



MIAMI TOWNSHIP

MONTGOMERY COUNTY, OHIO

Miami Township Monthly April 2020

Public Health Advisory: COVID-19

The safety and well-being of Miami Township residents and businesses is of utmost importance to us as our community makes its way through uncharted territory. The COVID-19 outbreak has many of our employees working from home, but still available to you. You can email us, call us, apply for permits online and get updates on township operations at www.miamitownship.com.

This edition of the Miami Township Monthly provides useful information about the coronavirus pandemic, but also shares some other news from the township. And, don't miss an at-home workout from our friends at **Fitness 1o1** and a township teenager doing her part by making safety masks.

Please remember to grab a meal at **restaurants offering carry-out** and, if necessary, visit businesses that remain open to serve you. Please limit the number of people who go along with you. And, always practice proper hygiene and social distancing. Stay home as much as possible and be sure to check on friends, family and neighbors who may need some extra help.

Here are links to your best sources of information regarding COVID-19:

- Centers for Disease Control & Prevention
- Ohio Department of Health
- Public Health-Dayton & Montgomery County

Township administrative business hours are Monday - Friday, 8 a.m. - Noon. Phone calls and emails will be checked until 5 p.m., and responses returned as quickly as possible. The Government Center is closed to the public.

 **COVID-19 Hotline**
1-833-4-ASK-ODH
Open Seven Days a Week from 9 am to 8 pm



 **COVID-19 Public Health Hotline**
937-225-6217
Open Mon - Fri 8am to 6pm Sat - Sun 10am to 6pm





MIAMI TOWNSHIP
MONTGOMERY COUNTY, OHIO

CONTACT US:

Administration

(937) 433-9969

contact@miamitownship.com

Community Development

(937) 433-3426

planning@miamitownship.com

Public Works

(937) 866-4661

For more contact info and updates: www.miamitownship.com



Click for quick list of local assistance resources

Click for township restaurant/business directory

Click for Carry-out or Closed list



**Vote in primary using
absentee ballot**

Voting for the Ohio Primary Election is extended to April 28, 2020. It will be conducted through mailed-in absentee ballots only.

Each household will receive a postcard in the upcoming days with more information.

Once you obtain your absentee ballot, you must return it to the Montgomery County Board of Elections, 451 W. Third Street, Dayton, Ohio, 45422, by April 28, at 7:30 p.m. For assistance, call (937) 225-5656.

[Click for ballot](#)

[Click for more information](#)

Annual CFMT fundraiser postponed

The Community Foundation of Miami Township's annual Craft Beer and Wine fundraiser scheduled for April 24 has been postponed due to the coronavirus outbreak.

The foundation committee advises that purchased tickets will be honored at the rescheduled event or you can request a full refund. Sponsorships will also be honored and auction items will be used unless they have expired.

The committee has yet to announce a new date for the event. Visit the [CFMT Facebook page](#) or [CFMT online](#) for more.



[Visit CFMT online](#)



Apply for zoning certificates and pay fees online with Citizenserve

The Community Development Department wants to be sure you can continue to apply for permits during this public health crisis.

You can continue to use our new online permit portal, Citizenserve. It allows residents and businesses to apply for zoning certificates and pay permit application fees entirely online.

citienserve®

This service not only provides the convenience of an online option, but also allows users to apply outside of normal office hours. With the Government Center remaining closed to the public, Citizenserve allows the Community Development Department to maintain its operations.

To submit an online application, [click here now](#).

Community Development staff is able to assist you by calling (937) 433-3426 or by emailing planning@miamitownship.com. Be sure to leave a message if staff is not immediately available, and someone will get back to you.

If you are unable, or prefer not to apply online, you may [download an](#)

application from our website and mail a copy of your plans to 2700 Lyons Road, Miami Township, OH 45342. Upon approval of your application, you may also pay permit application fees by check through the mail.

Get outside and play!

Getting outside for a breath of fresh air does wonders. Walking and riding bike trails is a great way to stay healthy and keep active.

While our parks are all open, the shelters and playground equipment are closed! The risk for transmitting germs is just too great. Remember to practice social distancing - remain at least six feet apart.

You can still request a shelter reservation for a future date, but availability will depend on the status of the governor's stay at home order. You can make a reservation online or call (937) 433-9969.



