WEST PARK MAGAZINE

WEST PARK KAMM'S NEIGHBORHOOD DEVELOPMENT | SPRING 2022



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met through community-building,
stewardship, and development initiatives.

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FROM THE DIRECTOR AND BOARD CHAIR

DEAR NEIGHBORS,

As we write this letter there's a glimpse of spring in the air, bringing out neighbors and friends to enthusiastically enjoy the sunshine and reconnect after the cold winter months. In spring, we think green! From celebrating St. Paddy's Day to participating in a park survey to signing up for GardenWalk, there are so many ways to be green in West Park. This magazine highlights a few of these opportunities, but we'd love for you to share more ways you're going green with us – tag us on social media @westparkkamms or get more involved by reaching out to Devon at devon@westparkkamms.org or 216-252-6559 x 1000.

No spring at West Park Kamm's Neighborhood Development would be complete without talking about our summer programs. Starting on June 12th, Sunday mornings in West Park mean Kamm's Corners Farmers Market. On June 18th, it's the eagerly awaited return of The Hooley on Kamm's Corners TM . Make sure to save both dates! We have plenty more in the works for the warmer days ahead, so stay tuned for more announcements throughout the spring!

Warmer weather also reminds us of the many repairs and ongoing maintenance required when owning an older home. WPKND can help you! Whether you're in need of tips on how to hire a contractor or help financing a project, check out our resources guide on pages 22-23 in the magazine or reach out to CJ, our Community Engagement Specialist with the Healthy Homes Program.

Finally, we'd like to give a warm welcome to our newest team member, Molly Crawford, who is WPKND's Marketing and Development Manager. Learn more about her and why she's excited to join our organization by turning to page 17.

Over the coming months, we look forward to catching up with you to learn more about what you hope to see happen in the neighborhood in the coming years. Whether you take a survey, participate in a workshop, or join us at the Farmers Market, we're excited to hear from you!

Happy spring!

Rosemary Mudry | Executive Director

(/900)
Todd Sheppard | Board Chair

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Nimati Abbas Keeps up Delicious Family Traditions in West Park by Devon Chodzin







Nimati Abbas has recreated her grandmother's cherised baklava, ghraybeh cookies, and hilbeh recipes

uring the COVID-19 pandemic, a lot of people have experimented with home baking. Whether they were experienced or brand new to the practice, thousands of people cultivated sourdough starters and taught themselves the art of baking at home. For West Park's Nimati Abbas, baking at home was already a hobby she had grown to love before the pandemic started. When the pandemic started, Nimati decided to ramp up production, baking for friends, family, neighbors, and more.

Today, her operation, Sweet and Savory Bites continues to grow and thrive.

Nimati Abbas grew up in Cleveland in a close-knit family that spanned multiple generations. Nimati's grandmother, the family matriarch, brought an extensive catalog of sweet and savory family recipes with her when she immigrated from Palestine to the United States. Those recipes made her famous far and wide in the local community; her desserts became the envy of neighbors all over. Nimati and her many cousins

were always invited to help their grandmother out in the kitchen, but young Nimati was the only one who took up the offer. By helping her grandmother make everything from kaak (ringshaped bread coated in sesame seeds) to baklava (sweet, layered pastry with a nut filling), Nimati picked up the little tricks her grandmother used to make enough attractive and delicious pastries for large families and neighbors.

Nimati's grandmother passed away in 2018, and, by then, Nimati had her own family. The entire family missed their grandmother's warm presence and kind nature, as well as her signature baklava. Between worship, work, and family obligations, few relatives had the time or expertise required to replicate her baklava. After watching her grandmother for many years and learning her techniques, Nimati ventured to make baklava on the level of her grandmother. Nimati began offering baklava trays to friends and family and everyone who took a bite made a double-take: how did she manage to replicate the taste so well? Before she knew it, more and more friends were calling her up, asking if she could make baklava for grad-



uation parties, birthday parties, and other events. It was obvious that Nimati had a knack for baking, and her baked goods were in high demand.

Sensing an opportunity, Nimati took her talents to Instagram to spread the word and show off her latest delicacies. Many Middle Eastern desserts require significant amounts of time and precision that make them rather intimidating to bake. In today's fast-paced world, most people would rather buy ready-made desserts, but store-bought desserts often fail to provide the same homemade warmth and comfort. Nimati, through Sweet and Savory Bites, has found a way to offer homemade Middle Eastern treats to those who want traditional flavors without the hassle.

On Instagram, Nimati displays her numerous specialties, including multiple varieties of honeycomb bread, ghraybeh cookies, hilbeh, pudding parfaits, and more. Her best seller for Eid, a Muslim feast holiday, are her baklava trays, designed to be shared with friends and relatives. People order her party trays to add a sweet touch to henna parties, graduation festivities, birthdays, and more. In early December, Nimati's sweets nearly stole the show at Palestinian-American comedian Amer Zahr's show, which was her first time catering such an event. The reviews are consistent and enthusiastic – just ask any of her customers!

