



OFFICIAL PUBLICATION OF THE CITY OF MONTGOMERY • July 2023



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## COUNCIL MESSAGE

### CONTINUAL IMPROVEMENT BY RON MESSER

Wow! It's hard to believe how things have changed since my wife, three daughters, and I moved from Blue Ash to Montgomery in 1986. I was working for a large consumer goods company at that time, and it was just beginning to implement a formal and structured "total quality" program. One of the principles of that program, and quality training in general, was "continual improvement." In its simplest terms, it means not only keeping good things in control, but also finding new and better ways to enhance products and services. Looking back from 1986, continual improvement is a fundamental reality here in Montgomery. Just a few of the improvements in our neighborhood include:

- Natural gas lines for our homes
- Streetlights for our streets
- Sidewalks for our safety and walking enjoyment
- Cable TV and internet availability

Here's a broader list of some of the many improvements in our city. They include:

- The expansion of TriHealth and the Bethesda North Hospital into a regional health care magnate that not only provides life saving and health services, but also jobs as our city's largest employer.
- The expansion of city parks to include Dulle ('89), Pfeiffer ('89), Pioneer ('93), and Weller ('97).
- The Bastille Day celebration ('90) and added events in our DORA district.
- The 32 miles of sidewalks connecting neighborhoods and our downtown area.

- The city swimming pool and fitness classes in the annex.
- The building and expansion of the Twin Lakes senior living facility.
- The Montgomery Citizens Leadership Academy (MCLA, '08) that offers citizens a closer look at how the city operates and how they can impact its future.
- The Farmers Market, (an MCLA brainchild, '10), that provides fresh foods, ideas, and a good place to just hang-out on Saturday mornings.
- The Vintage Club development as the northern gateway into our city.
- The initial installations of five smart traffic lights and more to come that will help improve traffic flow.
- The five consecutive years of winning the "Top Workplace" award sponsored by the Cincinnati Enquirer.
- And on the barren space of two vacant car lots, the Montgomery Quarter was built with its new office tenants, yummy restaurants, apartments, condominiums, a boutique hotel, and plans for much more.

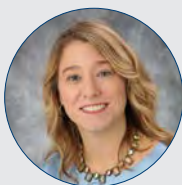
The process of change can be hard, but change that results in the type of continual improvement that we have seen has made us one of Ohio's top cities for quality of life (Niche rating). We owe this quality to our dedicated and talented city employees, our engaged citizens/volunteers, our business partners, and a non-partisan city council that does not have the dysfunction or rancor of dueling political parties. I'm sure glad our family moved here 36 years ago.

I hope you are glad that you live here too.

## COUNCIL MEMBERS



**Mayor**  
Craig Margolis



**Vice Mayor**  
Lee Ann Bissmeyer



**Member**  
Mike Cappel



**Member**  
Chris Dobrozsi



**Member**  
Ron Messer



**Member**  
Sasha Naiman



**Member**  
Ken Suer



## COUNCIL CORNER

### JUNE 21, 2023 WORK SESSION

Montgomery City Council met in its regular monthly Work Session on Wednesday, June 21, 2023, at City Hall. Meetings begin at 6:00 p.m., with public comment welcomed on each item before City Council.

#### Pending Legislation

#### New Legislation

**A Resolution** Adopting A Tax Budget For 2024

**A Resolution** Authorizing Internet Auction of Surplus Personal Property Through Govdeals.com

**A Resolution** Approving the Update of the Solid Waste Management Plan of the Hamilton County Solid Waste Management District

**A Resolution** Amending Resolution No. 26, 2020 To Modify The Authorized Hours Of Operation For The Designated Outdoor Refreshment Area Within The City

### RECENT COUNCIL ACTION

#### Approved Legislation

#### June 7, 2023

##### ORDINANCE 4 2023

**An Ordinance** Amending Chapter 156.02 of The Land Usage Code, Subdivision Regulations: Requirements For Subdivision Approval **(passed 6, yea; 1-absent)**

##### ORDINANCE 5 2023

**An Ordinance** To Amend Appropriations For Current Expenses And Other Expenditures Of The City Of Montgomery, State Of Ohio, During The Fiscal Year Ending December 31, 2023 **(passed 6, yea; 1-absent)**

##### ORDINANCE 6 2023

**An Ordinance** Amending Tax Incentive Agreement With The Board Of Education Of The Sycamore Community School District For The Montgomery Quarter Project **(passed 5, yea; 1-abstain; 1-absent)**

