



CITY OF MONTGOMERY  
A CHARMING PAST. A GLOWING FUTURE.



# BULLETIN

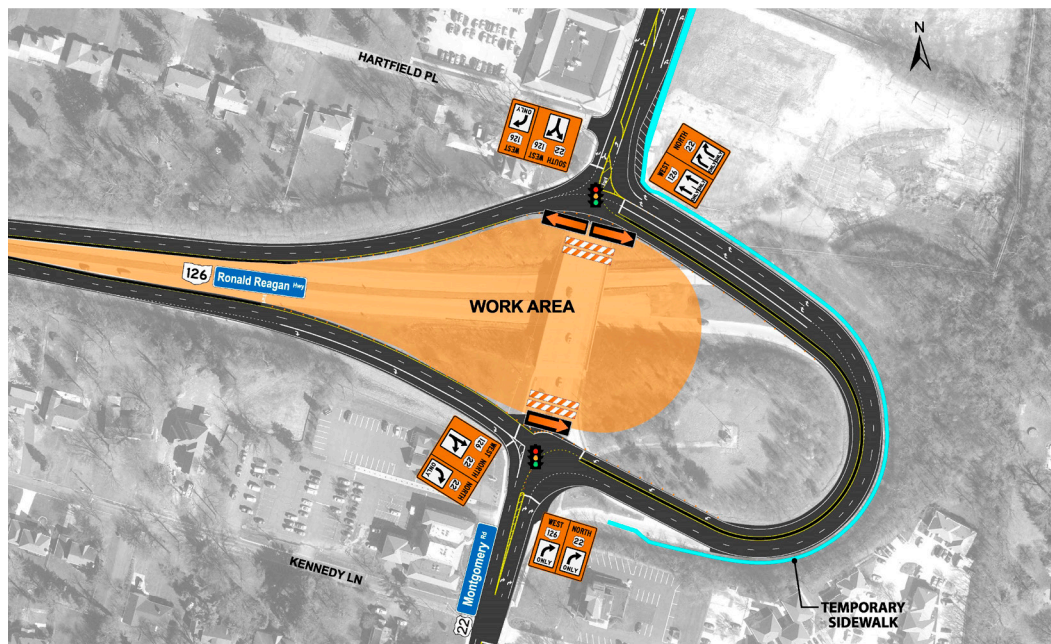
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## PHASE 2 ROUNDABOUT CONSTRUCTION STARTS IN JUNE

John R. Jurgensen will begin Phase 2 construction of the roundabout project at the intersection of Montgomery Road and Ronald Reagan Cross County Highway mid-June, weather permitting. This second phase is anticipated to last four to five months. Phase 2 traffic modifications will consist of:

- Closing the Montgomery Road bridge and routing ALL of Montgomery Road traffic on a by-pass (see image)
- The temporary traffic signals installed during Phase 1 will remain in operation for Montgomery Road and Ronald Reagan Cross County Highway. The northerly signal will be for traffic accessing westbound Ronald Reagan Cross County Highway, and the southerly signal will be for traffic exiting the highway.
- A sidewalk will be located on the east side of the by-pass for pedestrians.
- Modifications will be made to the traffic signage and pavement striping on Montgomery Road to arrange this new traffic pattern. Stay alert when driving through this location so you can get into the proper lane based on your destination.

### TEMPORARY TRAFFIC PATTERN - PHASE 2 (APPROXIMATE DURATION: 5 MONTHS)



The Phase 2 traffic pattern will allow the contractor to demolish the Montgomery Road bridge and highway lanes under the bridge and perform other activities in the work area.

Expect delays during construction. Please use an alternate route if one is available. More details on the construction phasing and schedule will be provided on the City's website

at <https://www.montgomeryohio.org/montgomery-roundabout-information/> and in future Montgomery Bulletins.

Regular construction updates will be provided on the City's website as work progresses. For additional information on this or other projects, please contact Gary Heitkamp, public works director, at 513-792-8321.

Council Message & Council Corner

2, 3

Construction to Begin on Montgomery Quarter

4

2020 Garden Tour Canceled

5

Do I Need a Permit?

