

Get Healthy & Fit In the Fall Health Challenge!

Fall 2019



Represent Central/Kinsman in the Eight Week Health Challenge. BBC will be hosting cooking classes in Cornucopia Place and nature walks through the Kinsman neighborhood during this challenge.

The Eight Week Health Challenge is part of the Healthy Communities Initiative – a collaborative effort between Cleveland Clinic and community partners to promote

optimal health and wellness. Based on the Community Health Needs Assessment and utilizing combined resources within our local communities, these programs will be customized around three core areas: education, nutrition and physical activity.

The Central/Kinsman neighborhood won two challenges in a row! Let's continue on this streak and win this fall. Call BBC's office at 216.341.1455 for information on programming in Cornucopia Place. – Sherita Mullins



Join Us at the **BOXSPOT** Open Air Market

EVERY SATURDAY | E. 81st St. & Kinsman Rd.
1-5pm | Sept. 14th - Oct. 26th

Find yourself at the **Box Spot Open Air Market**, where you can enjoy small business shopping, delicious food & drink, live entertainment and games all day long! This event is family-friendly, pet-friendly, **FREE** and open to the public to attend.

SEE THE NEWLY RENOVATED EAST CEDAR APARTMENTS



BBC is excited to announce

that the construction of East Cedar Apartments is complete.

BBC served as the sole developer of the \$1.55 million project. Since 2000, at least two private developers attempted to renovate the building, but both were unsuccessful. BBC purchased the blighted vacant apartment building at the corner of E. 73rd St. and Cedar Ave. at a sheriff sale. BBC's architect, City Architecture, reconfigured the building as twelve affordable apartments, each with contemporary colors and finishes. Spacious kitchens feature high-quality quartz countertops and ample cabinets. Some of the apartments have countertop bars that eliminate the need for a dining room table. Other interior amenities include in-unit washers and dryers, energy-saving LED lighting, and central air. A few of the units have views of the downtown skyline. With a bus stop nearby and the RTA Health Line two blocks away on Euclid Avenue, car-free living is entirely possible at East Cedar Apartments. But for those households with an automobile, the property includes a secure, gated parking lot. The building is fully leased at this time, but interested persons are welcome to contact us at 216.341.1455 to periodically inquire about availability.

– Jeffrey Sugalski

BBC WELCOMES



After a year training with BBC, **Gwen Graffenreed** was hired as a part-time Receptionist. Gwen is a native Clevelander and retired licensed Preschool Teacher. She came to BBC from the National Caucus and Center on Black Aging. She has resided in the Buckeye-Shaker neighborhood for over thirty years. She is a graduate of the Neighborhood Leadership Cleveland program at Cleveland State University. She devotes her time and energy to culture and civic activities in her community.



Aisia Jones is the new Community Wraparound Assistant for Anton Grdina and George Washington Carver elementary schools. Aisia is Cleveland born, New York raised and is a civic and economic advocate. She yearns to spread the message of self-confidence, self-awareness, community and entrepreneurship through modern avenues of communication. Aisia is the current cohost of Our Voices Today on WOJU 95.9 FM, host of community events for local community centers and very involved in the CMSD parent community. Her mission is to unite and conquer through knowledge, arts and culture; positive community relations and partnerships.



Kory Clark is the new Real Estate Development Specialist for Buckeye. Kory is a graduate of Ashland University with a degree in Finance with a focus in asset management. Prior to joining the BBC, Kory has worked in real estate investment and development and commercial real estate brokerage.

One Home Maintenance Item You Should Do or Have Done Every Fall

Autumn means back to school, football, and leaves changing colors and falling from trees.

While we love trees for their many benefits, leaves can present real problems to homeowners if not properly addressed.

Our advice is that it's very important to clean your gutters every year after most of the leaves have fallen.

THERE ARE SEVERAL REASONS WHY:

- Water can't drain from gutters if leaves and debris clog them up. That standing water will weigh your gutters down, especially when it turns to ice. In severe cases, the weight can cause your gutters to fall off of your home.

