

Mayor Jensen's Message to the Community



Mayor Jensen with his family

I have been thinking a lot lately about all the things I am grateful for. Seeing the veterans banners as I drive down Detroit Road is one of them. Each time I drive that stretch of road, it is impossible not to think of their sacrifices and be reminded of how grateful I am for each of them. We owe every veteran, not just those on the banners, a debt we can't possibly repay. Looking at those banners reminds me of that. As I drive through the center of town, I also notice all the flowerpots, filled with beautiful flowers. These are thanks to the French Creek Foundation and volunteers who choose to use their time to help beautify our downtown area. I am thankful they care so much about our City.

Something else that has made me really think about how grateful I am is when I walk through the 35-acre Traxler-family property off Stoney Ridge Road that the City is hoping to own very shortly. This is a really unique parcel of land. There's an old bridge on this property, and the view from the bridge is beautiful. As you walk further into the site, you reach an opening where you see farmland, reminiscent of the time when Avon was almost entirely farmland. Looking north, you can see the steeple of St. Mary's Church, which looks like a picture postcard. We plan to preserve the area as an arboretum because it was once a tree farm and many different trees can be found on the property. As I walk this property, I am struck by the quiet and peacefulness of nature and it is impossible not to be reminded of all the things in my life that I am so grateful for.

Speaking of parkland, by the end of this year, we will have another new park with walking paths adjacent to the Avon Isle off Detroit Road. Once owned by the Lustri family, this land is nearly 49 acres of a heavily wooded area. The Lorain County Metro Parks purchased this land and will be working on establishing the walking paths throughout it. The French Creek runs

through this property, as well as through the Traxler property.

I'm so grateful for the members of City Council and our city staff. As for purchasing parkland, the credit belongs to them for making these opportunities a reality. It would be impossible for me to do this alone. Our team, including the Police and Fire Departments work hard to stay focused on what is important, which is serving the residents of Avon. Perhaps I don't say it enough, but I am grateful for their loyal and dedicated service. I'm proud of what we have done so far and look forward to accomplishing many more things in the coming years.

I hope you are enjoying your summer and you get the opportunity to enjoy the outdoors, spend time at our pool and parks, and reflect on all that you are thankful for in your own life. My Mom always used to sing "Count your many blessings, name them one by one, count your many blessings..."

It is an honor and blessing to serve as your Mayor,

Bryan K. Jensen

"But the one thing I can't get over is how'd a guy like me who'd a been fine with three, wind up with a five leaf clover" — Luke Combs

COMMUNITY

Summer Lunch Program Provides Free Meals



Summer lunch program included songs, dodgeball and a puppet show.

When Pastor Jeffrey Phail from Christian Heritage Assembly of God was at police chaplain training in Louisville, Kentucky, he met a pastor from Berea who talked about his summer lunch program to provide free meals for those needing food assistance. That talk planted a seed with Pastor Phail, who helped form a new ministry in Avon.

The first step was to evaluate the need for such a program in Avon, which led to speaking with then Avon Local School District Superintendent Mike Laub. The school district agreed to host meetings with a number of churches to plan the lunch program. Over the years, the program has grown to involve many businesses and individuals.

Through generous support of many Avon restaurants and businesses, the Summer Lunch Program is able to provide lunches

to families and individuals who need food assistance five days a week throughout the summer. The Avon Police Department, Avon Fire Department, Avon Local School District and Avon Branch of the Lorain Public Library System are all actively involved in the program.

The independent organization Love INC. evaluated the program and provided positive feedback, noting Avon’s Summer Lunch Program was a first-of-its kind program in America with churches coming together and the city schools, police, fire, library, and many businesses and restaurants in town making donations. Love INC. said to keep doing it!

Churches in the community each commit to the program for one week in the summer. During that week, the church plans activities and provides lunches. In

addition to lunch, each day consists of a faith-based program talking about no bullying, loving your neighbor, and more positive messages.