8

Recreation, Events, Pool

9

## LIVING THROUGH THESE TIMES



Lee Ann  
Bissmeyer  
City Council

We know we are living through times that for years to come will be recounted in history books for future generations. While we hunker down in our homes spending time with our families, we are taking up new hobbies that we never found time for, catching up on reading, baking, and learning new ways to educate our children and work remotely. We have access to non-stop world news about what is going on outside of our four walls. We also know that we are living in a very special community. While we might be seeing distressing news on TV, we have been busy making the best of this Covid-19 crisis, in typical Montgomery fashion.

We've invited food trucks to visit our neighborhoods to help their business and give us a break from cooking, we've decorated our sidewalks with drawings and words of hope, we've conducted social distancing birthday parties with the help of the Montgomery Police and Fire Departments to lead car parades by homes to wish the recipient a happy birthday! We have posted used books and puzzles online left on our porches for others to pick up and find enjoyment from and we've connected with friends and neighbors over Zoom meetings.



The schools have been working tirelessly to not only learn quickly how to educate our children remotely but to do it in a way that they are still receiving the outstanding education they are accustomed to.

Our residents are using their time and talents to make masks for our first responders and health care providers. We are collecting food to donate to our local organizations to feed our hungry during this time of economic uncertainty. Montgomery residents have been checking on our neighbors and providing grocery shopping to those at the greatest risk. We've had residents purchase thousands of dollars of local restaurant gift cards to provide stability for our restaurants and their employees, then donate the cards to our health care workers.

The City collaborated with local business to place blue ribbons and lights on our main roads to show that we are grateful for the work our healthcare workers are providing in this time of uncertainty.

None of these things come as a surprise, as we see the generosity of our residents throughout the year. We know we live in a very wonderful community and in times of crisis, we truly shine.



I'm optimistic that by the time you are reading this, we will have begun to resume our old way of living, getting back to work, and spending time with family and friends in person. Hopefully, we will also remember to continue to slow down and take care of ourselves and others.

## SUMMER VOLUNTEER OPPORTUNITIES

**Planning is now under way for the events below. Come join the fun as a volunteer.**

### July 4th Volunteers

Parade Line-up Assistants: 8:15 to 10:45 a.m.  
(Adults) Sycamore Junior High area.

Festival Game Booths: 10:30 a.m. to 2:15 p.m.  
(Adults & Teens) Montgomery Park.

### Bastille Day

Saturday, July 18th Downtown Montgomery

Over 100 volunteers are needed to put on this great event. Volunteers are used in a multitude of areas:

8:30 a.m. to 11:30 a.m.

Adults/older teens to help with set up.

11:30 a.m. to 11:00 p.m. Various shifts.

Adults to sell Beer/Wine tickets.

11:30 a.m. to 11:00 p.m. Various shifts.

Adults as Beer/Wine booth volunteers

11:30 a.m. to 8:15 p.m. Various shifts.

Adults to sell tickets for kids' game booths.

11:30 a.m. to 8:15 p.m. Various shifts.

Teens/adults to manage kids' game booths.

For more specific information about any of these short term projects, contact DeAnna Gross at 513-792-8329 or [dgross@montgomeryohio.org](mailto:dgross@montgomeryohio.org).





## COUNCIL CORNER

Montgomery City Council met in its regular monthly Work Session on May 20, 2020 at City Council Chambers.

### Pending Legislation

**An Ordinance** Authorizing The Issuance Of Not To Exceed \$20,000,000 Special Obligation Revenue Bonds Of The City Of Montgomery; Providing For The Pledge Of Revenues For The Payment Of Such Bonds; Authorizing A Trust Agreement Appropriate For The Protection And Disposition Of Such Revenues To Further Secure Such Bonds; Authorizing An Official Statement; Authorizing Other Necessary And Appropriate Documents; And Authorizing Other Actions In Connection With The Issuance Of Such Bonds (Tabled)

**An Ordinance** Amending the Schedule of Municipal Compensation (third reading)

**An Ordinance** Adopting Amended Articles I, III, and V, Rules and Regulations for The Hamilton County Storm Water District (third reading)

### New Legislation

**An Ordinance** Creating Section 92.05 of The Code of Ordinances, entitled “Littering”, and Amending Section 92.99 Entitled “Penalty”

