March 2020 Key Dates

- **Parks and Rec Commission:** Mon., March 2, 6:30pm - [Agenda](#)
- **City Council Meeting Workshop:** Wed., March 4, 6:30pm - [Agenda](#)
- **Environment Commission:** Mon., March 9, 6:30pm
- **City Council Meetings:** Wed., March 11 & 25, 7pm
- **Planning Commission:** Tues., March 24, 7pm

**Home Energy Squad**

The City Council recently approved a partnership agreement with Center for Energy and Environment (CEE) on the Home Energy Squad program. All residents are eligible to sign up for an energy audit visit by a consultant who will come to your home, evaluate your energy savings opportunities, and install the energy-efficient materials of your choice, including LED light bulbs, programmable thermostats, and high-efficiency water fixtures. The City of Falcon Heights is supporting Home Energy Squad Enhanced by buying down the cost to $50. To schedule your visit, call CEE at 651-328-6220. More information is available in the flyer at left.

**Ramsey County Recycling Ambassador Survey**

Ramsey County is developing a Recycling Ambassador program. Residents are encouraged to help us develop how this new program will be executed by taking a brief survey, [available here](#).

**Minnesota’s Presidential Primary Election is Tuesday, March 3.** Polls are open from 7AM to 8PM

- If you live West of Snelling Ave, you will vote at City Hall, 2077 Larpenteur Avenue West.
- If you live East of Snelling Ave, you will vote at Falcon Heights United Church of Christ, 1795 Holton Street.
Join your neighbors and deputies for eggrolls and conversation
Wednesday, March 4
11:30 am - 1:00 pm
Eggroll Queen Cafe
1579 Hamline Ave, Falcon Heights
No agenda or speeches, just a chance to ask questions, voice concerns, and get to know the officers in your neighborhood.

Ramsey County Sheriff
www.RamseyCountySheriff.us

Twin Cities Public Television (TPT) - Platforms Launching Weekly Coronavirus Special

Twin Cities PBS is dedicating 30 minutes of broadcast time, every week, to this public health concern beginning tonight at 8:00 on Channel 2.1 (main PBS), Channel 2.5 (TPT NOW) and our social media platforms.

Title: Coronavirus: An Almanac Special
Description: TPT shares practical information from trusted medical sources so all Minnesotans know the steps to prepare for the coronavirus—also known as COVID-19—if it arrives in our communities.

Here is where you can watch / stream / social media the programming weekly (below) beginning tonight, February 28th at 8pm:

• Channel 2.1 (https://www.tpt.org/almanac/)
• Channel 2.5 (https://now.tpt.cloud/)
• TPT Facebook Page (https://www.facebook.com/tptpbs/)
• TPT Almanac Page (https://www.facebook.com/tptalmanac/)
• WHERE TO WATCH ALL TPT CHANNELS over the air, cable, satellite and more: https://www.tpt.org/channels/

How are our cities addressing environmental issues?

How will climate change put stress on both city infrastructure and resident needs?
Do our cities have specific environmental review processes?
How do 2040 Comprehensive Plans address climate change?

Tuesday, March 24th
6:30 - 8:00 p.m.
Roseville Library Community Room
2180 N. Hamline Ave.
Roseville
Co-sponsored by:

Mayor or City Council Member From:
Falcon Heights
Lauderdale
Little Canada
Maplewood
Roseville
Forum Moderator: Anne Hunt, Director of the Office of Enterprise Sustainability, State of Minnesota.

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.

Curtiss Field Warming House is Closed for the Season. Thanks for a Great Skating Season!

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• WHERE TO WATCH ALL TPT CHANNELS over the air, cable, satellite and more: https://www.tpt.org/channels/
Join us at one of two community meetings to share your ideas on how to transform Ramsey County services. Help inform, redesign and make our government services more responsive to and reflective of community needs in areas like child welfare, corrections, the sheriff’s department, the county attorney’s office, the courts, foster care and child protection, financial assistance and public health.

Saturday, Feb. 29, from 2-4 p.m at Harding High School, 1540 6th St. E., Saint Paul, MN 55106

Please register for childcare by emailing larene@parentmentorprogram.org or by calling 612-412-1820. Food will be provided. The first 50 participants to arrive will receive gift cards.

More info: ramseycounty.us/transformingtogether
Compo 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.

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. Watch for details for upcoming classes.

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

Blood pressure clinics: Wednesday, March 4 from 11:30 AM-noon at Centennial United Methodist Church (2200 Hillside)

Caregiver & Bereavement Support Groups: Thursday, March 5 from 10-11:30 AM at St. Anthony Park United Church of Christ (2129 Commonwealth Ave.)

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

Follow us on Social Media!

#FalconHeights #TheCityThatSoars #FHFD