Helping make the program possible are Community Resource Services (CRS) and Meijer, who provide churches with gift cards to purchase meals. Some of the restaurants that donate include Masters Pizza, Cane’s, Culvers, Crumble, Beerhead, and Tom’s Country Place, as well as Heinens and Costco, etc.

Participants in lunch program include:

- Christian Heritage
- Holy Trinity
- St. Mary’s
- Church on the North Coast
- FMU Fitness Church
- Word in Worship
- Journey Church
- United Methodist Church
- Avon Local School District

The program runs from June 12 to August 11. Residents who want to help support this program or are in need of help can reach out to Pastor Phail at pastorphail@christian-heritage.org.



Construction Update

There will be various construction projects throughout Avon during the end of summer and fall. For the most up-to-date information, please check the City of Avon website. Additional information will be provided to the residents and businesses within each area.



Scan QR code for link to construction updates

AVON POLICE DEPARTMENT *By Daniel N. Fischbach, Chief, Avon Police department*

The Rights and Responsibilities of Pedestrians, Bicyclists, and Motorists



With summer here, it's the perfect time for walking and biking around Avon. Here are a few reminders:

CROSSWALKS: We often get complaints from pedestrians reporting that cars are not stopping for the yellow caution lights that have been installed throughout the City at select crosswalk locations. Contrary to what many believe, the yellow caution lights do not require the driver of an approaching vehicle to stop at the crosswalk. The lights merely serve as a visual notice to motorists that someone may be crossing the roadway in a marked crosswalk.

The Ohio Revised Code (4511.46) and Avon Codified Ordinance (416.01) state that the driver of a vehicle approaching a pedestrian already in a marked crosswalk shall yield the right of way to the pedestrian. However, these codes also state that pedestrians shall not suddenly leave the curb or other place of safety and walk or run into the path of oncoming traffic. What this means is that pedestrians must wait to enter a crosswalk or attempt to cross the road once there are no oncoming vehicles or oncoming vehicles are far enough away that they would not pose an immediate hazard to the pedestrian. Once the pedestrian has safely entered the crosswalk or roadway, then all vehicles must yield the right of way to them.

SIDEWALKS: Avon continues to work on adding additional sidewalks throughout the City to improve pedestrian safety. The Ohio Revised Code and Avon Codified Ordinances both state that when a sidewalk is available and its use is practical, pedestrians shall use the sidewalk instead of walking on or alongside any roadway. Where sidewalks are not available, pedestrians should walk only on a shoulder of the roadway and as far as practical from the road edge. If walking alongside a roadway, pedestrians should walk on the left side of the roadway against traffic.

BICYCLES: The law allows for bicycles to be ridden on roadways or sidewalks, at the discretion of the rider. If riding on a sidewalk, the bicyclist must yield the right of way to any pedestrian on the sidewalk and is supposed to give an audible signal before overtaking or passing the pedestrian. Also, when riding on a sidewalk and going across or through any intersection involving a through street, such intersections are to be crossed by walking the bicycle across the intersection and not riding it. When riding on roadways, bicyclists must ride as near to the right side of the roadway as practical going with the direction of traffic. Bicyclists must also obey all traffic rules that apply to vehicles traveling on the same roadway (stops signs, traffic signals, etc.).

Whether you are driving a vehicle, riding a bike, or a pedestrian on our sidewalks, it is everyone's responsibility to do so safely and look out for each other. Slowing down and being patient with each other goes a long way in keeping our roadways and walkways as safe as possible for everyone to enjoy!