**A Resolution** Authorizing the City Manager to Contract with Frost Brown Todd, LLC To Provide Special Counsel Services

**An Ordinance** Accepting and Dedicating Land for Public Parking and Ingress/Egress at Vintage Club North

**An Ordinance** Granting A Temporary Ingress/Egress Easement to The Board of Commissioners of Hamilton County, Ohio To Maintain Traffic Access to The Ronald Reagan-Cross County Highway

### RECENT COUNCIL ACTION - Approved Legislation

#### May 6, 2020

#### RESOLUTION 15, 2020

A Resolution Recognizing the Month of May 2020 as National Historic Preservation Month in The City of Montgomery (passed 7-0)

#### RESOLUTION 16, 2020

A Resolution Designating the Public Depositories for Funds of The City of Montgomery, Ohio (passed 7-0)

These pieces of approved legislation can be reviewed on the City’s website at [www.montgomeryohio.org](http://www.montgomeryohio.org)

## EAC DOCUMENT DESTRUCTION AND CARDBOARD RECYCLING EVENT RESCHEDULED FOR JUNE

Due to the COVID-19 response, the Environmental Advisory Commission rescheduled the Document Destruction Day and Cardboard Recycling event, to be held together on June 27.

**DATE: Saturday, June 27**

**WHERE: Montgomery Public Works facility, 7315 Cornell Road**

**TIME: 10:00 a.m. to 1:00 p.m.**

This is a FREE community document shredding event. To serve everyone efficiently, we limit shredding to three boxes (copy paper size or similar) per person in line, and you must be present. Volunteers will be available to assist. Materials will be shredded onsite.







Renderings of future park, restaurant, and office building in Phase 1 of Montgomery Quarter

## CONSTRUCTION TO BEGIN ON MONTGOMERY QUARTER

Construction of Phase 1A of the Montgomery Quarter project, which includes the utility relocation, grading, installation of stormwater detention and installation of the road network is set to begin by the end of May. The Montgomery Quarter is comprised of approximately 21.5 acres on the east side of Montgomery Road at the terminus of Ronald Reagan Cross County Highway. The City has been working with a private development team, Gateway Partners Montgomery, LLC, to create a new mixed-use neighborhood that complements the Heritage District and expands the City's tax base.

Phase I of the project includes plans for a boutique hotel, office, retail and restaurant space, and luxury, life-style apartments. The Landmarks Commission recommended

approval of the architecture and final building materials for buildings in Blocks 1 and 2 of the development, except for the boutique hotel. The Planning Commission will review more detailed information, including building size/height, architecture, and lighting as the project progresses.



**MONTGOMERY QUARTER**

For more information on this project, contact Tracy Roblero, assistant city manager / acting community development director, at [troblero@montgomeryohio.org](mailto:troblero@montgomeryohio.org) or 513-792-8312.

DID YOU KNOW?

### Did you know that the building at 7816 Cooper Road used to be Village Hall?

This small building was built in 1925 using money collected from fees during Prohibition. The 600 square foot building served as village hall and the village jail for 44 years before the current City Hall was built in the 1960s on land donated by the developer of the Montgomery Heights Subdivision (behind Kroger) and Montgomery Square Shopping Center.

If you look at the windows of the building at 7816 Cooper Road, you can still see the bars from the old jail cell.





## MONTGOMERY TAX DUE DATE POSTPONED

The filing deadline for the 2019 tax year has been extended to July 15, 2020, consistent with federal and state guidelines. The first and second quarterly payments, normally scheduled for April 15 and June 15, 2020, have also been extended to July 15, 2020.

The tax office is available to assist you with tax questions via phone and email during standard business hours. You can call the tax office at 513-792-8333 or email [tax@montgomeryohio.org](mailto:tax@montgomeryohio.org). Please submit your tax documents via mail, fax, drop box or the secure email portal.

Go to [montgomeryohio.org/pages/taxes/](http://montgomeryohio.org/pages/taxes/) for tax forms and specific information on how to compute your tax liability.