- If your gutters are clogged, water can drip to your foundation, eventually making its way into your basement. Wet and moist basements can create mold and mildew, and can potentially impact the health of your family.

- Leaves may be washed down your downspouts and into the drain tile (the pipe underground on your property that sends water to the street sewer). There, leaves can get clogged and turn as hard as cement, which blocks the drain and sends water back into your basement. The blocked drain tile will either need to be power snaked by a plumber to remove the blockage or worse, excavated and replaced. This could be expensive.

BBC is pleased to offer free gutter cleaning to eligible homeowner households in Central, Kinsman, and Buckeye later this fall. For more information or to request an application, please contact BBC's home repair staff at 216.341.1455.

Otherwise, home experts estimate that the cost of having a contractor or handyman clean your gutters should be \$75 to \$250. However, the length of your gutters, complexity of your gutter system, and height of your home all factor into the price.

If you do the job yourself, exercise extreme caution to remain safe. Ensure you have a sturdy ladder in good condition and that it is placed on a stable, level surface before you step. Having a helper to assist you makes the job easier.

– Jeff Sugalski

Burten, Bell, Carr Development, Incorporated

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FOCUS on Fathers, FOCUS on Housing

BBC's Benne Christian is starting her second year of service to the community through the AmeriCorps program. Benne serves as a Parent Support Specialist at Anton Grdina Elementary School in Kinsman. This year, she will lead the Focus program that will connect residents to job opportunities and financial literacy training to access housing opportunities. The Focus program will have two components: Focus on Fathers will target fathers in the community to help them address barriers to employment and ultimately find jobs. Focus on Housing will target anyone seeking better housing and will help them develop financial literacy skills to obtain better housing. BBC staff identified these two areas of focus during

our 2018-19 programming year. Community events targeted to fathers consistently had great attendance. In conversations with community members they also expressed a desire for better housing.

Anton Grdina Elementary School in the Kinsman neighborhood will be the primary location for the large events and group activities of the Focus program. Benne Christian will provide one-on-one services at the school and other community locations such as the Garden Valley Library, Cornucopia Place, Sunshine Café and more. For more information on the Focus program, please contact Benne Christian at BBC at 216.341.1455.

– Joy Johnson



Emerging Initiatives in Buckeye

This fall season in Buckeye is going to be even greater! BBC has worked diligently to bring resources to the Buckeye Community. Thanks to Ward 6 Councilman Blaine Griffin, we are currently underway with bringing public art to the eastside of Cleveland! Elevate the East is an art planning project that will assist BBC in securing funding for local artists to beautify the Buckeye, Woodland Hills, and E. 93rd Street communities! There is still time to let your thoughts be heard. Take the survey and stay up to date with the upcoming community events at www.elevatetheeast.org.

In addition, we are excited to continue bringing resources to Buckeye residents through our Home Repair Assistance

Program! This program is available to Buckeye residents who are on a fixed income, currently own and live in their home, and are up to date on their taxes. Please stop by our office and fill out an application today!

Lastly, as we continue to get to know our residents, we want you to get involved in what goes on with your street and your neighborhood. The more organized residents are, the greater the impact you make on the decisions that can occur in your community. Forming a street club is one avenue to ensure organization amongst your neighbors and a solid voice to determine what the community wants and needs. If you are interested



in forming your own street club, please reach out to BBC's Community Outreach Coordinator, Austreeia Everson for more info at aeverson@bbcdevelopment.org or 216.341.1455.

– Dawn Mayes

Resident Leadership Opportunities Through the HEAL Initiative

The term "healthy" is defined differently by many people. According to the Merriam Dictionary, healthy is defined by "sound, wholesome, robust, enjoying or indicative of good health. Healthy implies full strength and vigor as well as freedom from signs of disease. A healthy family emphasizes the absence of disease, weakness, or malfunction."

What does "healthy" mean to you and your family or community? Are you living a sound and wholesome life? If the answer is no, have you considered the reasons why?