Nimati believes that, if she continues to promote herself on social media, she will be able to supply small local businesses with her items on a regular basis. As a budding entrepreneur, she wants to partner with like-minded neighborhood businesses who appreciate the effort she puts into her baking.

She makes her elaborate treats in her Rockland Avenue house, which she and her husband purchased nearly 3 years ago. After searching all over the Greater Cleveland area, the young family found West Park encouraging. Nimati was already familiar with the neighborhood, having graduated from St. Joseph Academy in 2013. Now, with Al-masjid Al-om-



ary (Alomary Mosque) immediately due east and the Metroparks immediately due west, Nimati, and her family are nestled between two of the amenities they frequent the most. In particular, she and her three kids, aged 2, 5, and 7, love the Metroparks – they visit Rocky River Reservation almost daily in the spring, summer, and fall. They appreciate the neighborhood's friendliness. Per Nimati, "Everyone in West Park looks out for each other."

Follow Nimati's baking journey on Instagram @sweetandsavory.bites and on Facebook @SweetAndSavoryBitess to see what she tackles next. West Park is fortunate to have such a talented baker as a neighbor!

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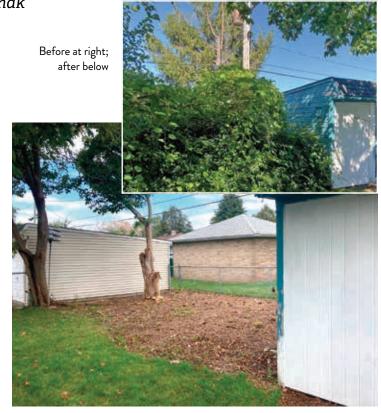
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WPKND Partners With BPDC Bringing Senior Services Program to West Park by CJ Demchak

id you know that West Park Kamm's Neighborhood Development partners with our neighbors to the east at Bellaire Puritas Development Corporation (BPDC) to share their Senior Services Program with our neighborhood? This amazing program helps seniors and disabled residents with lawn maintenance in the summer and snow removal in the winter. Beginning in late May, BPDC uses its crew of student volunteers to mow, weed, and blow grass from walks and drives of those who are enrolled.

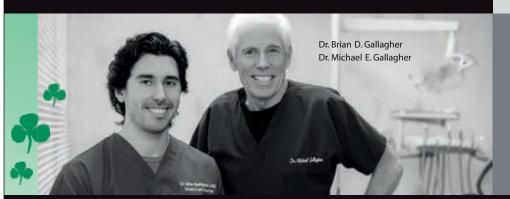
This is just what Robert, a Ward 17 resident, needed seven years ago. When he first applied last summer, Robert only needed help with his lawn. He and his neighbor's garage were being overrun with a pesky patch of weeds. On a whim Robert decided to give BPDC a call, asking if they would be able to lend a hand. To his surprise, the crew removed the entire weedy patch. They also helped shovel his walks in the winter. When we asked for his thoughts on the program he simply said, "It's very helpful and they do a great job. What more can I say?" For more information about this and other programs offered by WPKND, contact CJ Demchak at 216-801-8922 x1300 or cj@westparkkamms.org.





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Laura's Home Expands With Renovations and a New Playground

by Molly Crawford

aura's Home Women's Crisis Center is expanding its facilities at 18120 Puritas Avenue. Unveiled in 2021, plans outlined a 10,000 square foot expansion of the building and the construction of a new 2,000 square foot playground. The building expansion will add close to 100 beds, lockers, and showers, as well as a new multipurpose room to use for overflow housing in the event of extreme weather. The groundbreaking ceremony, held in October, was attended by Councilman Slife, WPKND staff, and other community leaders.

More recently, in honor of Martin Luther King Jr. Day, WPKND collected donations for Laura's Home from local residents. Many thanks to everyone who donated diapers, toys, and school supplies to families in need helping make the day of service a success. We look forward to continued partnerships with the community to support Laura's Home along with celebrating the completion of their renovations.





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Spring is Coming: Planning Your Garden by Molly Crawford

eed catalogs arriving in the mail is a reassuring sign that spring is on the way. Have you started planning your garden? We've asked Dale Heyink at Puritas Nursery to share some advice on successfully growing your own produce.

GET YOUR SOIL READY TO PLANT

To replenish the nutrients from past crops, I am a big believer of amending the soil yearly. You can use your own compost or use one of the many on the market, such as cow manure, mushroom compost, chicken manure, worm castings, and Sweet Peet, or a combination of them. Rotating your crops in the garden is also a good idea.

