

The 4-1-1 on 2-1-1



2-1-1 updates for the week of June 16th, 2024

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SAVE THE DATE!

PREP FOR EXTREME HEAT

HARM REDUCTION TOUR

NAMI PEER TO PEER

RECOVERY BREAKFAST

CRAFT

GIRLS CIRCLE

AND MORE

Find our newsletters online at:
www.211ashtabula.org/newsletters

What Am I Reading?

First of all, thank you for your interest in sharing Ashtabula County resources! This newsletter, 'The 4-1-1 on 2-1-1' is created by 2-1-1 Ashtabula County to share timely and relevant resource information.

This newsletter is released weekly, on every Monday. You can find it on our website at 211ashtabula.org or on our Facebook page, 2-1-1 Ashtabula County.



Ashtabula County
Helping People. Changing Lives.

SAVE THE DATE

For the next
2-1-1 Keys to
Community



Please join us for our quarterly 2-1-1 Keys to Community event, where we share information about our 24/7 information and referral service and the programs listed in our resource database!

Wednesday
July 17th
at ACDL

Community speakers to be announced!



Upcoming Mobile Food Pantries

The mobile food pantry program provides produce giveaways in multiple places in the county. For more information about your regular local food pantry, please call 2-1-1.

Monday, June 17th
GO CDC
3703 Station Avenue
Ashtabula, OH
10:00am-12:00n

**Looking for your local
food pantry?
Call 2-1-1.
Or text your zip code to
898211**



Fresh produce is in your future!



Have you applied for your benefits yet? Eligible Ohioans can register for the 2024 edition of the Senior Farmers Market Nutrition Program for \$50 worth of produce, herbs, and honey at farmers markets in Ohio.

Sign up today: aging.ohio.gov/SFMNP



Available now!

Seed Library

at the Ashtabula County District Library



HYGIENE ITEMS NEEDED

SCAN HERE TO SHOP OUR AMAZON WISH LIST

PLEASE CALL OUR OFFICE AHEAD OF TIME TO DROP OFF DONATIONS.
PHONE # (440) 992-2121
OFFICE HOURS:
MONDAY-FRIDAY 10:00AM- 4:00 PM

Catholic Charities of Ashtabula County
Providing Help. Creating Hope.

ASHTABULA



BE PREPARED FOR EXTREME HEAT

Extreme heat often results
in the highest annual
number of deaths among all
weather-related disasters.

In most of the U.S.,
extreme heat is a long period
(2 to 3 days) of high heat and
humidity with temperatures
above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases
the feeling of heat as
measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members
and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat
exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets
in a closed car.

HOW TO STAY SAFE

WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit: www.cdc.gov/disasters/extremeheat/warning.html.

Be Safe DURING

Never leave a child, adult, or animal alone inside a vehicle on a warm day.

Find places with air conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat wide enough to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize + RESPOND

Know the signs and ways to treat heat-related illness.

Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

Take an Active Role in Your Safety

Go to Ready.gov/heat. Download the **FEMA app** to get more information about preparing for **extreme heat**.





NAMI Family to Family

NAMI Ashtabula County is currently registering for our Peer-to-Peer Classes which are Starting Wednesday, July 17, 2024 and continue weekly for 8 weeks from 6:00 to 8:00 pm at the Community Counseling Center Clubhouse.

It is a free, eight-session educational program for adults with mental health conditions who are looking to better understand themselves and their recovery.

Taught by trained leaders with lived experience, this program includes activities, discussions, and informative videos. However, as with all NAMI programs, it does not include recommendations for treatment approaches. The class is offered free of charge with all materials provided.

To register, contact: NAMI Ashtabula Co OH (440) 606-6264 or email ashtabulanami@gmail.com

NAMI Ashtabula County is currently registering for its free Family to Family training which will begin Tuesday, July 2, 2024 from 6:00 to 8:30 pm at Community Counseling Center Clubhouse 2801 "C" Court Ashtabula OH 44004.

This course is designed for family members and close friends of those who suffer from severe and persistent mental illness. It is an 8 session program which meets once a week for 2 ½ hours. The course covers diagnoses and symptoms of the major mental illnesses, how the brain is affected, medications, coping and communication skills, and a lot more designed to assist families in helping their loved ones on their recovery journey. The course is conducted by trained family members and is offered free of charge with all materials provided.

To register, contact NAMI Ashtabula County call 440-606-6264 or e-mail ashtabulanami@gmail.com .



Recovery Breakfast

Community
Counseling
Center



OhioRISE:

Resilience through Integrated Systems and Excellence



Please join us for fellowship and a community discussion about recovery and connection on Friday, June 21st, 2024 at 8:00am.

Join us IN PERSON!

2801 C Court Ashtabula, OH 44004

Zoom Link: <https://us06web.zoom.us/j/85145995800>

Meeting ID: 851 4599 5800

Please RSVP to:

Meg Kelner

E-mail: kelnerm@ravenwoodcme.org

Phone: 440-855-0499

Community Counseling Center is a non-profit behavioral health provider focused on engaging the community in recovery.

Stay connected with us at: cccOhio.com

440-998-4210

C.R.A.F.T.

Community Reinforcement and Family Training

2nd Tuesday of each month

Ashtabula YMCA

4th Tuesdays of the month at

Anchor of Hope

149 East Main St. Andover

Every other Tuesday at CCC

Ashtabula office

All Groups start at 4:30pm

- DO YOU HAVE A FAMILY MEMBER OR FRIEND STRUGGLING WITH A SUBSTANCE USE DISORDER?
- DO YOU STRUGGLE WITH KNOWING HOW TO COMMUNICATE WITH AND SUPPORT YOUR LOVED ONE?

Gas Card Incentives now provided at 1st, 3rd and 5th sessions

To Register Connect with Daisy R. 440-855-3148

CRAFT is offered free due to funding from the Ashtabula Mental Health and Recovery Services Board



Ashtabula County Harm Reduction Library Tour



NALOXONE KITS, FENTANYL TEST STRIPS, HARM REDUCTION EDUCATION

EVERY 3RD THURSDAY

(District Library every other month starting November)

Henderson Public Library 9AM-10:20AM	Conneaut Public Library 11AM-12:30PM	Harbor Topky Library 1PM-2:30PM	Ashtabula County District Library 3PM-4:30PM
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EVERY 3RD FRIDAY

Geneva Public Library 9AM-10:30AM	Rock Creek Library 11AM-12:30PM	Grand Valley Library 1PM-2:30PM	Andover Public Library 3PM-4:30PM
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Provided by Ashtabula County Health Department

“Who I am”

Girls Circle Group

This Girls Circle group is for females ages 13-17. The group provides discussions and hands on activities about assertiveness skills and goal setting. The group explores ways to promote “Journaling and Self-Disclosure,” “Expressing Who I Am,” “Personal Growth,” and “Life Goals.”

Start Date: June 19th for 8 weeks

Time: Wednesdays, 4:00pm-5:00pm

**Location: Community Counseling Center
2801 C Court**

To Register Contact Kali Beck at
kali.beck@cccoho.com or 440-855-2285