BUSINESS UPDATE

Now Open

Annie's Automotive

32094 Detroit Road
formerly *Detzels Automotive*

Apex Dermatology

36885 American Way, Suite A
Avon Pointe

Avon Self Storage

1100 Nagel Road

Bella Mae Market & Boutique

34420 Mills Road

BibiBop Asian Grill

36050 Detroit Road
French Creek Square
formerly *Verizon Wireless*

Canvus, LLC

1350 Moore Road

Chili's Restaurant

35585 Chester Road



City BBQ Ribbon Cutting

Costa 10 Minute Oil Change

38296 Colorado Avenue
formerly *Valvoline Oil Change by BJ's*

Crash Champions

38401 Chester Road
formerly *Lake Erie Harley Davidson*

Freddy's Frozen Custard & Steakburgers

35815 Chester Road

GetGo Car Wash

33501 Just Imagine Drive

BUSINESS UPDATE

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DEPARTMENT UPDATES

Zoning Reminders

By Jill Clements, Zoning Enforcement Officer



Any home-based business within the City of Avon is required to complete a Home Occupation Permit located on the city website at www.cityofavon.com under the Zoning Department. Anyone engaging in a home occupation without a permit will be deemed a nuisance under Section 1238.03 and punishable pursuant Section 1238.09.

As fall is quickly approaching, just a couple reminders about grass and weeds and recreational equipment: It is the responsibility of the property owner to maintain their grass and weeds under Section 650.05 to avoid being deemed a public nuisance. Major recreational equipment like mobile homes, campers, etc. cannot be stored in the driveway for not more than 24 hours during loading and unloading. The storage of such equipment must be in an enclosed building or behind the nearest portion of a building to a street and must be at least 5 feet from the adjoining property line pursuant to Section 1292.

If there are any questions on either of these two issues, contact Jill Clements, Zoning Enforcement Officer at 440-937-7810.

Water System Project Updates

By Brian Bruce, Superintendent of Utilities

The Utilities Department has completed two important projects this year aimed at ensuring our water distribution system is more resilient and able to keep up with increasing demand. Early this year, we completed a rehabilitation and upgrade project to our Miller Road Booster Pump Station, which was originally installed in 1987. This project included doubling our pumping capacity, upgrading all mechanical components of the station, and installing a backup generator to ensure we can seamlessly pump water from this station when needed. The second project this year was our Center Road Water Storage Tank project, which included painting the interior and exterior of the tank, which was last painted in 2001. The new paint



will allow this tank to continue servicing our water system for another 20 years and we are proud to now have the City of Avon logo on this tank. Both the Miller Road Booster Station and Center Road Water Storage Tank are back in service and ready for the increased demand of the summer months.

FRENCH CREEK FOUNDATION

Beautifying Avon in Multiple Ways



Christmas came early for nearly 100 children and their families at a Christmas in July event on July 20 at Main Event. The French

Creek Foundation held the event with the support of the City of Avon, Mark Wahlberg Chevrolet, Wealth Health, LLC, and Super Heroes to Kids. The VIP children were selected by the Avon Local Schools and the Super Heroes to Kids in Ohio organization. Main Event generously donated the room and free play for the children. The French Creek Foundation provided a food buffet. Santa, characters from the Fairytale Foundation and the Super Heroes to Kids in Ohio made special appearances.

The French Creek Foundation is dedicated to the development and revitalization of Avon's French Creek District through improvement projects and beautification of public areas. Its mission has evolved over the years to not just include the beautification in literal terms, but also the heart of the City. The foundation is going deeper than lighting the tree and bringing joy into the lives of children through various activities. The Christmas in July event has been a goal for French Creek Foundation President Clint Gault for years. He said the foundation is grateful for all the support to be able to provide this event to the group of VIP children. The committee is looking forward to the 2024 event and providing this special event for many years to come!



AVON FIRE DEPARTMENT

Open Burning Regulation

Open burning shall be conducted in a safe manner and remain compliant with The Ohio Fire Code (OFC), section 307, which is the minimum standard for open burning and recreational fires in the State of Ohio.

The Avon Fire Department receives many requests for information related to open burning requirements. The most common request is for information concerning the requirements for having a recreational fire.