##### ORDINANCE 7 2023

**An Ordinance** Approving And Authorizing The Release Of A Portion Of The Roosa Street Right Of Way Dedicated To The City By The Montgomery Community Improvement Corporation Subject To Certain Terms And Conditions **(passed 5, yea; 1-abstain; 1-absent)**

##### ORDINANCE 8 2023

**An Ordinance** Authorizing And Directing The City Manager To Execute A Contract With A Regional Council Of Governments For The Purpose Of Administration And Collection Of Municipal Income Tax In The City Of Montgomery, Ohio and Declaring an Emergency **(passed 6, yea; 1-absent)**

##### RESOLUTION 18 2023

**A Resolution** Authorizing the City Manager to Enter into an Agreement with KT Holden Construction for the Delray Watermain and Resurfacing Project **(passed 6, yea; 1-absent)**

##### RESOLUTION 19 2023

**A Resolution** Authorizing the City Manager to Contract with Frost Brown Todd, LLC to Provide Special Counsel Services **(passed 6, yea; 1-absent)**

##### RESOLUTION 20 2023

**A Resolution** Authorizing The City Manager To Enter Into A Contract With YARD Group, LLC For Professional Planning Services For The Comprehensive Community Plan **(passed 6, yea; 1-absent)**

These pieces of approved legislation can be reviewed on the City's website at [www.montgomeryohio.gov](http://www.montgomeryohio.gov) or in the Safety Center vestibule at 10150 Montgomery Road, Montgomery Ohio 45242.

## SHARE THE ROAD

As summer heats up, more cyclists appear on Montgomery roadways, so brush up on the applicable bicycle and motorist laws so everyone stays safe. Please share the road and be alert.

- Cyclists must obey all roadway traffic laws which includes stopping at stop signs and red lights.
- Whenever possible motorists must allow at least a 3 foot cushion space when passing a cyclist.
- Cyclists shall operate as close to the right side of the roadway as possible unless the roadway edge is unsafe.
- When making a left turn, cyclists may safely move to the center of the lane to prepare for the left turn.
- Cyclists shall use arm signals indicating left turn, right turn and stopping.
- Bicycles must be properly equipped with front (white) and rear (red) lighting or reflectors.
- Cyclists must operate with the direction of traffic NOT against traffic.
- Cyclists must yield to pedestrians and give a hearable signal before passing pedestrians.
- Cyclists must yield to emergency vehicles.
- Audible devices, such as horns or bells, are strongly suggested but not required by law.
- Bicycle helmets are strongly recommended but not required by law.



- Cyclists may not ride more than two side by side.
- It is illegal for bicyclist, skater, or person sledding to attach or be towed by a vehicle.

Motorists should be extra vigilant during the summer months to pay attention to cyclists, pedestrians and motorcycles that are sharing the roadways. Cell phones and other electronic distractions could prove deadly.

While there are laws to protect cyclists on Montgomery roadways, cyclists should be extra cautious for the inattentive motorists that may not see them.

## COMMUNITY-WIDE GARAGE SALE OFFERS GREAT DEALS

**Looking for a bargain? Come to the City of Montgomery Community-Wide Garage Sale on Saturday, August 5, from 9:00 a.m. until 1:00 p.m.**

This grassroots public awareness campaign is designed to promote reuse, repair, and resale opportunities in the City of Montgomery.

A Garage Sale Treasure Map, with a complete listing of locations, will be available at Montgomery City Hall, 10101 Montgomery Road, starting on Thursday, August 3, from 8:00 a.m. to 4:30 p.m., to help shoppers prepare for the sales and map out deal-finding strategies. Treasure Maps will also be handed out at City Hall on the Saturday morning of the sales, beginning at 8:00 a.m.

Anyone that wants to participate should sign up at [montgomeryohio.gov](http://montgomeryohio.gov) or call 513-891-2424 by Friday, July 28. There is no fee to participate.

**GARAGE  
SALE**

## MONTGOMERY TO PARTNER WITH REGIONAL INCOME TAX AGENCY

The City of Montgomery has entered into an agreement with the Regional Income Tax Agency (RITA) to administer our municipal income tax collections. The effective date of the transition to RITA is scheduled for October 1, 2023. For those residents who prefer to work with a tax specialist within our Montgomery Finance Department, we will still be providing that service and encourage you to reach out by secure email, by phone or meet in-person for help with your filing process. For those choosing to file directly with RITA, this option will streamline the filing and payment process.