## 2020 GARDEN TOUR CANCELED DUE TO COVID-19 RESTRICTIONS

**Due to the COVID-19 pandemic restrictions, this year's Garden Tour scheduled for June 28 has been canceled.**

The Montgomery Beautification and Tree Commission and the City of Montgomery were excited to show off some of our local landscaped homes with their beautiful gardens and trees.

Let us know if you have a beautifully landscaped yard, garden, or unique area, or know of one in your neighborhood, and believe it might be worthy of being featured in next year's Garden Tour. Please contact Darla Hall with the Montgomery Beautification and Tree Commission at [darlahall16@gmail.com](mailto:darlahall16@gmail.com) with the location information.



## SHINE BRIGHT - JOIN A COMMISSION

The City is looking for individuals to commit to being more involved in the leadership of their community. The following City Commissions might be the place to do so.

There are no special qualifications required to volunteer for any Montgomery board or commission.

For further information and/or to apply for a position, contact DeAnna Gross, volunteer coordinator, at 513-792-8329 or [dgross@montgomeryohio.org](mailto:dgross@montgomeryohio.org).

### Arts Commission

Members foster and promote the visual and performing arts within our City. The Commission advises the Administration and the City Council on the prudent and productive use of financial resources for the purposes within its charge. The Commission proposes programs, submits an annual budget, supervises such undertakings as are authorized by City Council, and reports its progress annually on projects and activities within its responsibility. Programs and events include the Photo Contest, Live at the Uni Concert Series, July 3 Patriotic Concert, a public art project and a kids' art program. **Meetings are held the fourth Monday of each month at 5:00 p.m.**

### Environmental Advisory Commission

Members provide education and information to the public and are a resource for the City on yard waste, recycling, stormwater management, water resources management, air pollution control, noise pollution control, soil and landscape protection and protection of flora and fauna. Commission members assist with Adopt-a-Spot, Cardboard Recycling, City-wide garage sale, One-Stop-Drop, and educational programs. **Meetings are held the second Tuesday of each month at 5:00 p.m.**



## LEADERSHIP ACADEMY GRADUATES TOP OVER 300

The Montgomery Citizens' Leadership Academy (MCLA) has completed another class, bringing the total number of graduates over the last thirteen years to more than 320.

MCLA is a specialized, fun program designed to help transform residents into more actively engaged citizens. After graduation, participants are challenged to fulfill the MCLA Alumni slogan of "Learn & Do." Graduates are encouraged to become involved in civic, cultural, philanthropic and other organizations to make Montgomery and the world a better place.

For the last thirteen years, MCLA has recruited residents eager to go beyond the surface and experience firsthand the innermost

workings of community operations. Comprised of ten unique workshop experiences conducted from January to March, participants are immersed in contemporary issues impacting today's community. Workshops go beyond the classroom and into the community to examine real-life scenarios.

Being true to its motto, "MCLA is absolutely the coolest community experience you'll ever have! I enjoyed meeting, working and spending time with my neighbors," said one MCLA graduate.

Applications are already being accepted for limited openings in the 2021 MCLA class. To apply, visit [montgomeryohio.org](http://montgomeryohio.org) or contact Ray Kingsbury, director of citizen engagement, at 513-792-8359.



We are proud to announce that on March 12, a number of your neighbors and friends graduated from MCLA 2020. This comes to a total of over 320 residents, business persons, and community group members that have completed the Leadership Academy. Congratulations to our new graduates.

## MONTGOMERY RECYCLED AND COMPOSTED 1,217 TONS IN 2019

Congratulations, Montgomery residents! In 2019, we recycled **998.21 tons of metal, glass, plastic, and paper** and composted **219 tons of yard trimmings**. Residents saved resources, conserved energy, and reduced pollution by recycling.

The recycling and composting efforts in Montgomery:

- Conserved enough energy to power every home in Montgomery for 18 days.
- Reduced more air pollution than if every household in Montgomery rode their bicycle to work for 12 weeks.
- Saved 8,416 trees from being harvested.
- Created 110 tons of finished compost to regenerate our soil.

**On average, each household in Montgomery recycled 580 pounds in 2019.** That's 28.53 percent of all the waste we generate.

Want to start recycling? Call 513-851-0122 to request your recycling cart today!