[Parks directory](#)

nrpa.org/coronavirus

COVID-19: SOCIAL DISTANCING ON PUBLIC TRAILS

-  Do not use parks or trails if you are exhibiting symptoms.
-  Be prepared for limited access to public restrooms or water fountains.
-  Share the trail and warn other trail users of your presence and as you pass.
- Observe CDC's minimum recommended social distancing of 6' from other persons at all times.

Follow CDC's guidance on personal hygiene prior to visiting parks or trails.



NRPA National Recreation and Park Association
Because everyone deserves a great park

Business Insider
Fitness 101 wants you to stay fit



Fitness 101 is one of the township's newer businesses. Located at 9468 N. Springboro Pike, It offers a unique workout experience for clients. Certified trainers offer unlimited personal training that is designed specifically for each client. All ages and fitness abilities are welcome! We asked certified trainer, Jordan Martin, CPT, to share some simple exercises you can do at home while waiting out COVID-19.

Jordan recommends that you use YouTube to demonstrate any exercise you're not sure about. He says the exercises need no special equipment and each fits every fitness level. Make the exercise more challenging by adding repetitions. And, Jordan says be sure to warm up and cool down with stretches and cardio. Get started with two exercises at a time, three sets of 10-15 reps each, before moving to the next two exercises. Here is a Fitness 101 three day challenge to get you started:



Day 1

- Push ups
- Walk outs
- Push up plank/ elbow plank
- Chair dip
- Side plank
- Crunches



Day 2

- Wall sit
- Squat pulse
- Rev lunges
- Squat into calf raise
- Squat jumps
- Jumping jacks



Day 3

- Burpees
- Donkey kicks
- Single leg bridge
- Walking lunges
- Step ups
- Single leg wall sit

[Visit Fitness 101 online](#)



Start *simple* with **MyPlate**
Food Planning
during the
Coronavirus Pandemic

Meet Your Neighbor Hannah Marlowe



Hannah Marlowe is a young woman who doesn't like to be bored. She is used to busy days at school and after-school activities. What she is not used to, is being stuck at home because of the coronavirus pandemic.

"I never thought I would be living through a historic event like this," Hannah said.

While she thinks about how the pandemic will be taught in history classes someday, she wanted to do something to help now. Her aunt is in the home healthcare industry. She spoke about the growing need for protective

equipment for her staff. That was all Hannah needed to hear.

"I can sew, and I knew she needed help. I didn't want to sit around and do nothing, so I started to sew protective masks for my aunt's employees who take care of people inside their homes."

She looked up patterns online and decided to make each of three sizes in different colors for easy recognition. Hannah had to be a bit creative when she came up short on elastic bands.

"I asked for donations and some of my neighbors gave me elastic. They left their sewing supplies on their front porch and I rode my bike to pick them up."

Hannah sewed 50 masks in three days for her aunt's business and a few more for her family to keep.

"I want to do my part and thought since I was home and had the opportunity to help people, why not?"

The 14-year old is a freshman at the Miami Valley School and is back in school with online learning. She is also spending time talking with her friends online, riding her bike and an occasional Netflix marathon. Hannah says her family supports her medical masks project, even if her siblings don't have her knack for sewing.

Photo Gallery - Coping with COVID



Courtesy: Meghan Fritsch



Courtesy: Andrea McDonald Donohoe



Courtesy: Carrie Scherer

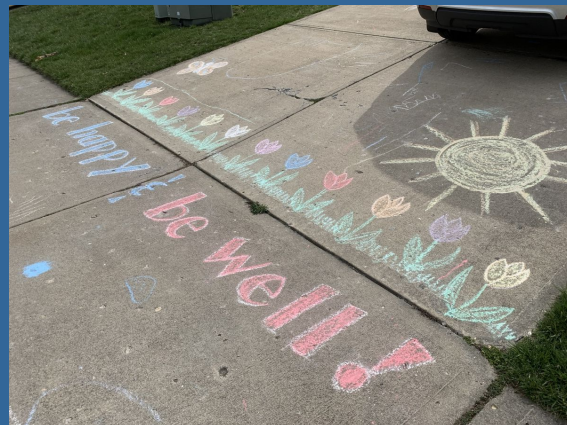


Courtesy: Miami Township





Have a photo you want to share?
 Email it to
jdrury@miamitownship.com



What does social distancing mean? Can I or can't I?