A recreational fire is an outdoor fire burning materials other than rubbish where the fuel burned is not contained in an incinerator, outdoor fireplace, portable outdoor fireplace, barbecue grill, or pit and has a total fuel area of 3 feet or less in diameter and 2 feet or less in height for pleasure, religious, ceremonial, cooking, or warmth purposes.

Residents may have recreational fires subject to the following rules:

1. The only material that can be burned is clean dry wood as a fuel source. (No yard waste, rubbish materials or prohibited materials defined by the OAC may be burned at any time.)
2. Recreational fires shall not be conducted within 25 feet of a structure or combustible material if not contained in an approved container.
3. If the fire is contained in an approved UL listed container such as a portable outdoor fireplace, fire pit, or chiminea, the fire must be at least 15 feet from a structure or combustible materials.
 - A. Characteristics of an approved outdoor fireplace include:
 - a. Constructed of clay, cast iron, or cast aluminum.
 - b. Must have a chimney, screen, or top for spark arresting safety.
 - c. Shall be listed for use as an outdoor fireplace, fire pit, or chiminea.
4. Recreational fires conducted in gas-fired recreational pits shall not be conducted within 15 feet of a structure or combustible material.
5. The fire must be constantly attended while burning and must be extinguished if it is not attended.
6. A fire extinguisher or water source for extinguishing the fire must always be present.
7. The Fire Department is required to extinguish fires that create hazardous conditions.
8. The fire must not create an offensive or objectionable condition that interferes with the neighboring residents' use and enjoyment of their property. If this occurs, the Fire Department is required to order the responsible person to extinguish the fire, or it will be extinguished by the fire department.

**An outdoor fire that is fully compliant with the Ohio Fire Code may still be considered a nuisance fire if the fire interferes with neighboring residents' use and enjoyment of their property.*

Any permanently installed structure shall be built to Ohio building code standards and proper permits shall be obtained from the City of Avon Building Department. Contact the City of Avon Building Department for more information.

Please contact the Avon Fire Prevention office with any additional questions.

BUSINESS UPDATE

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Hunter International / STEM International

37779 Chester Road

Linder Health

1502 Lear Industrial Parkway,
Suite 2

Lear Industrial Parkway

McAlister's Deli

35355 Chester Road



McAlister's Deli Ribbon Cutting

Premier Bank

2100 Center Road, Suite A
formerly Northwest Bank



Premier Bank Ribbon Cutting

Rain Barrels N More

NEW LOCATION
36765 Detroit Road
French Creek Centre

StretchLab

35972 Detroit Road, Unit Z-1
Avon Commons
formerly Russel Realty

Ward Orthodontics

36422 Detroit Road

BUSINESS UPDATE

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Cahoon House Museum Update

The Cahoon House is open Wednesdays from 11 am to 1 pm. and Sundays from 1pm to 3pm. Open hours are subject to change. The museum will be open until the first weekend of December.

Have more questions? Please reach out to the Parks & Recreation Department at 440-937-4461.

PARKS AND REC UPDATE

A few friendly reminders when visiting the Canning Family K-9 Park with your 4-legged friend:

1. Dogs must be leashed prior to entering and upon leaving the fence area. Owners must have leashes visible at all times.
2. Dog waste must be picked up immediately by the owner and placed in trash cans.
3. For additional dog park rules & regulations, please visit our website cityofavon.com/778/Canning-Family-K-9-Park.

Full List of Programs & Events

A full list of City programs and additional youth sport organizations can be found on the City of Avon website. A full list of up-to-date events and links to youth sport organizations (soccer/little league/football/lacrosse) are also listed. These organizations are independent of the City, but utilize City fields.

Park Construction

Park Update: You may have noticed construction at Northgate Park. The restrooms are now open. Restroom construction has begun at Every Child's Playground.