Have a question about recycling? Call Hamilton County's Recycling Hotline at 513-946-7766 or visit [HamiltonCountyRecycles.org](http://HamiltonCountyRecycles.org).

Love all things recycling? Follow Hamilton County Recycles on Facebook, Twitter, Instagram, or Pinterest.

**Because what we do matters.**

### We Can Recycle...

Paper (Newspaper, Cardboard, Mail, and Paperboard) • Bottles and Jugs • Cans • Glass Bottles and Jars • Cartons





# LEARN THE SIGNS AND HOW TO TREAT ANAPHYLAXIS

Anaphylaxis shock is a dangerous and potentially life-threatening condition caused by an allergic reaction. Many people use the terms anaphylaxis and anaphylactic shock to refer to the same thing. Anaphylactic shock, however, is a complication of anaphylaxis that occurs when the blood pressure drops very low, and the blood has trouble circulating.

Allergies occur when a person's immune system overreacts to a harmless substance called an allergen. Usually, allergic reactions are minor, causing symptoms such as a rash or a runny nose. When a person's immune system dramatically overreacts to an allergen, it may release chemicals that affect multiple systems in the body.

## Fast facts on anaphylactic shock:

- As with anaphylaxis, anaphylactic shock is a life-threatening emergency.
- People with a history of anaphylactic reactions are at risk of anaphylactic shock.
- People who have had anaphylactic reactions should always carry an epinephrine injector.

Most people develop symptoms of anaphylaxis within a few minutes of eating or being exposed to an allergen. Less frequently, symptoms develop several hours later.

## The most common symptoms of an anaphylactic reaction include:

- nose, mouth, skin, or stomach irritation, such as a rash, diarrhea, or congestion
- breathing difficulties or wheezing
- low blood pressure that can cause fainting, dizziness, or confusion
- swelling of the mouth, tongue, or throat
- swollen lips
- choking sensation or trouble swallowing

Source: Portions of this article are taken from the Medical News Today Newsletter.

The early symptoms of anaphylactic shock vary and may initially seem relatively mild. They may include hives, itching, or a sense of dread.

## Early warning signs that a person may be going into anaphylactic shock include:

- turning blue or white
- swelling of lips or face
- grating, grainy cough
- wheezing
- breathing problems
- hives, particularly if over several areas

## Treatment

An epinephrine injector is a primary treatment for people experiencing anaphylaxis, also called an EpiPen. Epinephrine reverses the action of substances produced during the allergic reaction. It can also prevent the body from going into shock. The EpiPen is usually injected directly into the thigh and is only available with a prescription from a doctor.

People should call 911 if they are experiencing or suspect they may be experiencing an anaphylactic reaction. If a person delays treatment, it can be fatal. Treatment always begins with the administration of epinephrine.

People with a history of anaphylactic reactions need to know which substances or allergens trigger symptoms. People who are allergic to substances that cannot be avoided, such as insect stings, may be able to prevent anaphylaxis with allergy treatment.

## Some allergens are more likely than others to cause such a reaction. These common allergens may be:

- insect stings
- foods, including peanuts, walnuts, shellfish, and eggs
- latex
- medications, including penicillin, some anesthesia, and aspirin

However, any substance to which a person is allergic can trigger an anaphylactic reaction.

After the first anaphylactic reaction, it is essential to follow up with a doctor. This appointment may include getting a prescription for an EpiPen and assessing the risk of future reactions.

A person experiencing anaphylaxis should treat it as a medical emergency and call 911. Anaphylaxis and anaphylactic shock are life-threatening emergencies that must be taken seriously. If a person suddenly develops difficulty breathing or appears to be choking, the possibility of an allergic reaction must be considered.

Acting fast to prevent anaphylactic shock and other complications can save lives. People with allergies can have normal lives by carrying an EpiPen and developing an emergency allergy plan.





# CANCELLATION OF CURBSIDE TEXTILE RECYCLING COLLECTION

As many businesses have struggled to stay afloat during the stay at home order, Simple Recycling was forced to close their Cincinnati operations. The City entered a contract with Simple Recycling in late 2017 and had one year remaining on this contract, which was of no cost to the City or residents.