To help residents achieve their level of healthy living, BBC is offering resident

leadership opportunities around Healthy Eating, Active Living, "HEAL." Through HEAL, residents will have access to training and resources to figure out what is "healthy" for themselves, family and community. This initiative will walk you through how your neighborhood can be healthier through healthy food access and an active lifestyle.

In more detail, residents will participate in a set of trainings to learn about aspects of living a healthy life in a fun and informative way. You will learn how to develop project ideas that can include but are not limited to healthy cooking, healthy food access, community gardening and exercise. You will also identify the funding resources to make



Central Neighborhood's Health Eating, Active Living Network

the project a reality. You will foster your own personal and professional growth. As part of a neighborhood-wide team, you will also have an opportunity to exchange ideas with like-minded people and community organizations that are passionate about improving the health of the Central/Kinsman neighborhoods and building community. You will learn about what you and your neighbors can do to eat healthier food, provide health food access, and living actively.

If this initiative ignites a passion or interest within you, call Sherita Mullins at BBC's office at 216.341.1455.

– Sherita Mullins



NATURE WALK WEDNESDAYS

What are some of your favorite outdoor spots around the Kinsman neighborhood? What do you love about being outside? Once a month we are checking out all the awesome neighborhood outdoor spaces together! Join us for the fall Neighborhood Nature Walk Wednesdays! We will gather as neighbors and enjoy the outdoors together as we walk to Hillside Park and Otter Park. During the evening walks we will be joined by On the Move Nutrition to talk about healthy eating. These walks are a part of the fall 8 Week Health Challenge running from September 5th- October 24th. Let's win a third challenge! Walks will begin at BBC's office, 7201 Kinsman Road. All ages welcome, and youth to be accompanied by an adult. Please contact BBC's Emily Thompson at 216.342.2847 if you have questions.



**Upcoming Walks: Wednesday, September 18th at 10:30am and 5:30pm
Wednesday, October 9th at 10:30am and 5:30pm**

For information on any of our programs, call us at 216.341.1455. Follow BBC on Facebook and Twitter

DATE	TIME	EVENT	LOCATION	ADDRESS
Sep. 14	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
Sep. 14	1pm	BOXSPOT Open Air Market (Saturdays until Oct. 26)	BOXSPOT	8005 Kinsman Road
Sep. 18	10:30am & 5:30pm	Neighborhood Nature Walk Wednesdays	Bridgeport Place	7201 Kinsman Road
Sep. 24	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Sep. 25	3pm	The Legal Aid Society of Cleveland Free Clinic	Cornucopia Place	7201 Kinsman Road, Ste 103b
Sep. 25	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
Oct. 9	10:30am & 5:30pm	Neighborhood Nature Walk Wednesdays	Bridgeport Place	7201 Kinsman Road
Oct. 12	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
Oct. 18	11:30am	BOXSPOT Ribbon Cutting	BOXSPOT	8005 Kinsman Road
Oct. 23	3pm	The Legal Aid Society of Cleveland Free Clinic	Cornucopia Place	7201 Kinsman Road, Ste 103b
Oct. 23	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street
Oct. 24	5:30pm	Neighborhood Health Challenge Finale Event	Cleveland Clinic Langston Hughes Community Health & Ed Center	2390 East 79th Street
Oct. 29	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Nov. 9	12pm	Ward 5 Club Meeting	Vocational Guidance Services	2235 East 55th Street
Nov. 26	7pm	3rd District Police Comm. Relations Meeting	3rd District	4501 Chester Avenue
Nov. 27	3pm	The Legal Aid Society of Cleveland Free Clinic	Cornucopia Place	7201 Kinsman Road, Ste 103b
Nov. 27	7pm	4th District Police Comm. Relations Meeting	Covenant Comm. Church of Clev.	3342 East 119th Street

CURRENT EVENTS

If you would like to submit an event to our Current Events calendar, please contact Joy Johnson at BBC, 216.341.1455. Please call Councilwoman Cleveland's office to confirm all community meetings at 216.664.2309.

Thank You

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