City prepares for possible Coronavirus outbreak

The City of Falcon Heights is making preparations for a possible outbreak of Coronavirus (COVID-19) in our community. The health and well-being of our community - residents, business community, and city staff is our utmost concern. Decisions regarding cancellation and rescheduling upcoming community events will be taken into consideration with that priority in mind.

With the expertise of the University of Minnesota, Minnesota Department of Health, Centers for Disease Control and Prevention (CDC) and their resources, the City is using every resource to provide our community with current and factual information about Coronavirus (COVID-19). The City continues to monitor the effects this could have on City operations and working with surrounding communities on how to best prepare.

In the meantime, here are some preventative measures you can take to prevent the spread of respiratory viruses:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60 percent alcohol. Always wash hands with soap and water if hands are visibly dirty.

Resources:
University of Minnesota: Public Health Alerts
Minnesota Department of Health
Centers for Disease Control and Prevention
Ramsey County Department of Public Health Coronavirus Disease 2019
Coronavirus PSA - American Sign Language (ASL)
Invitations to respond to the 2020 Census are in the mail. Respond when you receive yours. By April 1, 2020, every home will receive an invitation to participate in the 2020 Census. You will have three options for responding.

Learn more at [2020CENSUS.GOV](http://2020CENSUS.GOV).

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### Fire Department Update

On Tuesday, March 10, firefighters were practicing long hose-line lays at Rosedale Mall.

#FHFD #TuesdayTraining

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### NEAL KWONG YOUTH CITIZENSHIP AWARD

Do you know an outstanding youth between the ages of 12-19 who lives or volunteers in Falcon Heights?

Nominations for the annual Neal Kwong Youth Citizenship Award are now being accepted.

Adults can nominate someone, and parents can nominate their own children as well as other children.

Nomination forms are available on our website or at City Hall.

**Deadline for nominations is April 30th.**

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### March 2020 Key Dates

- **City Council Workshop:** Wednesday, March 18, 6:30pm - [AGENDA](#)
- **City Council Meetings:** Wednesday, March 25, 7pm
- **Community Engagement Commission:** CANCELLED
- **Planning Commission:** Tues., March 24, 7pm

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Click here to apply!
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:
League of Women Voters
Ramsey County Library

CANCELLED

INTRODUCTORY VEGETABLE GARDENING Cafe

Led by the University of Minnesota Master Gardener Volunteers

March 18, 2020
6:00PM - 8:00PM
Falcon Heights City Hall
2077 Larpenteur Ave. W.

Come and learn about the basics of growing vegetables, where to plant your vegetables, which plants to choose, and how to care for your garden all season long.

Co-Sponsored by the City of Falcon Heights & University Master Gardeners

CANCELLED

BREAKFAST WITH CITY COUNCIL

Come enjoy breakfast and coffee with City Council.

MARCH 21, 2020
10AM-12PM
FALCON HEIGHTS CITY HALL
2077 LARPENTEUR AVE. W.

CITY WILL PROVIDE FOOD AND BEVERAGES

Visit our website at www.falconheights.org for more information about this event or call City Hall 651-792-7600

CANCELLED

FALCON HEIGHTS
Spring Together
POTLUCK EVENT STLYE

June 6, 11AM - 2PM
Curtiss Field
1551 Iowa Ave. W.

To honor the spirit of sharing and community, the meal will be potluck and a great opportunity, to meet many neighbors, while enjoying many flavors. Bring your favorite dish to share! We look forward to seeing you there!

City will provide snacks, beverages, plates and utensils
Games and Activities
Story Time with Seniors
Bounce House

Hosted by the Community Engagement Commission with support from Parks and Recreation

EVENT IS WEATHER PERMITTING:
WEATHER HOTLINE 651-792-7607 OR FACEBOOK & TWITTER
Community Garden

Plots are available for $25 on a first come first serve basis. Community Garden is located at 2050 Roselawn Ave.

Registration now open to all Falcon Heights residents. To register click here.

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.

Summer Program Registration opens March 30!
March 2020 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, April 13, 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

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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 and 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.)

**Game Day:** Come and play games with your neighbors on Friday, March 20 from 10AM-noon at Centennial United Methodist Church (2200 Hillside)

**Blood pressure clinics:** Wednesday, March 18 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