You can also use winter crops to add nutrients. If you have used a cover crop of winter wheat or rye, as soon as weather permits cut it down and till it in. A winter crop adds nutrients to your soil and cuts down on the weed population.

PLAN YOUR GARDEN

It is always a good idea to make a plan, so you don't buy too much seed or get overwhelmed at the garden center and buy too much. You will want to read the seed pack or veggie tag to see just how far they must be spaced. If plants are too close, they will compete for nutrients and the sun. A garden needs at least 6 to 8 hours of sun. Remember, you can plant crops like beans and lettuce more than once. Always plant what you like to eat, it always tastes better from your own garden.

PLANTING

Onion sets, potatoes, and garlic need to be planted mid to late March, cold crops such as lettuce, spinach, and cabbage should be planted in late March to early April, weather permitting. They can be covered with frost cloth, a sheet, or a newspaper if we get a freeze or a killing frost. For those with a lack of sun or space, container gardening is ideal. You can put them where they can get ample sun and don't take up too much space. Remember, it is a good idea to replace the soil in the container each year.

RAISING YOUR PLANTS

Always water your garden in the morning and try not to splash water on the leaves. You can use a fertilizer called blood meal to keep the rabbits and squirrels out of the garden and use Feather meal, which is an organic source of nitrogen and a great source to keep the deer from feasting.



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GardenWalk Cleveland: Calling all Gardeners



ardenWalk Cleveland returns to West Park on Saturday, July 9. GardenWalk is an opportunity for residents and visitors to see neighborhood gardens and green spaces and learn more about West Park. The highlight of the free, self-guided event is the chance for local residents to show off their personal gardens.

HOME GARDENERS, GARDENWALK **NEEDS YOUR PARTICIPATION!**

It is simple to participate and the only requirements are that you are proud of your garden and want to share your efforts with others. Your garden does not have to be perfect - works in progress are all right. It can be some or all flowers, vegetables, fruits, and may include ponds, bees, or art. Gardens do not need to be fancy, and new gardeners are encouraged to participate. Interesting and unique gardens of all types are welcome. Please ask your neighbors to join you. Garden Walk is better if gardens are on the same block or close to each other. To add your garden to GardenWalk, go to: www.gardenwalkcleveland.org or contact neighborhood Garden Finder David Horneck at 216-543-4277 or dhorneck1@gmail.com. Deadline to apply is May 31.



John Abbott is the Creative Force Behind PJ McIntyre's Distinctive Stained Glass

by Molly Crawford



Patrick Campbell, left and John Abbott, right at PJ McIntyre's Irish Pub

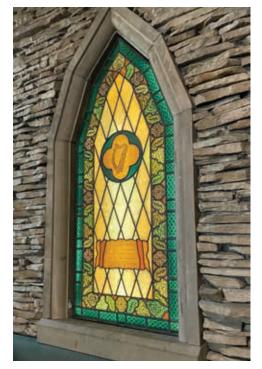
atrick Campbell is a West Park native who went to St. Edward High School in Lakewood, then John Carroll University before having the opportunity that took him over 3,000 miles from West Park. He decided to audition for Lord of the Dance, an Irish musical/dance production. He joined a group of 130 dancers in Newcastle upon Thyme in England. Each week some of them faced the chopping block until 30 dancers were left, includng Patrick.

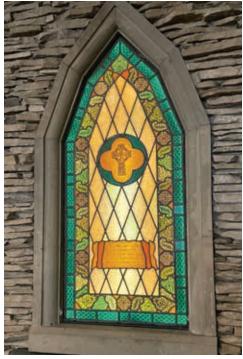
Afterwards, he began to travel with the production, eventually landing in Las Vegas for a time. While performing in Las Vegas, he would return home to West Park while on a break. During those trips, he began thinking about opening a business in the neighborhood, and it wasn't long before he tried to buy a building on Lorain Avenue in the heart of Kamm's Corners. His first two attempts were unsuccessful, but the third time was the charm, and he signed the deed to the building that is now PJ McIntyre's on March 11, 2006.

Around the same time, John Abbott was opening his own stained glass studio, located in his home on Warren Road. His wife had just finished graduate school, allowing him to quit his "soul-sucking" job running a commercial glass business in Parma, in favor of

running his own. A native of Milwaukee, John came to the Cleveland area his senior year of high school, when his parents relocated to Chesterland. He started making stained glass at the age of 18, and it's been his passion ever since, or rather, one of his passions (John has many, his home is another). He had only been in business for six months when he got a call from his friend, a flooring installer who was working on a new restaurant in need of stained glass work. He thought John was the right man for the job and set up a meeting for him with the owner of the new restaurant. Patrick.