During the last three years of collections, residents recycled **44,692 pounds of textiles** and small household

appliances. This amount equates to **22.35 tons of recyclables** that were diverted from the landfills.

We thank Simple Recycling for their vision and efforts. We are sad to see a family-owned company suffer and be forced to make such a hard decision. We encourage residents to continue to donate their items to a charitable organization of their choice or even a consignment shop. Remember to Reduce, Reuse and Recycle.

## DO I NEED A PERMIT?

**Thinking of doing some improvements around your home or property? Review this list and learn if you need a building permit or a zoning permit.**

A permit is required for projects such as new construction, additions, retaining walls, patios, driveways, remodeling, repair of electrical, mechanical, and plumbing systems and work within the right of way.



**The items on this general list do require a Building Permit.**

- New construction
- New additions
- Demolition of existing building
- Decks/Patios/Porches
- Pools (including above ground)
- Alteration of floor joists, wall studs, ceiling joists, rafters, beams, or other structural supports

- New or moved interior walls, regardless of whether or not they are structural
- Commercial and residential roof repair and replacement
- New wall openings for windows or doors
- New or replacement heating, ventilation, and air conditioning equipment or ducts
- New wood-burning stoves or fireplaces
- Accessory buildings (shed or detached garage) over 200 square feet
- Tents, over 200 square feet (commercial properties only)
- Retaining walls over 4 feet in height

**These items do not require a Building Permit, but do require a Zoning Permit.**

- Accessory structures (sheds, gazebos, trellises) less than 200 square feet in size
- Patios
- Temporary signs
- Sandwich board signs (Heritage District only)
- Animal enclosures
- Temporary storage containers
- Tents under 200 square feet
- Fire pits
- Removal of underground storage tank
- Filling in of in-ground pool
- Replacement of driveways or walkways (in right of way)
- Home Business Occupation permit
- Temporary signs at commercial establishments

**These items do not require either a Building or Zoning Permit and the work can be done at any time.**

- Replacement siding that does not require structural changes or repairs
- Replacement windows that do not require structural changes or repairs
- Interior decoration, such as paint, wallpaper, carpet, tile, cabinets, window coverings, and replacement light fixtures
- Installation of playground equipment
- New or replacement gutters and downspouts
- New storm windows or doors in existing openings
- New fencing
- Planting trees, shrubs, and other vegetation

Not all permits in the City of Montgomery are issued by the City. Please consult with these other jurisdictions at the beginning of your project planning process for more details.

- Sanitary Sewer (Utility) – Hamilton County Metropolitan Sewer District – 513-244-5500
- Water (Utility) – Greater Cincinnati Water Works – 513-591-7970
- Gas & Electric (Utilities) – Duke Energy – 513-421-9500
- Plumbing (Work) – Hamilton County General Health District – plumbing division – 513-946-7852

If in doubt, please call the building department at 513-792-8309 for verification.

## RECREATION, EVENTS AND POOL CURRENT MOOD

At the time of producing this newsletter, the Montgomery Community Pool, City events, and recreation programs and activities are uncertain due to the COVID-19 pandemic and restrictions. Safety is our first priority, of course.

For the latest updates on all recreational activities, including the Montgomery Community Pool, summer camps, fitness classes, and July 3, Independence Day and Bastille Day events, please check the City’s website at [montgomeryohio.org](http://montgomeryohio.org).



Events and Activities Update		
June		
6/1	Tennis Camp	Canceled
6/4	Big Rig Gig	Canceled
6/6	Fishing Contest - Swaim	TBD
6/8	Safety Village Week 1	Canceled
6/12	Jr. Golf (6/6 - 6/12)	TBD
6/15	Dive-In Movie & Luau	Canceled
6/15	Safety Village Week 2	Canceled
6/15	Board Game Development	TBD
6/15	Kids Yoga (7 - 8)	TBD
6/15	Possible Pool Opening	TBD (subject to change)
6/16	Kids Yoga (9 - 11)	TBD
6/22	Safety Village Week 3	Canceled
6/22	Jr. Ninja Warrior (6/22 - 6/26)	TBD
July		
7/3	Blue Ash Montgomery Symphony Orchestra Concert	TBD
7/4	Parade and Festival	TBD
7/18	Bastille Day	TBD
July	LafnLunch (Every Wednesday)	TBD

## MONTGOMERY’S TOP DOG!

Have the family dog featured in the City’s August Bulletin! Owners can send in a written description, and a photo of their cute, beloved, talented, or amazing dogs and one could earn the coveted “Top Dog” title and win a prize!