Stay tuned for additional details and information. If you have questions please contact Maura Gray, Finance Director, at 513-792-8349 or [mgray@montgomeryohio.gov](mailto:mgray@montgomeryohio.gov).



## EASY STEPS FOR DRIVING IN A SINGLE LANE ROUNDABOUT

**The roundabout at the Pfeiffer Road and Deerfield Road intersection is completed. This project aims to improve traffic flow, safety, and air quality at the intersection.**

Here are easy steps to stay safe while driving in a single-lane roundabout.

1. **Slow down.** As you approach the roundabout, reduce your speed, and watch for pedestrians in the crosswalk.
2. **Yield to traffic** already in the roundabout.
3. **Find a gap.** Once you see a gap in traffic, enter the circle and proceed to your exit.
4. **Watch out.** Look for pedestrians and use your turn signal before you exit.

If you miss your exit, keep driving until you make another circle and return to the exit again. For more information about driving in a single-lane roundabout, scan the QR Code to watch a video produced by the Ohio Department of Transportation.



## SHOW US YOUR FAVORITE MONTGOMERY EVENT!

The City of Montgomery knows how to party from Harvest Moon, Holiday in the Village, Bastille Day, to Independence Day. Send a picture of your favorite event, and we may use it in a future city publication! The picture can be this year or a family favorite from the past. Please send to Amy Frederick at [afrederick@montgomeryohio.gov](mailto:afrederick@montgomeryohio.gov) or drop a copy off at City Hall. You may see your picture right here in The Bulletin!



## SPRING 2023 SEASONS OF BEAUTY AWARD WINNER

The City of Montgomery Beautification and Tree Commission has awarded the spring 2023 Seasons of Beauty award to Vineet and Preeti Kshirsagar. The home's landscaping was a standout this spring, even with the large swings in temperature and weather this season.

The Kshirsagar home was abundant with spring blooms, including both flowers and trees. And given the unpredictable spring season, their selection of planting withstood all that mother nature gave us. The Japanese maple cascaded over the home's front entry in perfect complement to the brick façade. At the same time, a white blooming crabapple greeted visitors at the edge of the driveway. Along the sidewalk and in various beds, tulips bloomed in a beautiful array of colors, including purple, pink, yellow, and white. The beds also included some blooming daffodils and hyacinths.

The Seasons of Beauty award recognizes homes and businesses in Montgomery with remarkable front yards, window boxes, and planters that peak during certain seasons and those homes and businesses with decorative features that celebrate the "season" or holiday.

Nominate your home or neighbor's home by emailing a photo and short description to [aaronkellenberger@gmail.com](mailto:aaronkellenberger@gmail.com). The summer award winner will be selected this month and announced in a future Montgomery Bulletin.



**CITY OF MONTGOMERY**  
A CHARMING PAST. A GLOWING FUTURE.

# All American Independence Day!

- ★ **Blue Ash Montgomery Symphony Concert**  
Monday, July 3, 7:30 p.m. Sponsored by:  
Montgomery Park 
- ★ **Parade** Tuesday, July 4, 10 a.m.  
Cooper & Montgomery Roads 
- ★ **Festival** Tuesday, July 4, 11 - 2 p.m.  
Montgomery Park

Call 513-792-8316 for more information.



# FREE LAF N LUNCH

NOON - 12:45 PM

- JULY 12 - Remy & Friends Illusion
- JULY 19 - Tom Bemmes Magic
- JULY 26 - Cool Critters Animal Show

**BRING A LUNCH AND ENJOY THE SHOW**

**SWAIM PARK LARGE SHELTER**  
7650 COOPER ROAD MONTGOMERY, OHIO

**CALL CITY HALL**  
513-891-2424  
or visit our website for more information  
[WWW.MONTGOMERYOHIO.GOV](http://WWW.MONTGOMERYOHIO.GOV)

**NO REGISTRATION REQUIRED**



## SAVE THE DATE OCTOBER 23

### Kevin Hines, Author of *Cracked Not Broken, Surviving and Thriving After A Suicide Attempt*

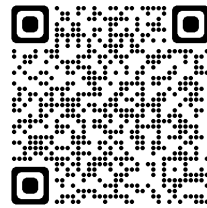
At 19 years old, Kevin Hines attempted to take his life by jumping off the Golden Gate Bridge. It's a jump few people survive. Hines says he regretted his decision as soon as he jumped and prayed to survive. He hit the water at 75 mph and broke several bones, but a sea lion kept him afloat until rescuers arrived.