John and Patrick had chemistry







from the very beginning. "He's been awesome, letting me do whatever I want," says John. "He'll call me with a vague idea of what he wants, and I'll take it from there." The first of Patrick's ideas was the back wall, where he knew that he wanted a fireplace, the map of Ireland, and stained glass. John got to work, designing the two windows. The diamond pieces are each hand-painted and hand-fired and has become a reoccurring element in John's work for PJ's. The inner border of leaves in each window matched the original upholstery of the booths below. "I always like to tie in the designs that are going on in a room," says John. When PJ's opened for business in 2007, the back wall and the diamond panes in between the back booths had been completed.

The next project they tackled was the front entrance, consisting of the glass inner doors with the Celtic knot, the vestibule windows, and the glass panes in the rails flanking the entrance. However, the current stained glass doors are not the first that John made for the space. The originals were made using a process called hot glass or slumping glass. In this complex technique, a single sheet of glass is used and heated until hot enough to slump onto a thin

heat-proof film. This gives the glass its unique textured look. The Celtic knot was then embossed on the glass to create its unique design.

A year after the door was installed, one was broken when a drunken patron tried head butting the door. John still had access to the large kilns and other materials needed to do the slumped glass technique, so he began work replicating the broken pane as best he could. His efforts were a success, and the new pane was installed.

Meanwhile, John was also working on another project for Patrick, the four windows on the eastern wall of the building. When the restaurant opened, there were four, regular rectangular glass windows. John designed new ones incorporating the diamonds from the back wall, as well as larger tiles of the wood-looking pieces used to break up the leaves in the back wall. The focal point of each window is the crest of an Irish Province; Patrick's request at the beginning was to honor the four Provinces of Ireland in the design. The windows were installed soon after the door was replaced.

After the windows, John completed several other projects, including privacy dividers and a one-of-a-kind stained glass mirror with the map of Ireland on









The east wall windows carry styling from the back wall and honor the four provinces of Ireland

it. Then, in 2019, he got a dreaded call. One of the front doors had been broken again. This time, John was unable to replicate the broken door, despite spending a year trying. In the end, he had to use cold-glass techniques meaning he had to start from scratch. "I came up with

more or less the same design, that gives texture to the door, and was a nod to everything else going on in here, and they were done in a month and a half," he said of the new doors. The doors, which feature a green Celtic knot, were installed in 2021.

John and Patrick had chemistry from the very beginning. Seated in a booth along the back wall, I interviewed them, or rather they interviewed each other through a flowing conversation, reminiscing on times past and present. Listening to them talk reveals a deep love, not only for their businesses and work, but for West Park. "It's the best neighborhood in Cleveland!" exclaims. John.

For John, his love for the neighborhood begins with his love for his home. He and his wife have looked for homes in other areas, but nothing has compared to their brick home on Warren Road, that John describes as love at first sight. "We love our house; we've spent 25 years redoing every room in it to perfection." And for Patrick, West Park is simply home. "I opened a business here because, being from here, I knew that I would have support right off the rip because all the Irish Americans, especially on the west side, they all look after each other, so rather than opening in a random neighborhood where no one knows you, you have that comfort and support." I think it's safe to say that neither will be leaving anytime soon.



The original door designed by John (inset) and the new door installed in 2021



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WPKND Offers Storefront Renovation Assistance by Ben Campbell





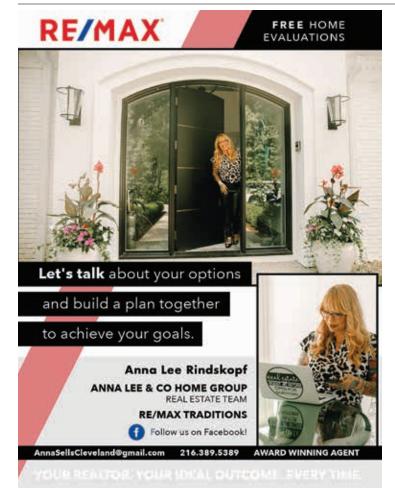
The Public House before (left) and after taking advantage of the Storefront Renovation Program

he City of Cleveland's Storefront Renovation Program, in partnership with West Park Kamm's Neighborhood Development (WPKND), offers commercial property owners financial incentives and free design assistance for façade renovations to their buildings. Eligible expenses include masonry repairs, painting, storefront window systems, door replacement, lighting, and awnings. Signage rebate grants may also be available for business tenants in the building.

The program's financial assistance comes in the form of a

rebate grant of 50% of the total renovation costs up to a maximum grant amount of \$50,000. Sign rebates are also based on a 50% scale, up to a maximum grant of \$5,000. If an architect or engineer is needed, the program will provide a 100% grant rebate of up to \$5,000 for such an expense.

Since the program began, over 90 projects have been completed in West Park. For more information about this program, please contact Ben Campbell, Director of Economic Development, at 216-252-6559 ext. 1200 or ben @westparkkamms.org.







