

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 11, May 2020

Coronavirus Information and Community Resources

During the ongoing, COVID-19 crisis we want to help you and your family stay up to date on the latest developments. Visit the Centers for Disease Control at [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) or Ohio Department of Health at [coronavirus.ohio.gov](https://www.ohio.gov/coronavirus), or call 1-833-427-5634.



For questions about symptoms or the need for a test, call the Cincinnati Health Department hotline at 513-357-7462. For questions about child health and COVID-19, visit [cincinnatichildrens.org](https://www.cincinnatichildrens.org). You can also get the CincyKids Health Connect mobile app for a video visit. For children under 18 with COVID-19 symptoms the visit is free. The line is staffed with nurses 6 am – 10 pm.

Here's a list of community resources that may be helpful to you and your family:

Food Services

Avondale Library of Cincinnati and Hamilton County:

Free meals for children under 18, Monday – Friday from 1 – 1:30 pm

Cincinnati Public Schools meal hubs:

South Avondale and Rockdale Academy, Drive-thru pickup Monday, Wednesday, and Friday from 11 am – 12 pm
(Call CPS after 5/20/20 to see if meals are continuing)

Freestore Foodbank:

Liberty Street Market at 112 E. Liberty St., Open 9 am – 3 pm

Seventh Day Adventist Church Food Pantry

725 Whittier Street, Mondays and Wednesdays at Noon

Waggle Breakfast and Bowls:

Free breakfast for Avondale students, 3440 Burnet Ave.
Monday – Friday from 8 am – 2 pm

Housing Questions?

Housing Opportunities Made Easy (HOME): 513-721-4663

Internet Access for Students and their Families

Spectrum: Free WIFI for students 844-488-8395

Mental Health

Centers for Disease Control: [cdc.gov/coronavirus/managing-stress](https://www.cdc.gov/coronavirus/managing-stress)

Cincinnati Children's Blog: blog.cincinnatichildrens.org

Child Mental Health Services and Telehealth Availability:
513-803-8107

Mental Health Access Point: 513-558-8888

Mobile Crisis Team: 513-584-5098

Women Helping Women: 513-381-5610

YWCA Domestic Abuse: 513-872-9529

Senior Services

Council on Aging of Southwest Ohio: 513-721-1025

Unemployment Benefits

Job and Family Services: 877-644-6562 or visit unemployment.ohio.gov

United Way

Call: 211 or 762-7100

For more information on community resource, go to communityrelations@cchmc.org

Update on Avondale Community Makeover 2020

In February, P&G, the Cincinnati Reds, Cincinnati Children's Hospital Medical Center and the Cincinnati Zoo & Botanical Garden announced that Avondale had been selected for the 2020 Community Makeover.



The 2020 Makeover would have been the most ambitious to date with six project sites across Avondale and more than 500 volunteers scheduled to participate in the day-long service project on August 6.

The health and safety of the volunteers, community partners and local residents are our top priority.

Given the current government, health and safety guidelines, as well as the impact of COVID-19 on construction timelines and local community resources, it will not be possible to complete the project in 2020.

To address the immediate needs of the Avondale community, the Makeover organizers along with the Duke Energy Foundation, have stepped up to secure donations and resources for local agencies that serve Avondale residents and Greater Cincinnati's urban communities.

The Makeover partners have already approved donations to the following organizations to help the residents of Avondale right now:

- Freestore Foodbank & Healthy Harvest Mobile Market
- SOACT (Serving Older Adults Through Changing Times)
- Adventist Outreach Ministry

The team is working to identify additional organizations and projects in Avondale this year and is committed to completing the previously identified projects next year.

Updated information on the Community Makeover can be found at [reds.com/Makeover](https://www.reds.com/Makeover).



Safe and Open for Appointments

Remember well visits and immunizations support children's health!!

**Rockdale Academy
School Based Health Center**
335 Rockdale Avenue
Cincinnati, OH 45229

Monday – Friday: 8 am – 1 pm

Call: 513-363-4704



COVID-19

How to Protect Yourself and Others



Clean your hands often

- Wash your hands with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not available, then use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching our eyes, nose, and mouth with unwashed hands.



Avoid close contact

- Put distance between yourself and other people. Remember that some people without symptoms may be able to spread virus.
- Keeping distance of at least 6 feet from others is especially important for people who are at higher risk.



Wear a face mask to cover your mouth and nose when around others

- You could spread COVID-19 to others even if you do not feel sick.
- Everyone should wear a face mask or cloth face covering when they have to go out in public, for example to the grocery store.
- Face masks or cloth coverings should not be placed on children under the age of two.
- The cloth face cover is meant to protect other people in case you are infected. It is not a substitute for social distancing.
- You can make a face covering by using a bandana and rubber bands.

For more information go to [cdc.gov/covid19](https://www.cdc.gov/covid19)



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

Freestore and Cincinnati Children's combined efforts to bring fresh produce to the community on April 20, 2020. Curbside service was available thanks to community health workers at the 3440 Burnet Avenue Building. More Produce Pop-ups are planned through August to help families in need.

For more information call: 513-498-8480