Scan QR code for link to Parks and Rec Information

SAVE THE DATE

September 4, 2023
Closing day of Aquatic Facility for the season

September 9, 2023
Avon Safety Fair

September 16, 2023
Super Hero Day

October 7, 2023
Arbor Day Celebration

October 14, 2023
Not so Spooky Halloween

December 2, 2023
Avon Tree Lighting
Presented by the French Creek Foundation

Check City of Avon website for updates or changes to events.

SAFETY DIRECTOR CORNER by Duane Streater

Safety & Service Director Message

Clean Storm Water Starts at Home

When it rains, whatever doesn't soak into the ground, runs off roofs and yards, down streets and ditches, into the storm drains and then directly into rivers, lakes, and other local water bodies.

If the runoff is polluted, it is most likely due to our own actions. You can make a difference by taking the following actions:

- Pick up pet waste and dispose of it properly
- Don't litter
- Choose environmentally friendly household products
- Maintain your vehicle to avoid oil and gas leaks
- Stop using expensive toxic weed killers
- Inspect and pump your septic system every 2-3 years
- Drain swimming pools only when a test kit does not detect chlorine levels
- Wash your car on the lawn to keep soapy water out of storm drains and ditches
- Safely dispose of unused medications at the Avon Police Department; do not flush them down the toilet

These are just a few things you can do to help. For more information, please visit the Lorain County Storm Water Management District online under Resources/Education.

Avon Fire Department Car Seat Program



Life safety is top priority at Avon Fire Department. Of the many services Avon Fire Department provides, car seat installation is available to Avon residents. Child passenger seats are required for children and this measure alone can be a lifesaving decision that a parent or caregiver will make. According to the National Highway Traffic and Safety Administration (NHTSA), traffic collisions are the leading cause of death in

children ages 1-13. This reason alone is why child passenger seats not only need to be used, but also installed correctly.

Installing a car seat can be challenging especially for first time parents or caregivers. With many considerations, including the child's age, weight, height, which direction to install, how to install, and where to install, it can be confusing.

General rules of thumb: newborn to the age of 2 requires a rear-facing carrier, 2 and older forward facing with 5-point harness, then age and size dependent, and usually around 6 years old a booster seat can be used. The Avon Fire Department has seven certified car seat technicians available in assisting residents in installing, choosing, or checking their child's seat. Please call 440-934-1222 to schedule your appointment.

BUSINESS UPDATE

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Coming Soon

Avon Brewing Company
36383 Detroit Road

Chipotle
1485 Nagel Road
Nagel Crossing

Ethan Allen
35810 Detroit Road
Avon Commons
formerly Ethan Allen

Miller Road Mini-Storage Facility
1220 Miller Road

Noodles & Co.
33420 Just Imagine
Nagel Crossing

Starbucks
1443 Nagel Road
Nagel Crossing

Under Construction

BeeHive Homes Memory Care Facility
28550 Chester Road

Charley's Cheesesteak
35701 Chester Road

Galvin Therapy
33665 Lear Industrial Parkway

Millennium
34654 Mills Road

O.E. Meyer
929 Moore Road

Renew CLE – Custom Home Renovations
37060 Colorado Avenue

T-3 Phase 2
1965 Recreation Lane

Thomas English Shopping Center
36290 Detroit Road
formerly Countryside Antiques



Headquarters of Hunter International and a mural painting by Lisa Quine in their new space.

BUSINESS PROFILE

Hunter International Opens New Headquarters

From its new headquarters in Avon, companies and job seekers around the country rely on Hunter International for staffing and recruiting solutions. Hunter has called Avon home since 2009, but recently moved into a newly built 32,000-square-foot global headquarters office building at 37779 Chester Road. The new headquarters is home to 45 employees. The fast-growing recruiting and staffing firm expects to continue adding staff as it hires a new class of employees each quarter.

As its website states, “we connect clients with the best and brightest talent in their industry.” The new headquarters building is designed to help attract top talent to the company itself.