Mark your calendar! the Market returns: **June 12-Oct. 16** Sundays, 10am –1pm

The Market has local vendors who offer:

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- Artisan jams, honeys, and marinades
- Home-baked goodies
- One-of-a-kind homegoods and handmade crafts

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August 7 | Celebrate KCFM's Sweet 16 with us!

CLE Market & Back to School Festivities

September 18 | St. Paddy's Day in September Irish Music, Food, and Fun

October 16 | Halloween at KCFM

Trick or Treating and Costumes Galore



Want to get involved in the market?
Whether you are looking to be a sponsor, participate in a cooking demo, or just have a question, reach out to Devon Chodzin, Market Manager at devon@westparkkamms.org or 216-252-6559 x1000!



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for updates! @kammsmarket



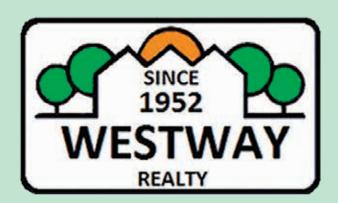
West Park Green Team Looking for Volunteers by Devon Chodzin

alling all tree-huggers, green thumbs, and friends of the environment! West Park Kamm's is looking for volunteers with a passion, curiosity, or expertise in green living, environmental wellness, and sustainability to join a growing group of volunteers for West Park's Green Team. Projects include street cleanups, green living workshops, and surveying park usage in the neighborhood. If you are interested in getting involved, please reach out to Devon Chodzin at devon @westparkkamms.org or 216-252-6559 ext. 1000.

COMING SOON: PARKS USAGE SURVEY

Coming this spring, look for a survey about green space in West Park. The survey will be an opportunity to share how you and your family currently use neighborhood parks and provide input for ways to reimagine them. The survey will be promoted and available online. If you would like to request a paper copy, please reach out to Hannah Gall at hannah@westparkkamms.org or 216-252-6559 ext. 1700.





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WPKND Welcomes Molly Crawford, Marketing and Development Manager

by Molly Crawford

ello! Nice to meet you, I'm Molly! I joined the staff of WP-KND in January of this year, as the Marketing and Development Manager. I'm responsible for neighborhood event planning and promotion, and marketing like the magazine that you are reading right now!

To give you a little bit of my story, I'm a Cleveland transplant, who grew up 77 miles south of here in Mansfield, Ohio. Growing up in a classic rustbelt city instilled a real love for community building in me, as well as a passion for history and architecture. These experiences culminated in 2017 when I moved to Cleveland to pursue a degree from CSU's College of Urban Affairs. In May of 2020, I received my B.A. in Urban Planning.

I'm excited to bring my previous experience in community development and marketing along with my education in urban planning together to tell the story of West Park — the place and its people.

Reach out to me at molly@westparkkamms.org or 216-252-6559 x1500.





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HOLIDAY BREADS



K&K'S SECRET RECIPE

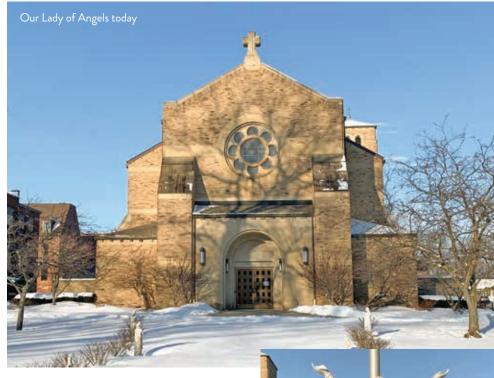
Irish Soda Bread Easter Babka Bread

Our Lady of Angels Celebrates Centennia by Devon Chodzin

his November, Our Lady of Angels Parish (OLA) on Rocky River Drive will celebrate 100 years of serving a proud Catholic community in the heart of present-day Kamm's Corners. In the beginning, the now vast OLA footprint was much smaller, with a Franciscan chapel frequented by several prominent West Park families nearby. The Marquard family attended the Franciscan chapel in the pre-parish days when they lived in the "Greenwood Castle" at the end of what is now Greenwood Avenue. As more West Parkers settled in what was then a village separate from the City of Cleveland, worshippers appealed to the diocese for the official recognition of what would become Our Lady of Angels Parish.

Bob Schwind's family traces back to the Marquards of the Greenwood Castle, who attended the parish in its earliest days. He was baptized in the old church, which was replaced in 1941 and formally dedicated on December 7, 1942 – the same day as the infamous Pearl Harbor bombings. Schwind's ancestors began parceling and developing what would become the Greenwood Avenue enclave in the 1920s and 1930s and much of the Marquard portion of Schwind's family lived near each other on Warren Road. His relatives counted the since-razed Marquard Mansion as one of their residences.

