

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 8, August 2019



New restaurant and eye care center opening soon in the Cincinnati Herald Building.

New restaurant and retail coming to Avondale

A new breakfast and lunch spot is opening up in Avondale in the Herald Building this fall.

Waggle breakfast and bowls by Sleepy Bee is inspired by the famous Sleepy Bee restaurants with locations in Oakley, Blue Ash and downtown.

The restaurant is designed for busy lifestyles: quicker service, made to order healthy and fresh ingredients; meals that you can grab-and-go or dine in. The new restaurant will be located on the first floor of the Herald Building, 3440 Burnet Avenue, across from the Ronald McDonald House.

Russell Hairston of the Avondale Development Corporation says Waggle is a welcome addition. "Our community is undergoing a significant transformation, thanks to thoughtful collaboration among Avondale residents, businesses and community leaders and organizations. Waggle compliments those efforts as we continue to grow Avondale."

The restaurant specialties are perfect for breakfast or lunch, including: house-made buttermilk and gluten-free pancakes and lunch bowls made to order with fresh seasonal and locally sourced ingredients. The restaurant also features locally roasted coffee drinks and teas with a variety of organic milks.

Frances Kroner, executive chef of Waggle says, "We're excited to be in Avondale and bring healthy food options to the neighborhood. We're also happy to be located within minutes of Cincinnati Children's and the Ronald McDonald House."



Waggle's Hours (Order online, dine in or carry-out)
Monday – Friday: 7 am – 4 pm
Saturday and Sunday: 8 am – 3 pm

Another new addition to the Herald building

Cincinnati Children's is teaming up with Pearle Vision to open an eye care center on the first floor of the Herald Building. The center provides convenient neighborhood access to eye exams with a wide collection of frames for adults and children.

"Just getting or replacing glasses can be so difficult for some of our families, and its importance to their vision cannot be overstated," says Michael Yang, MD, director of Ophthalmology at Cincinnati Children's. "We are so excited about improving easy access to glasses not only for our patients but also for residents of the Avondale community."

The location will have pediatrician-trained optometrists with open hours for walk-in appointments. In addition, Medicaid will be accepted. Both adult and pediatric patients can receive care at the location.

Waggle and Pearle Vision are both part of the Burnet Avenue Redevelopment Plan intended to revitalize the area.

Career Insights recruiting now for new class

Cincinnati Children's and the Urban League of Greater Cincinnati are teaming up again to bring Career Insights to the community. The fourth Career Insights class is set to begin September 21. The job readiness program helps connect participants with entry level and professional jobs in the healthcare industry.

Participants learn successful strategies for resume writing, interviewing and professionalism in the healthcare system. So far, more than 70% of Career Insights participants have received offers or been hired since the start of the program in March of 2018.

Nineteen-year-old Delando Little, is one participant who landed a job at Cincinnati Children's as a patient escort. Little, says of the program, "they did a really good job of preparing me and my classmates, they grounded us in the fundamentals and the skillset that we needed to succeed."

"I come in everyday with a smile on my face. It's always something new. No day is the same. The interaction with the kids is always different too. I just want to thank (Career Insights) for the opportunity."

Anyone interested should contact the Urban League of Greater Cincinnati at 513-281-9955 ext. 522. The deadline is August 23.



Delando Little was hired by Cincinnati Children's as a patient escort.

Date set for First Ladies Health Day

Sunday, October 13, is the date set for this year's First Ladies Health Day. Rockdale Academy, 335 Rockdale Avenue, is among 12 host sites that will be a part of the big day. The First Ladies Health Initiative brings together dozens of churches and health organizations on one day to focus on good health and wellness. Cincinnati Children's is once again a proud partner and will provide screenings for children including: vision, asthma and body mass index (BMI). Flu shots will also be available at no charge.



First Ladies Health day offers screenings for children including free flu shots.



Back to School

A reminder:

Avondale School Based Health Centers are available to help families with children headed back to school. Make an appointment now for a yearly check-up, immunizations, flu shots, sports physicals and more. Visit one of the locations listed below.

Hughes High School: 2515 Clifton Avenue
Monday – Friday: 8 am – 4:30 pm
Call: 513-363-7554

Rockdale Academy: 335 Rockdale Avenue
Monday – Friday: 8 am – 4 pm
Call: 513-363-4700

South Avondale: 636 Prospect Place
Monday – Friday: 7:30 am – 4 pm
Call: 513-363-5522

Avondale web page at Cincinnati Children's



Did you know there's a Cincinnati Children's web page dedicated to happenings in Avondale? Go to www.cincinnatichildrens.org/avondale and keep up with the latest on Critical Care Building construction updates, career pipeline programs and partnership opportunities. Log on and check it out!

We want your ideas!

Are there stories you would like to see in this newsletter? Please let us know! Call **513-636-5327** or email communityrelations@cchmc.org

Health Fair and 5K in Avondale

The Avondale Health Fair and Festival is dedicated to helping change health disparities by encouraging participants to know their numbers, get active and visit their doctor annually.

"We want to encourage families to come take advantage of free health screenings and giveaways. This is also a chance for the community to come together for two events on one big day," said health fair event chair, Kelly Robinson.

The Feet in Street 5k and the Avondale Health Fair and festival both bring together community partners, including: the Avondale Development Corporation, Avondale Community Council, the Ronald McDonald House and Cincinnati Children's.



For more information, contact Cincinnati Children's Community Relations at **513-636-9327**



Get ready for a day focused on health and fitness in Avondale!

Mark your calendar for **Saturday, August 10**, for the Avondale Development Corporation's Feet in Street 5k and the Avondale Health Fair. Here's the rundown for the day:

8:30 am	Registration begins for the Annual Feet in the Street 5k Walk and Run
9:30 am – 12:30 pm	Avondale Health Fair and Festival
1 pm	Natural Progression concert

Location: South Avondale School, 636 Prospect Place, Cincinnati

What to expect:

- Health screenings including Dental, Vision and BMI
- Therapy Dogs
- Kid Zone
- Lunch provided
- Hygiene Kits
- Giveaways



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