss a book that you have a month to read. Questions? Call Carol 440-786-2964.

**Event:** MGM Northfield Park  
**Date:** Monday, November 4  
**Time:** Leaving the WH Event Center at 9:45am - Staying till 3:00pm  
**Cost:** Free  
**Note:** Receive $25.00 in free play + free lunch buffet! Must sign up by Oct. 30.

**Yoga** – Every Wednesday evening at 7:00pm in the Community Event Center.  
Kathy is certified with 12 years of teaching experience. She leads a gentle yoga class that focuses on the mind, body and spirit through a combination of centering, breathing, postures & flows, with a touch of meditation. Postures can be adapted to your physical abilities. $75.00 for 7-1-hour sessions. Drop ins are welcome- $12.00

**CAROL’S BOOKWORM REVIEW**  
Last Month we read  
“The Only Woman in the Room” by Marie Benedict  
We rated this book a 3 out of 5
October 2019

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**FLU SHOT CLINIC**

With flu season right around the corner, now is the time to get your flu shot. The flu shot clinic will be held on Wednesday, October 23rd from 9:30 – 11:30am at the Community Center on Alexander Road.

The flu shot clinic is primarily for residents who are 65 years of age or older. Some younger residents diagnosed with chronic illness will also be served. The cost of a flu shot is $40.99. Pneumonia shots will also be offered for 69.99. However, there is no cost to residents whose primary insurance is Medicare Part B or if their insurance covers the cost. Most insurance plans are accepted unless a required deductible has not been met. Registration is required. Call Village Hall at 440-232-7800 to make your appointment.

Calendar subject to change. Please refer to the calendar on our website for most up to date information:

[www.waltonhillsohio.gov](http://www.waltonhillsohio.gov)
When breast cancer is caught early, the survival rate is nearly 100%.*

Getting your annual mammogram is the only way to find cancer when it is small and treatable. University Hospitals’ expertise has you covered with:

- **Annual mammograms** recommended for age 40+
- **28 UH screening locations** throughout Northeast Ohio
- **3-D Mammograms** An advanced mammogram that offers better cancer detection
- **30 minute screening mammogram** and same-day results at select locations**
- **Fast Breast MRI** A 10-minute, self-pay exam that may detect more cancers in dense breasts

To schedule your UH mammogram at any UH location, call 216-714-7724 or visit UHhospitals.org/Mammogram

*The five-year relative survival rate of women with localized stage of breast cancer is close to 100 percent. Source: American Cancer Society.

**Available at select locations: UH Minoff Health Center at Chagrin Highlands and UH Cleveland Medical Center