Today, he doesn't take one day for granted.

**Come hear his incredible story and how he's saving others. The City of Montgomery is proud to welcome this world-renowned mental health activist, award-winning filmmaker, bestselling author, award-winning speaker, and suicide prevention champion on Monday, October 23 at 7:00 p.m. at Good Sheperd Church (8815 E. Kemper Road, Cincinnati, OH 45249).**

Kevin now travels the world sharing his story of hope, healing, and recovery while teaching people of all ages the art of wellness and the ability to survive pain with true resilience.

For more information and to register for this can't miss event, please visit [montgomeryohio.gov/mental-health](http://montgomeryohio.gov/mental-health) or scan the QR Code.



Scan QR code for more information or to register

## Kids on Bike Parade Unit

Ride in Montgomery's Independence Day Parade!

July 4, 9:45 am



Bring your decorated bike! Meet at Montgomery Elementary School. End at Montgomery Park. Parents can walk with their kids! No registration required. Call 513-792-8316 with questions.



# Spotlight

## ON MONTGOMERY BUSINESSES

### MONTGOMERY WELCOMES BELLE AESTHETICS

Belle Aesthetics and Skincare is a new aesthetic practice located at 9370 Main Street, Suite C, in Historic Downtown. Belle was founded by Kelly Carlson, NP-C, who has been practicing for 13 years—seven of those years as a nurse practitioner specializing in primary care and aesthetics.

"We are excited for our practice to be in this quaint area amongst a great community," Kelly said. "My passion

**Belle Aesthetics**  
AND SKINCARE

is to restore confidence within my patients through various modalities -including facial injectables (Neuromodulator/Dermal Filler), Chemical peels, micro-needling, PRP, laser treatments, and medical-grade skincare."

Consultations are always complimentary. Visit [bellecincinnati.com](http://bellecincinnati.com) for more information or to make an appointment. You can also call the office at 513-792-2050.

Join us for a Free Movie in the Park

# MOVIE NIGHT

## Under the Stars

Friday, August 11th at Dusk

### Weller Park

### Top Gun Maverick

Presented by the Parks and Recreation Commission and sponsored by:

**LEGACY BUILDERS GROUP**  
DESIGN | BUILD | REMODEL

Contact Lisa Lorenz at 513 792-8317 with any questions

# Jamaican

# Diversity Dinner

## PARTY

Save the date!  
Saturday, August 5



# Bastille Day Celebration

Downtown Montgomery

July 15 ★ 4-11 PM

MUSIC



FOOD

BEER & WINE

Thank You Sponsors!



General Electric Credit Union



LEGACY BUILDERS GROUP  
DESIGN | BUILD | REMODEL



CITY OF MONTGOMERY  
Sister Cities Commission

For more information visit [montgomeryohio.gov](http://montgomeryohio.gov)



CITY OF MONTGOMERY  
A CHARMING PAST. A GLOWING FUTURE.

## SAVE THE DATE FOR A 3-PART ALZHEIMER'S ASSOCIATION PRESENTATION

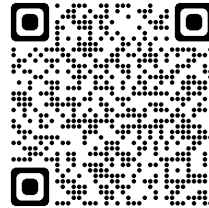
*More than 6 million Americans are living with Alzheimer's*

The City of Montgomery is privileged to partner with the Alzheimer's Association of Cincinnati to provide a 3-part education series on Alzheimer's and Dementia. These educational sessions will be held at Terwilliger Lodge, 10530 Deerfield Road, each session begins at 7:00 p.m.

The following topics will be discussed on the following dates:

- **10 Warning Signs - August 10**
- **Understanding Alzheimer's and Dementia - August 16**
- **Healthy Living for Your Brain and Body - August 24**

For more information and to register to attend this event, please visit [montgomeryohio.gov/mental-health](http://montgomeryohio.gov/mental-health) or scan the QR Code.