Schwind, now a resident of North Olmsted, spent much of his young adult life in West Park, attending St. Mel and OLA parishes at different stages of his life. When deciding which parish to raise his kids and send them to school, Schwind met with Father Henry at Our Lady of Angels for some spiritual and logistical consultation. Father Henry casually dug through a file and revealed Schwind's baptism certificate from Henry's first month as an appointed priest. The coincidence felt



destined, and Schwind has remained a passionate leader in the OLA community ever since. He currently serves on the Centennial Committee, which is piecing together the parish's extensive history and is starting to plan events for the centennial.

Jim Foos also serves on the Centennial Committee and feels a similar attachment to the parish, having served in lay leadership positions for many years. He purchased his first house near the parish in 1978, remained in the parish's service area for 40 years, and sent his three children to Our Lady of Angels Catholic School for their elementary and middle school education. While he and his wife Barbara have recently downsized to a neighboring community, Foos remains passionate about West Park, proclaiming that West Park is a neighborhood "in the truest sense," with its friendly residents, welcoming faith communities, and walkable business district, making for a residential experience that was, idyllic for his family.

Foos's involvement with Our Lady of Angels peaked when he became a leader in the parish's credit union. In the middle of the 20th century, after the Great Depression revealed the vulnerabilities of traditional banks, houses of worship throughout the country established credit unions for their members as an alternative. OLA maintained a small but efficient credit union for over 60 years. While Foos was involved, small parish credit unions began to fall out of







Photos from Our Lady of Angels past. From left: Children playing, 1974; interior of the church and a postard from the 1940s

fashion as commercial banks innovated their financial products, inspiring many credit unions to merge. The OLA parish credit union briefly merged with the credit union run out of St. Gregory Parish in South Euclid, now known as Sacred Heart of Jesus Parish, which was considerably larger and brought a diverse array of assets.

The merger allowed OLA to continue operating the credit union for some time, but eventually, the credit union was shut down. Today, some parishes continue to operate credit unions – the aforementioned Sacred Heart of Jesus Parish maintains Sts. Margaret and

Euclid – while many Catholic credit unions merged to form larger credit unions, including Ohio Catholic Federal Credit Union and Unity Catholic Federal Credit Union. Today, Foos maintains relationships with older parishioners while visiting family at Ennis Court, a Lakewood-based senior living community that provides Catholic services. He recently caught up with Nancy Sweeney, a longtime Marquis Avenue resident who Foos fondly remembers for her dedicated performance as a clown in the Independence Day Parade. She continued the role well into her 80s.

As of now, the Centennial Committee is primarily focused on consolidating the Our Lady of Angels parish history for observation and celebration when the centennial arrives later this vear. For its members, this has been an incredible opportunity to reconnect with personal histories of family, faith, and fun, as this group of historians helps chart the parish's past as a map for the parish's future. Our Lady of Angels continues to bring a diverse community together for festivities and spiritual growth, solidifying its position as an anchor for West Park for vears to come.





Monday-Saturday 7am-1am

Sunday 8am-1am

Emergency Services 5pm-1am daily

Spring Forward by Councilman Slife





t has been a snowy winter in West Park, but springtime is only a few more weeks away. I am eager for warmer weather, seeing neighbors working in their gardens, walking their dogs, pushing strollers, and attending events across Ward 17.

The new year brought new leadership across Cleveland City Hall. I am in close communication with the Bibb Administration about improving city services, investing in our parks and streets, and strengthening our already strong neighborhood. The new administration has sought out advice on how to support and grow West Park, which has proven to be a welcome change of pace!

No spring update can omit a mention of our dreaded potholes. Last year Ward 17

residents helped track potholes and communicate with work crews through an online pothole reporting system. In 2021, pothole repairs were completed quicker than in 2020. Stay tuned for a relaunch of the pothole tracking system.

In addition to publishing this magazine, West Park Kamm's Neighborhood Development works closely with City Council and city departments to connect Ward 17 residents to social services, home repair programs, senior initiatives, and to healthy and local food at the Kamm's Corners Farmers Market. If you are looking for ways to get involved in our great neighborhood, I encourage you to connect with our outstanding community development corporation!

IN NEED OF HOME REPAIRS? WPKND CAN HELP! SEE PAGES 22-23



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Kristen Ban, MD

Colorectal cancer: A colonoscopy can save your life.

f cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. Despite this statistic, colorectal cancer is very treatable if caught early.

"Colorectal cancer starts from little growths called polyps that develop on the lining of the colon or rectum," explains Kristen Ban, MD, a colorectal surgeon at Cleveland Clinic Fairview Hospital and Avon Hospital at Richard E. Jacobs Campus. "Colonoscopy is the best, most accurate test to screen for colorectal cancer."

