Parks and Recreation

**Curtiss Field Warming House Hours**
Planning ahead? Find additional warming house hours [here](https://www.falconheights.org/).
Curtiss Field Warming House will be closed February 21-23 due to warm temperatures.

**NOW HIRING! Seasonal Parks & Recreation Employees**
Seasonal summer positions are now open! Apply online or at city hall. If you have any questions about the positions, please call city hall at 651-792-7600 or mail@falconheights.org.

For more information please visit our website [here](https://www.falconheights.org/).

**Summer Programs**
Falcon Heights summer program registration opens on Monday, March 30!

You can view the classes online on March 30 and Spring Newsletter.

**NEW CLASSES**
If you have any question, please contact City Hall 651-792-7600 or mail@falconheights.org.

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**February 2020 Key Dates**
- City Council Regular Meetings: Wed, Feb 26, 7pm [AGENDA](https://www.falconheights.org/)
- Community Engagement Commission: Mon, Feb 24, 7pm - [AGENDA](https://www.falconheights.org/)
- Planning Commission: CANCELLED

**March 2020 Key Dates**
- Parks and Rec Commission: Mon., March 2, 6:30pm
- City Council Meeting Workshop: Wed., March 4, 6:30pm
- Environment Commission: Mon., March 9, 6:30pm
- City Council Meetings: Wed., March 11 & 25, 7pm
- Community Engagement Commission: Mon., March 16, 7pm
- Planning Commission: Tues., March 24, 7pm
Story Time Event coming to Spring Together June 6, 2020

The City of Falcon Heights will be hosting a Story Time event on June 6th during Spring Together located at Curtiss Field. We are still in the early planning stages but we are in search of Senior Participants to assist us with our reading event. More details will be provided at a later date. If interested please email nalisha.nandkumar@falconheights.org or call 651-792-7617.
Fire Department Corner

Firefighters participated in low visibility search and rescue, as well as self survival training on Tuesday night. With reduced visibility in their air-pack mask, they needed to maneuver through different tasks and challenges. It was a very hands-on and busy training night.

Coyote

There have been an increased of reports on coyote sightings during the January and February mating season. During this time, coyotes are more protective of the denning areas and more active in hunting food. Coyotes may display more territorial behaviors and may stand its ground to protect its den and pups.

Children of all ages should be taught to stay away from any wild animal. In a coyote habitat, small children should be kept under constant supervision. Cats should be kept indoors, and small dogs should be on a short leash when outside. When walking your dog keep it leashed and in sight.

**Things to remember:**
- Never feed a coyote
- Never run from a coyote
- Never leave small children or pets alone in a coyote habitat
- Keep your yard free of fallen fruit, vegetables and pet food
- Clean up brush piles before rodents move in
- Vaccinate all pets for rabies, distemper, parvo, and other diseases, as recommended by a veterinarian
- If you encounter a coyote that does not immediately run from people, harass it by:
  - Shaking a noise maker, such as a soda can with pennies
  - Make yourself larger by standing and waving your arms
  - Shout in a deep aggressive voice
  - Throw rocks or sticks at the coyote
  - If you see a coyote behaving in an abnormal manner call 9-1-1

These simple suggestions should prevent most coyote problems. However, if depredation occurs or aggressive coyote behavior is observed, removal of the problem coyote may be necessary.

Ramsey County Sheriff’s Office's Community Update on Coyotes
**Como Park/Falcon Heights Living at Home Block Nurse Program**

The Como Park/Falcon Heights Living at Home Block Nurse program provides services and support to residents 65 and better who wish to remain in their home safely and independently. We are a local nonprofit that has served this area for almost 25 years.

**February 2020 Newsletter:**

- Are you a Caregiver? According to Mirriam-webster dictionary, a caregiver is “a person who provides direct care for children, elderly people, or the chronically ill.” (Merriam-webster.com) If you are a spouse, child, relative or friend who is providing care for another person then you may be considered their caregiver. As a spouse often you are the last to realize or acknowledge that they are the caregiver. **Click HERE to read more of the newsletter**

**No Cost Blood Pressure Clinics:** The Como Park/Falcon Heights Living at Home Block Nurse Program will have blood pressure checks available at City Hall. Every 2nd Monday at 2:45pm. **The next No Cost Blood Pressure Clinic is on Monday, March 9, 2:45pm.**

**Homemaking Services:** Would you like to have a hand cleaning out the basement or has your doctor recommended you limit household activities like vacuuming and mopping the floor? We have Homemakers that will come to your home for housekeeping. This service is $25/hour with a 90 minute minimum. They can come one-time or on a regular basis. Homemakers can also help with laundry, changing bed linens, meal prep, dusting, bathroom and kitchen cleaning.

**No Cost Rides to Medical Appointments:** We have reliable volunteers that can take you to and from your medical appointments. Must be enrolled in our program to qualify. Call for more information.

**Tech Help:** Do you have an ipad, smartphone or an electronic device and have questions about using it? We have volunteers that specialize in helping with technology issues. All volunteers have had training and have passed a background check. Call our Volunteer Coordinator to be connected with a tech helper.

For more information about any of our programs or services, please call 651-642-1127 or visit us at [www.comobnp.org](http://www.comobnp.org)

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**Saint Anthony Park Seniors**

Saint Anthony Park Area Seniors helps seniors maintain their independence and remain in their homes as long as they wish and that is safe to do so. They provide individualized services (such as rides, chores and shopping trips) for seniors who live in Falcon Heights, west of Cleveland Ave. Upcoming activities that are open to ALL Falcon Heights residents include:

**Exercise classes:** Tuesday from 2:30-3:30 PM at SAP library (2245 Como Ave.) and Wednesday from 10:30-11:30 AM at Centennial United Methodist Church (2200 Hillside). **No registration or fees required.**

**Tai Ji Quan:** Moving for Better Balance - Monday & Thursday from 2-3 PM at Lauderdale City Hall (1891 Walnut Street). **Registration is required and Class is Full.**

**Chair yoga:** Friday from 2:30-3:30 PM at the SAP library (2245 Como Ave.)

**Blood pressure clinics:** Wednesday, February 26 from 11:30 AM-noon at Centennial United Methodist Church (2200 Hillside)

For more information, please visit us at: [http://www.sapaseniors.org](http://www.sapaseniors.org) or call 651-642-9052

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Follow us on Social Media!

#FalconHeights #TheCityThatSoars #FHFD