Scan QR code for more information or to register

**ALZHEIMER'S ASSOCIATION**

## FREQUENTLY ASKED QUESTIONS ABOUT MCLA

Many people say they've always considered signing up for the Montgomery Citizens' Leadership Academy but have yet to. So, what's holding you back? Here are two frequently asked questions with Amy Frederick, Communications and Engagement Coordinator, who organizes the 10-week class.

### 1. Are the sessions hours-long lectures with PowerPoints?

There are 10 unique workshops every Thursday evening, about three hours long, with dinner included. While we have a lot of information to share, we give a hands-on experience in each workshop. For example, in one session, we will visit the Safety Center, and our class will climb aboard a fire truck or check out a police cruiser. In another session, we see and tour a Sycamore School. Many sessions have exercises that are fun and interesting.

### 2. What happens if I have to miss a session? While we hope you enjoy each session and won't want to miss any, we understand schedules change.

"MCLA is a chance to learn about the City, but it's more than that," Amy said. "It is an opportunity to meet new people. I guarantee you will look forward to MCLA every Thursday evening to share a meal with your new friends, learn about the City, and even learn a few things about yourself."

Don't hesitate to sign up, apply at [montgomeryohio.gov](http://montgomeryohio.gov) or call Amy Frederick at 513-792-8358.



## ENJOY DORA THIS SUMMER

What's better on a hot summer evening than sipping your favorite cold adult drink? Enjoy the City of Montgomery's Designated Outdoor Refreshment Area (DORA). With DORA, patrons 21+ can buy their favorite alcoholic beverages in a designated DORA cup that is sold at participating businesses. Patrons can then carry their drinks within the defined area.



Participating Businesses include:

- Bru Burger Bar, 9300 Montgomery Road
- The Corner Pub, 7833 Cooper Road
- The Belle and the Bear, 8512 Market Place Lane
- European Café, 9450 Montgomery Road
- Forno, 9415 Montgomery Road
- Livery, 9320 Montgomery Road
- Montgomery Inn, 9440 Montgomery Road
- Montgomery Public House, 7880 Remington Road
- Taglio Bar & Pizzeria, 9321 Montgomery Road
- Village Tavern, 9390 Montgomery Road

The DORA hours are Monday through Thursday from 5:00 p.m. to 11:00 p.m., Friday from 5:00 p.m. to midnight, Saturday from noon to midnight, and Sunday from noon to 9:00 p.m. For more information, including a map of the designated area, go to [montgomeryohio.gov](http://montgomeryohio.gov).

A vertical poster with a dark wood-grain background. At the top left is a green leafy branch with red hibiscus flowers. The word "LUAU" is written in large, orange, hand-cut wooden letters, decorated with small white and pink flowers. Below it, "DORA STREET PARTY" is written in green, bold, sans-serif font, with "at the Montgomery Quarter!" in a smaller, lighter green font underneath. The date and time "Saturday, August 26 6pm - 10pm" are written in a white, serif font. At the bottom, "Live music by The Sunburners Island Party Band" is written in white, serif font, followed by "Wear tropical attire!" in yellow, bold, sans-serif font. There are more floral decorations at the bottom corners.

A vertical poster with a background of vertical light streaks in red, orange, and blue. At the top, "YOU ARE INVITED TO" is written in white, sans-serif font. Below it, "VEGAS" is in large, white, bold, sans-serif font, followed by "in the" in a smaller, white, cursive font, and "VILLAGE" in large, yellow, bold, sans-serif font. On the right side, there are three playing cards: a red heart with "SEPT 7 5-9 PM" in white, a black spade with "HISTORIC MONTGOMERY &amp; MONTGOMERY QUARTER" in white, and a black club. Below the cards, the text "Start at the Remington Room." is in white, bold, sans-serif font. Underneath that, "Visit local businesses &amp; get your passport stamped." is in white, bold, sans-serif font. At the bottom, "End the evening at Montgomery Quarter for a chance to win prizes." is in white, bold, sans-serif font. At the very bottom, there is a white box containing the text "PRESENTED BY:" followed by the logos for "MONTGOMERY Chamber of Commerce" and "CITY OF MONTGOMERY A SHARED PASSION &amp; FUTURE CULTURE".