<h1>AVOID</h1>	<ul style="list-style-type: none"> Group gatherings Sleepovers Playdates Concerts Theater outings Traveling Athletic events Crowded retail stores 	<ul style="list-style-type: none"> Malls Workouts in gyms Church Services Visitors in your house Non-essential workers in your house Mass transit systems 		
	<h2>KEEP YOUR DISTANCE</h2> <ul style="list-style-type: none"> Visit a local restaurant to get take out Visit grocery store 	<ul style="list-style-type: none"> Pick up medications Play tennis in a park 		<p>Keep at least 6' - 8' between yourself and others</p>
	<h2>SAFE TO DO</h2> <ul style="list-style-type: none"> Take a walk Go for a hike Yard work Play in your yard 	<ul style="list-style-type: none"> Clean out a closet Read a good book Listen to music Cook a meal 	<ul style="list-style-type: none"> Family game night Go for a drive Stream a favorite show 	<ul style="list-style-type: none"> Call or email a friend or elderly neighbor to check in Group video chats

At Your Service - Other News

Happy Census Day!

Census Day is April 1. While most of

United States® Census 2020

Census 2020 information

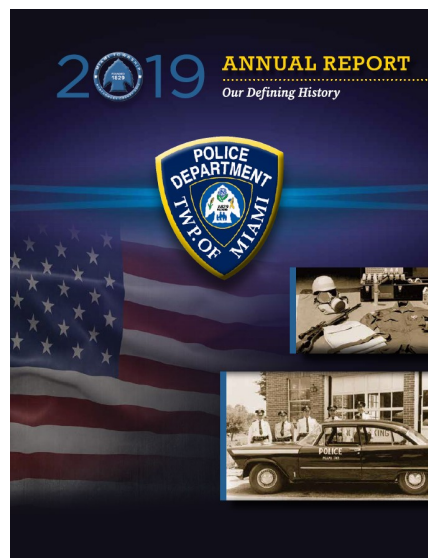
you have now received your questionnaire, some may still need to fill it out.

When you respond, tell the Census Bureau where you live as of April 1, 2020.

Census takers will begin door-to-door follow up, but the response will be delayed. The Census Bureau expects to begin canvassing low response areas at the end of April. They assure us that all necessary social distancing protocols will be followed.

MTPD releases 2019 Annual Report

The Miami Township Police Department released its annual report for 2019. Called "Our Defining History," it is a look back at the beginnings of the department all the way up to its current operations, including staffing, community involvement and a message from the chief. To view the report, [click now](#).



Energy savings awarded

Our building maintenance technician, Mel King, received a special honor at the March 10 Board of Trustees meeting for continuing to bring down electric costs at the police by hundreds, and in some cases, thousands of dollars each year. Chief Stieglmeyer presented him with an award of appreciation.

Did You Know?

- The deadline to file your taxes is now July 15! You have some extra time to get them done!
- You can check on our spending anytime by using

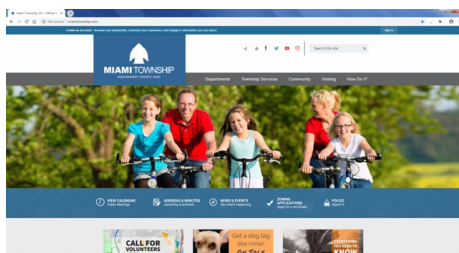


Connect with Us:

Sign up for Miami Township Monthly:

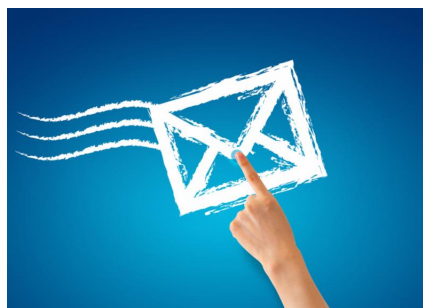


Visit Our Website:



Share Your Stories:

Help us highlight our hometown!
Email your story ideas and
upcoming events to us:



Find us on Social Media:



Phone: 937-433-9969
www.miamitownship.com