The outpatient procedure examines the inside of the large intestine (colon and rectum) using a flexible scope with a camera. It can detect precancerous polyps and remove them immediately, before they become cancerous.

It is recommended that adults have their first colonoscopy at age 45. Up to 12% of colorectal cancers are now occurring in

f cancers that affect both men and individuals under the age of 50, with that women, colorectal cancer is the second number rising throughout the past 20 years.

"Talk with your doctor about earlier screening if you have a family history of colorectal cancer or polyps, or if you are experiencing any symptoms such as bleeding or changes in bowel habits," advises Dr. Ban.

If you are diagnosed with colorectal cancer, Cleveland Clinic's team of colorectal specialists provides patients with personalized treatment plans and some of the best long-term outcomes in the world.

Our colorectal surgeons are performing advanced and innovative surgeries at our facilities that are close to your home on Cleveland's West Side.

To schedule an appointment at one of our screening locations near you, call 216.444.7000.

Visit ClevelandClinic.org/Colonoscopy for more information and a complete list of locations.

PEDIATRIC SPECIALTY CARE AT FAIRVIEW HOSPITAL AND MEDICAL OFFICE BUILDING

Cleveland Clinic Fairview Hospital offers a wide range of pediatric services to help care for your child at every stage of development:

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- Neonatology
- Pediatric Emergency Department open 24/7

To schedule an appointment, call 216.444.KIDS (216.444.5437).

Visit ClevelandClinic.org/FairviewPeds to learn more.

5 STROKE SIGNS: BE FAST AND HELP SAVE A LIFE.

In a stroke, every minute counts. Use this method to evaluate whether someone may be having a stroke:

BALANCE: Watch for sudden loss of balance.

EYES: Is there sudden vision loss in one or both eyes? Or double vision?

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Have the person raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call 911 immediately.

If a person shows any stroke symptoms, even if symptoms go away, call 911 and get them to the hospital immediately. Remember, Cleveland Clinic offers high-quality stroke care in the Thrombectomy-Capable Stroke Center near you at Fairview Hospital.

West Park Ward 17 Homeowner Resources

Need assistance with the expenses of homeownership or are looking to make home improvements? Reach out to WPKND. We can help!

Contact Hannah Gall at 216-252-6559 x 1700 or hannah@westparkkamms.org Visit westparkkamms.org/live/maintain-a-home.

* indicates income qualifying programs

Homestead Water/ Sewer Discount*	Secure a lower fixed charge and consumption rate for seniors and/or permanent disabled individuals.		
Senior Service Program (Ward 16 & 17)*	Schedule services such as gutter cleaning and lawn care for senior and disabled residents.		
Water Affordability Program*	Offers a 40% discount on all standard water charges.		
Home Energy Assistance Program (HEAP)*	HEAP assists eligible low-income residents with their winter home heating costs using natural gas, electric, oil, kerosene, or wood.		
Lead Hazard Control Program (LHC)	Provides lead risk assessments, identifies lead-based paint and provides grants to control lead-based paint hazards.		
Delinquent Tax Payment Plan	Payment plans are available for homeowners who live in their homes. Landlords may be eligible for installment plans (up to 24 months).		



SMOKE ALARMS

Be sure your home is safe this winter with smoke alarms and carbon monoxide detectors. The Cleveland Division of Fire has teamed up with the Red Cross Operation Save-A-Life Program to offer smoke detectors and fire safety information.

> Contact 216-361-5535 for assistance



Secure, ADA Accessable Entrances

Eligibility Based on Income

Wooded Views

Home Weatherization Assistance Program (HWAP)*	Offers energy efficient measures designed to decrease utility bills & improve energy deficiencies.			
Cleveland 50/50 Sidewalk Residential Replacement	Partnership between the city and residents. Eligible repairs include sidewalks, driveway aprons, & curbs at the end of driveways.			
Cleveland Restoration Society (CRS)	A low-interest (under 2%), fixed-rate, equity-based loan for maintaining & improving homes 50+ years. Interior & exterior projects qualify. Plus, free technical assistance on questions related to home conditions or repair.			
Housing Enhancement Loan Program (HELP)	Provides home improvement loans, at 3% points below normal bank rates, for homeowners. No restrictions on a borrower's income and few limitations on what improvements can be made to a property.			
West Park Sherwin-Williams Paint Program	Discounts on paint and painting supplies. All those living in Ward 17 are eligible. Limit one per household.			
Senior Home Repair*	Small exterior repair grants of up to \$500 for seniors and adults with disabilities. Grants and grant size are income-qualifying.			
CHN Energy Efficiency Services	Services include insulation, LED bulb installation, and Energy Star refrigeration replacement.			
Contractor List	Looking for help with a project at home? WPKND has a list of local contractors and tips for hiring one.			