Can your dog sit and stay, come, or lie down? Is he or she a dancer, best kisser, loud singer, expert Frisbee catcher, or high jumper? Can your dog shake hands, roll over, play dead? Or is your dog just “dog-gone” cute? Explain how in 150 words or less why your dog should be the Top Dog!

Written descriptions, photos, and contact information are accepted now through June 30 and can be sent by email to Julie Machon at [jmachon@montgomeryohio.org](mailto:jmachon@montgomeryohio.org).



Bea, Montgomery’s 2019 Top Dog

All event dates are subject to change or cancellation. Check the website and social media for the most up-to-date information.





## GETTING OUTSIDE

We believe that getting outside can be beneficial for people of all ages—maybe now more than ever. Keeping parks open provides healthy recreation options for people during this difficult time.

Research supports the positive impact that going outdoors can have on mental health, particularly during

strenuous life events. Reconnecting with nature can reduce stress, anxiety, and depression.

Visit [montgomeryohio.org](http://montgomeryohio.org). Click on Recreation, and then click on Parks for park location and amenity information. For kids and families, we invite you to participate in our Park and Tree Explorer Programs!

# Montgomery Park Explorer

# Montgomery Tree Explorer

Enjoy the Montgomery Park Explorer and the Montgomery Tree Explorer programs together as a family. These free programs include workbooks for ages 2 to 5 and ages 6 and up. The workbooks provide participants with a variety of activities that will engage them in learning about local Montgomery parks and trees in a fun and active way.

**Pick up workbooks at City Hall or download at [montgomeryohio.org](http://montgomeryohio.org)**

Once completed, participants can turn in the workbooks any time, Monday through Friday, from 7:30 a.m. to 5:00 p.m. at Montgomery City Hall, 10101 Montgomery Road.

A member of the City recreation team will review the workbook and follow up with the participant. Completed workbooks will be given back to the participant to keep along with a certificate and patch.

**For more information on these free programs, contact Sarah Fink, recreation specialist at 513-792-8317**



All event dates are subject to change or cancellation. Check the website and social media for the most up-to-date information.

## FITNESS

At the time of publication, recreation programs and classes are uncertain due to the COVID-19 pandemic and restrictions. Safety is our number one priority, of course. City staff members are assessing the return date of programs and classes in two-week increments, and we will continue to assess in two-week increments unless the Governor releases additional instructions, and then we may reassess sooner.

For the latest updates on all recreational activities, please check the City's website at [montgomeryohio.org](http://montgomeryohio.org). Reach out to Sarah Fink at [sfink@montgomeryohio.org](mailto:sfink@montgomeryohio.org) with any questions regarding fitness programming.

## NEW! GOLF INSTRUCTION PROGRAMMING

**Have you been thinking about getting into golf? Are you looking to improve your skills?**

Join us as we learn from the PGA Professionals at Sharon Woods Golf Course. All programs are \$110 per participant, and all equipment is provided.

### Adult Beginner Golf

**Would you like to have more fun and play better golf with your friends? Would you like to be able to compete in your league?**

This five-week class is designed to improve your overall game. Topics include putting, chipping, pitching, iron play, hybrids, and woods. The classes are 90 minutes. Class size is limited and taught by PGA Professionals.

**Saturdays, September 12-October 10, 10:30 a.m.**

### Adult Intermediate Golf

**Would you like to lower your score consistently? Are you at the plateau stage and want to take your game to the next level?**

Topics of this five-week class include putting a variety of short game shots and strategies, full swing evaluations, and course management skills. The classes are 90 minutes. Class size is limited and taught by PGA Professionals.

**Wednesdays, September 9-October 7, 6:00 p.m.**

For more information and to sign up, please visit [montgomeryohio.org](http://montgomeryohio.org). For questions, please contact Sarah Fink at [sfink@montgomeryohio.org](mailto:sfink@montgomeryohio.org).

