



Welcome to University Hospitals Cleveland Medical Center!

This resource kit is prepared specifically for University Hospitals Epilepsy course participants. It contains useful material for your visit to Cleveland with information about various attractions, amenities, and accommodations that our city has to offer.

All of the following information is provided to you by the University Hospitals Cleveland Medical Center Epilepsy Department. This Resource Kit is provided to you as a courtesy and as a welcoming to the city of Cleveland, local amenities, and housing options. The information provided to you in no way implies any endorsement towards any specific accommodation. University Hospital is not affiliated with any of these organizations in respect to your visit to Cleveland. Any interaction between these organizations and yourself is strictly personal.

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Policies

Smart Phone Usage

We ask that you do not use your phone at any time during the teaching sessions. If you need to check your smart phone, please excuse yourself and leave the classroom to do so.

Dress Code

University Hospitals recognizes the importance of professional appearance of its staff in maintaining an atmosphere conducive to the delivery of quality health care services. As such, visitors are expected to be dressed in business casual attire. Good personal hygiene is expected of all visitors. The hospital recognizes that exposure to strong scents and fragrances can interfere with patient care. As such, the use of only minimally scented perfumes, colognes and other fragrance products are permitted. Examples of appropriate attire are clean, neat, non-wrinkled skirts, suits, dresses, tailored pants, slacks (ankle length), blouses, shirts, sweaters, blazers, shoes worn with hosiery or socks, sport coats and turtlenecks. Dresses or skirts must be of sufficient length (at or below the knee). Examples of inappropriate attire are, tank tops, shorts, leggings, sandals, etc. Feet must be fully covered at all times to ensure patient safety and to prevent possible infection.

Course Participants are unable to use lab coats and scrubs as there is no patient care during the EEG course.

ID Badge

On the 1st day of the EEG course, each participant will be given a badge. Badges are to be visible at all times while you are within the hospital.

Smoking Policy

UH is committed to providing a safe and healthy environment for all employees, visitors and patients. Therefore, smoking or the use of any tobacco products is strictly prohibited on all University Hospitals Cleveland Medical Center and campus property, including outdoors.

Mask Policy

It is crucial that every participant wears a mask at all times throughout the course, in the classroom and around the hospital.

Amenities and Restaurants

Library

As an EEG course participant, you have full access to library services. This includes computer and internet access. The Core Library is located in the Lakeside building-3rd floor suite 3119. The telephone number to the Core Library is 216-844-1208.

Parking

If you are driving during your visit to UH, you may park your car in the visitor parking garage located on UH Drive. There is a maximum \$12 fee per day for parking. You may also visit our parking department located in the hospital and sign up for discounted monthly parking. You will be assigned to one of the designated employee lots. Our parking department also offers discounted bus passes if you are taking public transportation.

Restaurants near UH Main Campus within walking distance

Name/Website/Cost	Location	Distance from UH Main Campus
BurgerIM \$\$	11419 Euclid Ave	0.3 mi
Kenko Cleveland (KungFu Tea inside) \$	11312 Euclid Ave	0.2 mi
Chopstick Chinese Restaurant \$	11322 Euclid Ave	0.2 mi
BIBIBOP Asian Grill \$	11431 Euclid Ave	0.3 mi
Hell's Fried Chicken \$	11324 Euclid Ave	0.2 mi
Sittoo's Pita & Salads \$	11365 Euclid Ave	0.2 mi
Rascal House \$	11316 Euclid Ave	0.2 mi
Falafel Café \$	11454 Uptown Ave	0.3 mi
Indian Flame Restaurant \$\$	11607 Euclid Ave	0.4 mi
Wolfgang Puck Express (inside UH)	11100 Euclid Ave	0.1 mi
Chipotle Mexican Grill \$	11452 Euclid Ave	0.3 mi
Otani Noodle \$	11472 Euclid Ave	0.3 mi
Subway \$	11309 Euclid Ave	0.2 mi
Phusion Café \$	11611 Euclid Ave	0.4 mi
Potbelly Sandwich Shop \$	11425 Euclid Ave Unit 2	0.3 mi
Beyond Juicery + Eatery \$	11413 Euclid Ave (in Chase Bank)	0.3 mi
Panera Bread \$\$	11490 Euclid Ave	0.3 mi
Uptown Nutrition \$\$	11321 Euclid Ave	0.4 mi
Algebra Tea House \$	2136 Murray Hill Rd	0.3 mi
Jimmy John's \$	11446 Euclid Ave	0.3 mi
Mitchell's Ice Cream (dessert) \$	11444 Uptown Ave	0.3 mi
Insomnia Cookies (dessert) \$\$	11308 Euclid Ave	0.2 mi
Kake Kutters (dessert) \$	11607 Euclid Ave Suite A	0.4 mi