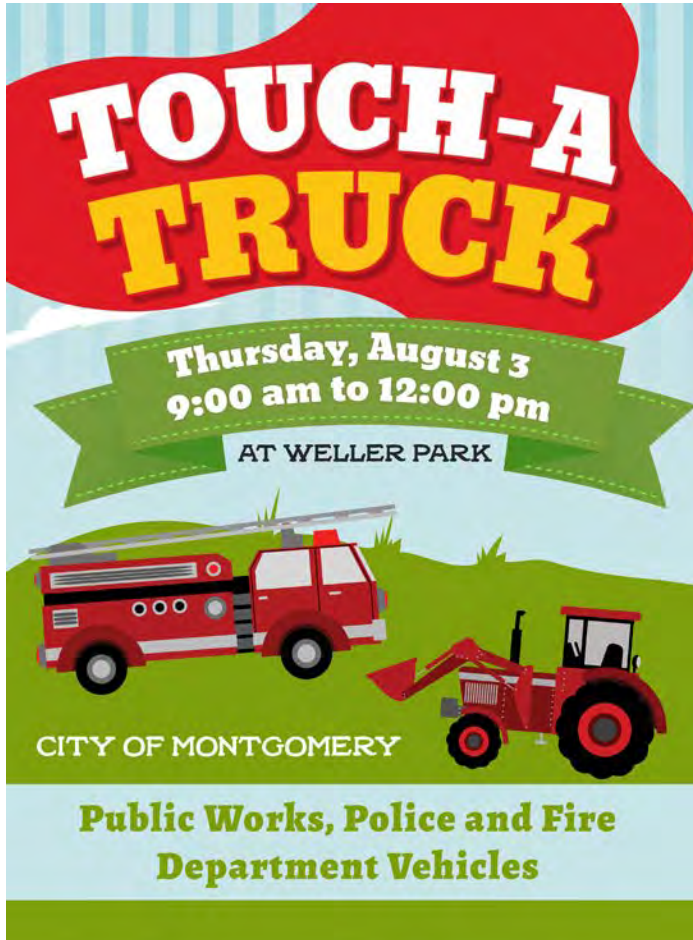
## WATER SAFETY

What do surfing, fishing, water skiing, and swimming have in common? They are all lots of fun...and they all take place in, on, or around the water! Water activities are a great way to stay cool and have a good time with your friends or your family. Take along these tips — and your common sense — to get wet, make waves, and have a blast!

### Top Ten Tips

- **DO learn to swim.** If you like to have a good time doing water activities, being a strong swimmer is a must.
- **DO take a friend along.** Even though you may be a good swimmer, you never know when you may need help. Having friends around is safer and just more fun!
- **DO know your limits.** Watch out for the “too’s” — too tired, too cold, too far from safety, too much sun, too much hard activity.
- **DO swim in supervised (watched) areas only,** and follow all signs and warnings.
- **DO wear a life jacket** when boating, jet skiing, water skiing, rafting, or fishing.
- **DO stay alert to currents.** They can change quickly! If you get caught in a strong current, don’t fight it. Swim parallel to the shore until you have passed through it. Near piers, jetties (lines of big rocks), small dams, and docks, the current gets unpredictable and could knock you around. If you find it hard to move around, head to shore. Learn to recognize and watch for dangerous waves and signs of rip currents — water that is a weird color, really choppy, foamy, or filled with pieces of stuff.
- **DO keep an eye on the weather.** If you spot bad weather (dark clouds, lighting), pack up and take the fun inside.
- **DON’T mess around in the water.** Pushing or dunking your friends can get easily out of hand.
- **DON’T dive into shallow water.** If you don’t know how deep the water is, don’t dive.
- **DON’T float where you can’t swim.** Keep checking to see if the water is too deep, or if you are too far away from the shore or the poolside.

Information provided by the Centers for Disease Control and Prevention



**TOUCH-A-TRUCK**

Thursday, August 3  
9:00 am to 12:00 pm  
AT WELLER PARK

CITY OF MONTGOMERY

Public Works, Police and Fire  
Department Vehicles



Mid-Season memberships  
go on sale July 16!  
Don't let summer pass you by!

## COMMISSION VACANCIES

The City of Montgomery is looking to fill a vacancy on the Arts Commission and the Landmarks Commission.