IMPORTANT PHONE NUMBERS

All Emergencies: 911

Cleveland Police, District 1 Office: 216-623-5100

Cleveland Police, Non-emergency: 216-621-1234

Cleveland Fire, Non-emergency HQ: 216-664-6800

Cleveland Fire, Smoke Alarms: 216-361-5535

Cleveland Refuse: 216-664-3717

Cleveland Animal Control: 216-664-3069

Councilman Charles Slife's Office: 216-664-4239

Cleveland Water Department: 216-664-3130

Cleveland Department of Aging: 216-664-2833

Gunning Recreation Center: 216-420-7900

Cuyahoga County Auditor Call Center: 216-443-7452

Cuyahoga County Real Property Office: 216-443-7010

Social Service Referral: 211



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With the City's Exterior Paint Program, Painting Your Home Doesn't Have to be an Issue

here is nothing like seeing one of Cleveland's beautiful, unique homes with a fresh coat of paint — and West Park Kamm's Neighborhood Development can help you get there! Maintaining a well-painted home is beneficial to both your home and your health. A fresh coat of paint is one the best way to increase your home value,



improve curb appeal, and prevent exposure to lead paint in older homes. The City of Cleveland's Exterior Paint Program provides approved residents with quality Sherwin-Williams exterior paint and supplies for both preparation and painting, a value of up to \$1,500. The program is continually evolving to better serve residents and now accepts applications all year, so no need to wait on painting your home this spring. For more information and updates about this program contact CJ Demchak at 216-252-6559 x1300 or cj@westparkkamms.org.

WPKND Hosting Home Buyer Workshop in Partnership with Citizens Bank

hinking about buying a home? Even if this goal is a few years away, getting those new house keys requires preparation. This spring, West Park Kamm's Neighborhood Development is partnering with Citizens Bank to present an educational homebuyer workshop. Topics will include saving for a down payment, building and improving credit,



what to expect in closing costs, mortgages, insurance, and more.

While the date is still being determined, we expect this workshop to take place in person at 17407 Lorain Avenue. For more information or to express interest in participating, please contact Hannah Gall, hannah@westparkkamms.org or 216-252-6559 ext. 1700.

Cleveland Metroparks Launches 2022 Trail Challenge

by Molly Crawford

he Cleveland Metroparks launched the new year with the 2022 trail challenge. It is essential to sign up this year, as 4 of the 30 challenge trails will be revealed seasonally throughout the year. You can complete the challenges, which span land and water, in a variety of ways. Two of the challenge trails are right around the corner in Rocky River Reservation, making this year's challenge particularly accessible to West Parkers. Complete the challenge by walking, running, hiking, skating, biking, or paddling 10 or 20 trails, submit your progress, and then pick up your prize at one of the selected sites!





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Prepare for Landing: The **Aviator Grand Opening** Coming Soon by Hannah Gall



he Aviator Event Center and Pub featured in the last issue is completing their build out and expects to open its doors in late March or early April. Located in the former 100th Bomb Group Restaurant on Brookpark Road, owner Khadar Soussou is designing the venue to be one of Northeast Ohio's premier event destinations. The space will also feature West Park's newest restaurant, an American-style pub and rooftop bar. The Aviator has already started booking weddings and other special celebrations. Learn more at aviatorcle.com.

Arby's Readying for Opening in Former Steak 'n Shake **Space** by Rosemary Mudry



rby's plans to open this spring at the former Steak 'n Shake building at 17325 Lorain Avenue, where construction is underway. Once complete, Arby's will have an updated drive-thru, renovated interior and exterior, and new landscaping. The company began advertising employment opportunities at the end of January. Follow @ westparkkamms on social media for information and photos of the grand opening.





Thank you to everyone who celebrated with us at West Park Kamm's Neighborhood Development's annual fundraiser, making it one of our most successful yet. The funds raised allow WPKND to continue important work in our community, supporting everything from the Kamms's Corners Farmers Market to our Senior Home Repair program.

Special thanks to our business and individual sponsors!

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Show your love for West Park Kamm's by supporting WPKND in our annual Friends Campaign!

With you, WPKND can continue to strengthen our neighborhood, carrying on the strong history of residents and businesses coming together to see their neighborhood prosper. For more than 40 years, WPKND has been serving our residents and our community.

Your tax-deductible donation helps continue programming and events like the Kamm's Corners Farmers Market, Lawn Chair Cinema, The HooleyTM, and Explore West Park Walks. Together we can support our most vulnerable residents by assisting seniors in our community through the senior home repair program and connecting those in need to the resources essential to their well-being. By helping existing businesses to thrive and fostering new business growth, we can ensure our commercial corridors have a vibrant future.

On behalf of the staff and board of West Park Kamm's Neighborhood Development, we are thankful for your contribution! You can donate online at bit.ly/loveWPKND, QR code, or mail back the form below!

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