

Cincinnati Children's Connects

A Newsletter for our Neighbors in **AVONDALE**

This is Cincinnati Children's quarterly newsletter to highlight our partnerships, upcoming events, opportunities and ways to get involved.

Issue 4, August 2018



Camp Director, Ben Oldiges of the Cincinnati Recreation Commission with campers boarding a van for an adventure stop at Summit Park in Blue Ash.

Avondale Partners Pull Together to Put Kids First

Renovation of the Hirsch recreation center is well underway. While the community is excited about what the new center will bring, it raised a crucial question: where will Avondale kids go and what will they do with the recreation center shut down?

The question didn't linger for long. Community partners including the Avondale Development Corporation, The Community Builders, Cincinnati Recreation Commission, Cincinnati Children's and Cincinnati Public schools pulled together to develop a winning solution. The plan included the creation of three camps: Theatre at North Avondale, Adventure Camp at South Avondale and the Avondale Youth Swim Program at Rockdale Academy.

Parent, Gwen Greenlee says, "I can't imagine a parent that wouldn't want to bring their kid here. I can't imagine a kid that

wouldn't want to come and enjoy all of this."

Attendance for all three camps ranged from 100 to 140 youth. Adventure camp generated the most buzz by offering the opportunity for kids to visit more than 20 Cincinnati communities, with a new experience every day. In early June, kids visited the Caldwell Nature Center.



Adventure campers explore Summit Park in Blue Ash from the observation tower.

South Avondale Principal Michael Allison says, "You never know if that visit to the nature center creates our next botanist, that visit to the aquarium creates our next marine biologist, so this is an opportunity for our children to think outside the box."

Outside the box, and outside their neighborhood creates plenty of space for learning. The Children's Museum, Cincinnati Reds game, Newport on the Levee, Smale Waterfront Park, The Observatory and Ault Park were some of the stops along the way.

Parent, Sharon Springs says, "Thank you for the opportunity for the kids, so they have something to do that keeps their mind focused, that's the number one priority to me and that's the kids."

Kids are also priority number one for community partners who pulled together to make the camps happen and demonstrating all the while that working together wins—for all of Avondale.

For more information on the summer camp experience:

 **CALL 513-636-9327**

First Ladies Health Day

Get ahead of flu season this year, join Avondale churches and schools by participating in the First Ladies Health Day on Sunday, October 14, 2018.

Health Day is a time for families to get more than 22 different health screenings including: blood pressure, mammography, asthma, vision, diabetes and BMI.

In addition, Cincinnati Children's and Kroger are offering flu shots at no cost to families who want to ensure they have the best protection against the flu this year.

Last year more than 100 kids and more than 500 received shots on Health Day protecting them from one of the worst flu seasons in years.

Flip panel over for important facts about flu shots.



AVONDALE LOCATIONS

Corinthian Baptist Church
772 Whittier Street | 11:30 am – 3 pm

Rockdale Academy
335 Rockdale Avenue | 10 am – 3 pm

You're
Invited!

Come and learn more about
Clinical Expansion at these events.



Construction of Cincinnati Children's new hospital building is underway, and we want to keep our Avondale neighbors up-to-date about the project.

Please join us at these upcoming events in Avondale to learn more and ask questions.

For updates on the project visit our website at:
www.cincinnatichildrens.org/about/critical-care-building

AUG
4

Project Nehemiah Back2School Carnival | 10 am – 2 pm
Bengals Park (corner of Clinton Springs and Reading Road)

AUG
11

Avondale Health Fair and Festival | 10 am – 1 pm
South Avondale Elementary | 636 Prospect Place

AUG
16

One-Stop (career dev.) Workshop | 5:30 – 7 pm
South Avondale School | 636 Prospect Place

AUG
18

Gabriel's Place Art Festival | 11 am – 5 pm
Gabriel's Place | 3618 Reading Road

Be a FLU FIGHTER

GET THE FACTS. BE PREPARED.



PREPARE FOR AN UNPREDICTABLE FLU SEASON

It's hard to predict what a given flu season is going to be like, which is even more reason to get a flu shot. Just because you've never had the flu doesn't mean you won't get it. Be prepared.



STAY HEALTHY — AND HELP OTHERS DO THE SAME

The flu shot doesn't just help prevent influenza. It also keeps the flu from spreading. You can do this by making sure everyone in your family circle gets a flu shot each year.



EVERYONE YOUNG AND OLD NEEDS TO GET THE SHOT

The Centers for Disease Control and Prevention recommends a flu shot for everyone six months or older. You must be vaccinated if you are a child or you have children, if you're elderly, or if you have underlying health issues.



THE VACCINE WON'T GIVE YOU THE FLU

One of the biggest reasons why some people won't get the flu shot is that they think the vaccine will give them the flu. Not so. The shot enables your body to develop special proteins that help you fight the flu. The shot is your best defense.



GETTING THE FLU SHOT LOWERS RISKS

There is evidence showing that getting the flu shot has the potential to reduce influenza, medical visits, missed days of school and work and hospitalizations.



For more information on the flu go to
<https://www.cdc.gov/flu>



Cincinnati Children's Hospital Medical Center
3333 Burnet Avenue, MLC 9012
Cincinnati, Ohio 45229-3026