“The goal is for employees to have a destination campus to come to, a home away from home,” said Gabrielle Christman, President and CEO of Hunter International. “The building is very open and comfortable for employees, with collaborative spaces and a lot of natural light. There is a common area with a mural on the wall depicting life at Hunter, what we call ‘Rooted in Connection’. With the location, we want employees to have a short commute and a quick return to families at the end of the day.”

Hunter purchased the land in 2012 with a goal to build a new headquarters on it once the company grew large enough. Specializing in sciences, technology, engineering and mathematics (STEM) careers, Hunter serves Fortune 500 companies in a variety of industries, from aerospace to pharmaceutical to agricultural sciences and more. Gabrielle said STEM staffing has had significant growth, which allowed the company to exceed its goals and continue to expand its market presence. She said that if current growth

continues, they will begin planning for a second building on the property in approximately five years.

Hunter International is Women’s Business Enterprise National Council (WBENC) Certified, which is the gold standard for women-owned businesses in the United States, as well as Ohio Women-Owned Business Enterprise Certified. Gabrielle is actively involved with WBENC nationally and actively supports fellow entrepreneurs. In the community, Hunter supports local and national organizations and causes, such as SPARK Cleveland (an organization designed to inspire girls to pursue STEM careers), American Heart Association’s STEM Goes Red for Girls, and Community Resource Services in Avon.

Hunter is a family affair that is truly rooted in Avon, with Scott Christman, Gabrielle’s husband, serving as the Chief Operating Officer. Gabrielle said the company is proud to be a member of the Avon community. “We always loved having Hunter International in our city, but having them at their current location is a testament to Gabrielle’s hard work and dedication,” said Mayor Jensen.

“We are in this space because we want to know who residents are and what they do. We want to encourage them that if they are looking for work or to see what else is out there for work, they have a footprint of a nationally recognized placement company that would love to help them,” said Gabrielle. We encourage Avon residents to contact Hunter if they need help with job placement to find meaningful work in their industry or someone to review a resume. The company also offers informative job seeking tips on its website, www.hirerecruiting.com.

Around Avon



Memorial Day Parade, May 31



Memorial Day Parade, May 31



Memorial Day Parade, May 31



Memorial Day Parade, May 31



Planting Day in Avon



Planting Day in Avon



Planting Day in Avon



Alex Downing, 2023 State Swim Champ — 100 Butterfly.



Bike Parade, Grand Marshal was Robert Fitch celebrating 100th birthday.



2023 Bike Parade — huge success! Best turnout ever!

Business Spotlight

We are so thankful to all of the businesses that choose to call Avon home. In each newsletter, we will dedicate space to highlighting some of these businesses. We will be asking them “What do you love about being in Avon and why is it important to you to give back to the community?” Please remember to support the businesses who support our community. We would not be the amazing community we are without strong support of our businesses.

AVON EYE DESIGN



“Plain and simple, we love being a part of this community and playing a small role in supporting others’ passions. The people in Avon are involved and passionate and they care. Every little positive action adds together to create a larger positive action and impact. We know how much and how many people it takes to raise money or pull off an event.

As a small business and optometry office in Avon, we take great pride in giving back, supporting the schools, the City, nonprofit organizations and most importantly, individual people who are in need. From donating eye exams, glasses, or urgent care help, to gift certificates and sponsorships and being in the Lions Club, we enjoy giving back to the community and all of those who support us as a small business.

A thank you should be placed to all of those in the community for spearheading all of your groups and passions and volunteering. We appreciate all of you!”

Avon Eye Design: Drs. John Novak, Brooke Bader & Jennifer McNamara

BUCKEYE DENTAL



You have two hands — one for helping yourself, the other for helping others.

“We make a living by what we get, but we make a life by what we give.”

MELT BAR AND GRILLED



“Melt Bar and Grilled tries to become a part of the community as much as possible.