### ARTS COMMISSION

Members promote visual and performing arts within our City. The Commission proposes and supervises programs, submits an annual budget, and reports its progress on projects and activities annually. Programs and events include Exposure Montgomery Photo Contest, Live at the Uni Concert Series, July 3 Patriotic Concert, and other projects. **Meetings are held on the fourth Monday of each month at 5:00 p.m.**



CITY OF  
**MONTGOMERY**  
Landmarks Commission

### LANDMARKS COMMISSION

The Landmarks Commission provides for the preservation of Montgomery's historical, architectural and archaeological heritage. The commission makes recommendations to the Planning Commission and City Council on matters of legislation and development that may affect the City's landmarks. The Commission also provides continuing education and promotes awareness of the City's heritage. **Meetings are held on the second Wednesday of each month at 6:00 p.m.**

No special qualifications are required to volunteer for any Montgomery board or commission. For further information on the respective board or commissions visit the City's website at [montgomeryohio.gov](http://montgomeryohio.gov). To apply contact Connie Gaylor at 513-792-8314 or [cgaylor@montgomeryohio.gov](mailto:cgaylor@montgomeryohio.gov).

## CONGRATULATIONS TO K9 RICKY'S COLORING CONTEST WINNERS

Congratulations to K9 Ricky's Coloring Contest Winners Kennedy, Evelyn, and Henry. While the contest was held in January, K9 Ricky waited till warmer weather to invite the winners to meet him at the Safety Center. While there, Kennedy, Evelyn, Henry, and their families toured the police station and learned about Ricky and Officer Alex. Thank you to all the children who participated in the contest.



Kennedy



Evelyn



Henry

## OUR VOLUNTEERS SHINE!

Thanks to our wonderful volunteers for an awesome Safety Village! You helped our young Safety Village students have a fun-filled, informative week.



### Register Now For Upcoming Volunteer Events:

#### One Stop Drop Recycling

Saturday, September 23  
10:00 a.m. - 1:00 p.m.

Volunteers help remove items from cars and place in the appropriate bins. The items will be taken to various facilities to be recycled and kept out of the landfill. This is a great opportunity for groups, families with teens, and students who need volunteer hours.



## CLIMATE CHANGE AND HEALTH EQUITY

### BY: ZEESHAN PASHA, EAC MEMBER

Climate change poses current and increasing threats to human health. As the climate continues to warm, the risks to human health will grow, exacerbating existing health threats and creating new public health challenges.

#### Climate change's effect on land, water, and air quality can cause new health problems

- **Heat:** More frequent and severe heat waves lead to more heat-related illnesses and deaths.
- **Seasonal Changes:** Seasonal changes can shift the geographic area where disease-carrying insects, such as mosquitoes, ticks, and fleas, transmit West Nile Virus, dengue fever, Lyme disease, and malaria to humans.
- **Air Quality:** Increasing exposure to pollen due to increased plant growing seasons, to molds due to severe storms, and to air pollution due to increased temperature and wildfires can all worsen lung diseases, such as asthma.
- **Temperature Changes:** Increasing temperatures can cause poor air quality, affecting the heart and worsening cardiovascular disease.
- **Flooding:** Flooding events can contaminate water with harmful bacteria, viruses, and chemicals that cause food-borne and waterborne illnesses.
- **Severe Weather:** In addition to injuries, illnesses, and deaths, more frequent and severe extreme weather events can harm mental health due to damage to property, loss of loved ones, displacement, and chronic stress.
- **Health Care System Impacts:** Extreme climate events can place added stress on hospital and public health systems and limit people's ability to obtain adequate health care during crises.

#### The following factors can affect people's ability to prepare for, respond to, and cope with the impacts of climate change on health.

- Living in areas particularly vulnerable to climate change (like communities along the coast or extreme weather)
- Coping with higher levels of existing health risks when compared to other groups
- Living in low-income communities with limited access to healthcare services
- Limited access to quality healthcare
- Limited availability of information and resources in a person's native language
- Limited ability to relocate or rebuild after a disaster





## GROUP FITNESS

Registration for **2023 - Session D** of fitness classes is open. Please visit the fitness page at [montgomeryohio.gov](http://montgomeryohio.gov) for class descriptions, important information and registration.

Please contact City Hall by calling 513-891-2424 with any questions you may have.