## MAINTAINING HEALTH AND WELL-BEING DURING UNCERTAIN TIMES

COVID-19 has changed all of our lives over the past few months in the way we work, go to school, and play. During times of change and uncertainty, it is important to focus on helping those around you as well as practicing self-care. Self-care is about focusing on not only your physical health but also your emotional health. Please consider adding the tips below into your routine to help you navigate this situation. With everything, please keep in mind physical distancing to keep fellow community members safe and healthy.

### Set a Routine

Establishing a routine and sticking to it is important to finding balance and protecting your health and well-being. Routines create predictability in a world filled with uncertainty. Routines can include work time, meal preparation, family time, daily chores, screen-free time, and exercise.

### Try Out New and Healthy Recipes

As more meals occur at home, take this time to focus on eating healthy and try out a new recipe. Prepare fruits and vegetables ahead of time, so they are available for a quick snack.

### Sleep

One of the biggest things you can do for your health outside of exercise and eating healthy is getting a full night's sleep. Getting consistent and full sleep is important in maintaining a healthy immune system. Develop a nightly routine, shut screens off, and focus on the positive things that occurred throughout the day.

### Get Outside

Being outdoors is a great opportunity to be physically active while also taking time to relax. Take a walk around the neighborhood, prepare a garden, and visit local parks.

### Stay Connected with Family and Friends

We're all in this together. Take time to reach out and connect with family and friends. Connect virtually, through a simple phone call, or even by writing a letter or card.

### Be Kind to Others and Practice Gratitude

Even the simplest of interactions can change the course of someone's day dramatically. Spreading positivity and focusing on the good that is happening can surely impact your health.

### Reduce Stress

With all the information, it can be overwhelming to process. Activities such as reading a book, watching a favorite movie, or doing puzzles can help to relax the mind and reduce the stress our bodies feel.

Source: National Parks & Recreation Association, CDC, & Harvard School of Public Health.





10101 Montgomery Road  
Montgomery, Ohio 45242

**Mayor**  
Chris Dobrozsi

**Vice Mayor**  
Craig Margolis

**Council Members**  
Lee Ann Bissmeyer  
Mike Cappel  
Gerri Harbison  
Lynda Roesch  
Ken Suer

**Clerk of Council**  
Connie Gaylor

**City Manager**  
Brian Riblet

**Emergency**  
911  
**Non-Emergency**  
• **Police Dept.**  
513-985-1600  
• **Fire Dept.**  
513-985-1633

**Public Works**  
513-792-8355  
**Planning/Zoning/  
Building**  
513-792-8309  
**City Hall**  
513-891-2424

PRESORTED  
STANDARD  
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CINCINNATI, OH



JUNE 2020 EVENTS

All event dates are subject to change or cancellation. Check the website and social media for the most up-to-date information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Beautification & Tree Commission Public Works 9:00 a.m. Planning Commission City Hall 7:30 p.m.	2	3 Council Business Session City Hall 7:00 p.m.	4 Big Rig Gig <b>CANCELED</b> Montgomery Community Pool 11:00 a.m. – 1:00 p.m.	5	6
7	8 Safety Village Week One <b>CANCELED</b>	9 Environmental Advisory Commission City Hall 5:00 p.m.	10 Landmarks Commission City Hall 7:00 p.m.	11 Parks and Recreation Commission Weller Park 6:30 p.m.	12 Dive-In Movie and Luau <b>CANCELED</b> Montgomery Community Pool 6:00 – 11:00 p.m.	13
14	15 2nd Quarter 2020 City Taxes Due ( <b>Extended to 7/15</b> ) Planning Commission City Hall 7:30 p.m.	16 Sister Cities Commission City Hall 6:00 p.m.	17 Council Work Session City Hall 7:00 p.m.	18	19	20
Father's Day	21 Arts Commission City Hall 5:00 p.m.	22 Board of Zoning Appeals City Hall 7:00 p.m.	23	24	25	26 Document Destruction and Cardboard Recycling 7315 Cornell Road 10:00 a.m. – 1:00 p.m.
28 Montgomery Garden Tour <b>CANCELED</b> 2:00 p.m.	29	30				