We consider our staff, our guests, and our community family. We are an independent family business and family helps family. Giving

back to our community, whether it is time, food, or monetary, is what we try to do. If there is an ask we assume there is a need and we try to assist with that need when possible.”

Matt Fish

Owner/Founder

Melt Bar and Grilled

T3



“We give back because we are passionate that high-quality athletic training should be accessible to everyone to help improve the physical and mental health of our community. In addition to our volunteer work, we sponsor the Avon High School 5K, the Super Hero 5K, the annual Avon Tree Lighting Ceremony, and host an annual MURPH workout on Memorial Day with the proceeds from the event going to benefit the health of local veterans. We want to encourage our community to stay active and healthy.”

The Team at T3

REED ALLEN STATE FARM



“I give back because it’s the right thing to do for a community that has supported my business for 22

years. Avon is unique in that it has so many opportunities to give back, we always appreciate getting to be part of everything. From Safety Fairs to Crushers games to Bike Rodeo’s...we have always been grateful to have the opportunity to serve this community.”

Reed Allen

INNOVATIVE COUNSELING



As a psychology practice, we are committed to giving back to the community we serve. We believe

that it is our responsibility as a partner to help make our city a better place. That’s why we donate our resources to city events. Whether it’s providing educational materials, sponsoring workshops or programs, we are always looking for ways to support our community.

We are proud to be a part of the vibrant and diverse community here Avon, and we will continue to do our part to support its growth and success.

Angela Dover, PhD

Innovative Counseling

“THE GREATNESS OF A COMMUNITY IS MOST ACCURATELY MEASURED BY THE COMPASSIONATE ACTIONS OF ITS MEMBERS.”

— *Coretta Scott King*

SENIOR CORNER

Senior Center Donation



A big thank you to the Avon VFW Post 7035 for their generous donation of \$4,000 to the Avon Senior Center. The donation helps cover the cost of movies, classes, social events, and bus trips planned in the coming months. To learn more about these great events, please call the Avon Senior Center at 440-934-2417 or visit the website www.cityofavon.com/159/Senior-Center.



Scan QR code for link to Senior Center information

Tree Commission Update



Residents recently received the Avon Tree Commission Special Edition newsletter highlighting the work of the commission. It is a valuable resource with listings of tree recommendations and trees to avoid when doing landscaping at your home or business. Please reach out to the Tree Commission with any questions at trecommission@cityofavon.com.



Hearts of Gold Red Bud

Last fall, the Avon Tree Commission designated Hearts of Gold Tree the official tree of Avon. After reviewing several varieties, the commission agreed that the tree was the most appropriate because it has purple flowers in the spring and the leaves turn from green to gold, which is perfect for representing Avon's colors.



You also may have noticed that the newsletter is now being printed on different paper. The newsletter is now printed in a solar-powered facility and on paper with post-consumer waste. In addition to being more environmentally friendly, we were able to reduce the cost to produce the newsletter.



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Sponsored Article



Gratitude Can Boost Your Health

When you're overwhelmed or stressed out, practicing gratitude can shift your perspective.

"Many studies show that practicing gratitude can help maintain a sense of calm and happiness, reduce depression and anxiety, lower our risk of disease, and flood the brain with feel-good chemicals like serotonin," says Rebecca Starck, MD, president of Cleveland Clinic Avon Hospital at Richard E. Jacobs Campus.

Dr. Starck shares five ways to build gratitude:

1. Keep a gratitude journal to reflect on the good things in your life.
2. Reach out to say 'thanks' to someone who is often there for you.
3. Support your favorite charity, volunteer, or help a neighbor or loved one.
4. Eat slowly and mindfully.
5. Breathe and take five. Take five breaths, inhaling through the nose and exhaling through the mouth. Slowly count to 5 on each in-breath and out-breath.

Visit ClevelandClinic.org/Avon to learn more about Avon Hospital or call 440-695-5000 to schedule an appointment.

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