### Group Fitness Class Schedule 2023 - Session D

Day	Class Name	Dates of Session	No Class	Session Length	Time of Class	Res.	Non-Res.
Mon.	Mixed Level Yoga	7/17-8/28	4-Sep	7 classes	9:30-10:30 a.m.	\$35	\$40
Mon.	Chair Yoga	7/17-8/28	4-Sep	7 classes	11:00 a.m.-12:00 p.m.	\$35	\$40
Tue.	Cardio Strength and Stretched	7/18-9/5		8 classes	9:00-10:00 a.m.	\$40	\$45
Tue.	Tai Chi	7/18-9/5		8 classes	10:20-11:20 a.m.	\$80	\$90
Tue.	Pilates	7/18-9/5		8 classes	6:00-7:00 p.m.	\$40	\$45
Wed.	Mixed Level Yoga	7/19-9/6		8 classes	9:30-10:30 a.m.	\$40	\$45
Wed.	Beginner Level Yoga	7/19-9/6		8 classes	11:00-12:00 a.m.	\$40	\$45
Wed.	Bootcamp	7/19-9/6		8 classes	6:00-7:00 p.m.	\$40	\$45
Thur.	Cardio Strength and Stretched	7/20-9/7		8 classes	9:00-10:00 a.m.	\$40	\$45
Thur.	Restorative Yoga	7/20-9/7		8 classes	11:00 - 12:00 p.m.	\$40	\$45
Thur.	Pilates	7/20-9/7		8 classes	6:00-7:00 p.m.	\$40	\$45

## SPRING INTO FITNESS

### By Twin Lakes Senior Living Community

Having a strong, active mind is one of the greatest tools we can have as we age, which is why keeping our brains healthy throughout our lives is essential. No matter where you are in your journey, you can keep your mind sharp.

A great way to strengthen your mind is to take care of your body overall. Engaging in physical activities, sports, and exercise is important in managing your blood pressure, stress and fighting diseases. And, of course, a balanced diet is always essential. It may seem daunting to start or rework a health plan, but a healthy diet and exercise can make a difference.

The next step to improving your brain health is directly working your mind. You can play many games alone or

with others that stimulate the brain in a fun way. Word games like Scrabble, Boggle, and crosswords, or strategy games like checkers, chess, or mancala, or card games like solitaire, crowns, or rummy, or games that involve numbers or quick wit like sudoku and trivia, all of these are a great start.

A third component to keeping your mind active is through social activities! Connecting with family, making new friends, joining clubs, attending artistic performances, and having crafty hobbies allow you to tune into the things that bring you joy with good company.

Summer is the perfect time to keep an active mind and exercise your brain, so don't delay and start improving your brain health today.



10101 Montgomery Road  
Montgomery, Ohio 45242

**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  
U.S. POSTAGE  
**PAID**  
PERMIT #2417  
CINCINNATI, OH

## INDEPENDENCE DAY

- ★ Parade - July 4, 10:00 am  
Montgomery & Cooper Roads
- ★ Festival - July 4, 11 - 2 pm  
Montgomery Park



PLEASE  
RECYCLE

## JULY 2023 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
		<b>National Parks and Recreation Month</b>				<b>1</b>
<b>2</b>	<b>3</b> BAMSO Independence Day Concert, Montgomery Park, 7:30 p.m.	<b>4</b> <b>Independence Day</b> Parade begins at 10:00 a.m. Festival Montgomery Park, 11:00 a.m. – 2:00 p.m. City offices closed, trash collection as usual.	<b>5</b> Council Business Session, City Hall, 6:00 p.m.	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b> Beautification and Tree Commission, Public Works, 9:00 a.m.	<b>11</b> Environmental Advisory Commission, City Hall, 5:00 p.m.	<b>12</b> Laf-N-Lunch, Swaim Park Large Shelter, Noon – 12:45 p.m. Landmarks Commission, City Hall, 6:00 p.m.	<b>13</b> Parks and Recreation Commission, Pioneer Park, 6:30 p.m.	<b>14</b>	<b>15</b> Cardboard Recycling, 7315 Cornell Road, 10:00 a.m. – 1:00 p.m. Bastille Day, Historic Downtown Montgomery, 4:00 – 11:00 p.m.
<b>16</b>	<b>17</b> Planning Commission, City Hall, 7:00 p.m.	<b>18</b>	<b>19</b> Laf-N-Lunch, Swaim Park Large Shelter, Noon – 12:45 p.m. Council Work Session, City Hall, 6:00 p.m.	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b> Arts Commission, City Hall, 5:00 p.m.	<b>25</b> D & I Commission, City Hall, 4:00 p.m. Board of Zoning Appeals, City Hall, 7:00 p.m.	<b>26</b> Laf-N-Lunch, Swaim Park Large Shelter, Noon – 12:45 p.m.	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b>					