Presti's Bakery \$	12101 Mayfield Rd	0.5 mi
Michaelangelo's Italian Restaurant & Wine Bar \$\$\$	2198 Murray Hill Rd	0.3 mi
Tacologist Tacos-Tequila-Margaritas \$\$	11409 Euclid Ave	0.3 mi
Mia Bella Restaurant \$\$	12200 Mayfield Rd	0.5 mi
Guarino's Restaurant \$\$	12309 Mayfield Rd	0.5 mi
Etna \$\$	11919 Mayfield Rd	0.4 mi
La Pizzeria Little Italy \$\$	2188 Murray Hill Rd	0.3 mi
Trattoria on the Hill \$\$	12207 Mayfield Rd	0.5 mi
Home Bistro \$\$	12022 Mayfield Rd Floor 1	0.6 mi
Angelos Nido Italia Restaurant \$\$	12020 Mayfield Rd	0.5 mi
La Dolce Vita \$\$	12112 Mayfield Rd	0.6 mi
Maxi's \$\$	12113 Mayfield Rd	0.6 mi
Guarino's Restaurant \$\$	12309 Mayfield Rd	0.6 mi
Trattoria on the Hill \$\$	12207 Mayfield Rd	0.6 mi
Nora \$\$\$	2181 Murray Hill Rd	0.2 mi
La Pizzeria Little Italy \$\$	2188 Murray Hill Rd	0.2 mi
Mamma Santa's \$\$	12301 Mayfield Rd	0.6 mi

Transportation

Car Rental

- ✚ You must have an international driver's license in order to rent a car in the US. Transportation companies at Cleveland Hopkins International airport listed in the following website:
<http://www.clevelandairport.com/site/514/default.aspx>


Taxis

- ✚ Airport Taxis: usually there are several parked outside of the airport (approximately \$40)
- ✚ Reserve a Taxi:
 - Yellow Cab: (216) 623-1550
 - Ace Taxi: (216) 361-4700

Public Transportation:

The RTA or the Regional Transit Authority is Cleveland's main public transportation system. It has been in operation for almost a century. For the RTA helpline call: (216) 566-5100

1. RTA Bus
 - a. Information about riding the RTA Bus can be found at: http://www.riderta.com/ro_bus.asp
 - b. Schedule and routes for the RTA Bus, Rail/Rapid, Bus Rapid, and Downtown trolleys can be found at: <http://www.riderta.com/maps-schedules.asp#brt>
 - c. Step by step transit directions can be found at: <http://www.google.com/intl/en/landing/transit/#mdy>

2. RTA Rapid (train)
 - a. The rapid (train) consists of four lines; red, blue, green, and waterfront line.
http://www.riderta.com/pdf/maps/System_Map_Rapid.pdf
 - b. Information on vendor locations, How-To-Ride, Park-N-Ride services, schedules, and how to purchase passes and fare cards can be found at: http://www.riderta.com/ro_rapid.asp
3. RTA Health Line (bus)
 - a. Travels a 6.8 mile route between Downtown, Cleveland and Euclid Avenue.
 - b. Main stops include: Downtown, Playhouse Square, CSU, Midtown, Fairfax, University Circle, and East Cleveland. Local stops can take you to grocery stores/shopping plazas.
 - c. Please see website for more information <http://www.rtahealthline.com/healthline-how-works-riders.asp>
 - d. Tickets can be purchased for a single trip, all day pass, and one month pass. Once you have boarded the bus, you must present your ticket or cash to ride. No credit cards or checks accepted.
4. CWRU shuttles (free to use by the public)
 - a. The shuttles travels on multiple different routes around Euclid, University Heights, Cleveland Heights, Grocery Stores, and Coventry.
 - b. There are shuttles available that go to Target and Walmart on Saturdays from 9:00AM – 12:00PM
 - c. You may reserve a spot on these shuttles if you like by emailing spplushuttlereservation@gmail.com
 - d. The website with all shuttles available with links to their routes and stops: <https://case.edu/access-services/transportation/shuttles>
 - e. The app that tracks them is called Transloc and is very useful to see where the shuttles are live
 - f. The app looks like this:

 - g.

UBER/LYFT

In order to use Uber and Lyft and transportation, you will have to download the app onto your phone and enable location services for the apps.

UBER



- ✚ Once you open the app, either log in or create an account
- ✚ Type your destination into “Where to?”
- ✚ Select the type of vehicle at the bottom of the screen (this will have various prices listed as well)
- ✚ Tap “Request” and then confirm the pickup location
- ✚ Once accepted by a driver, an estimated time of arrival will show up and you will be able to see where your driver is
- ✚ You will be notified when your driver is nearby and when they are arrive at your pickup location
- ✚ Extra links for more information:
 - <https://www.uber.com/en-ae/blog/uber-types/>
 - <https://www.uber.com/en-ae/blog/uber-app-features/>
 - <https://www.uber.com/ae/en/ride/how-it-works/>

LYFT



- ✚ Download the app and create an account
- ✚ Tap “Search Destination” and enter your drop-off location
- ✚ Select your preferred ride type and click “Select Lyft”
- ✚ Confirm your pick up location by tapping “Confirm and request”
 - You can change your pick up location before if need be
- ✚ You can add an extra stop during the ride by tapping the “+” icon at the top of the screen
- ✚ The stop cannot be for more than 10 minutes
- ✚ Rides can be requested online as well at ride.lyft.com
- ✚ Links for extra information:
 - <https://help.lyft.com/hc/e/articles/115013079988-How-to-request-a-ride>
 - <https://help.lyft.com/hc/e/articles/115013081248>

Housing

University Hospitals does not support the locations provided as we are not affiliated with them. The following list is information gathered from past participants and from knowledge of the area.

2822 Berkshire Road, Cleveland Heights, OH 44118



2822 Berkshire Road - View from Street

Thank you for your request for information!

I rent fully furnished rooms in my home which is located 8 minutes from the Cleveland Clinic and University Hospitals by bus. It is one bus ride on the #32 or the #9. The bus stop is a three minute walk from the house.

My home is located on a quiet tree-lined street in the lovely city of Cleveland Heights and walking distance from many shops, restaurants, cafes, grocery stores, libraries, movie theaters and much more. Check it out at <http://www.clevelandheights.com/>.

Many doctors have stayed in my home and I can put you in touch them if you wish to have references.



2822 Berkshire Road - Backyard

There are four private bedrooms available for rent. Each bedroom shares a bathroom with one other bedroom. The following is included when you stay at my home:

Contact Information

Judie Bernstein Judie.bernstein@gmail.com

Cell: 216-789-5788

Home: 216-932-8863

The rent for a single room will be available when you contact this location for pricing. I can provide detailed information about places to go and things to see upon your arrival to my home. If you have any questions please feel free to ask. Please let me know if you are interested in reserving a room as soon as possible.

Amenities

- ✚ Wireless internet
- ✚ Shared kitchen facilities
- ✚ BBQ grill outside
- ✚ Washer and dryer use
- ✚ Towels and linens
- ✚ Access to a shared TV & DVD player in den
- ✚ Air conditioning in summer
- ✚ All utilities
- ✚ Off-street parking in driveway
- ✚ Use of a bicycle



2822 Berkshire Road - Dining Room



Case Western Reserve University Summer Guest Dormitories

Unfortunately, this option is only available year-round during the summer, therefore the Winter Epilepsy/EEG Course Participants cannot apply for this housing. The website to fill in the application for our Summer Epilepsy participants is: <https://case.edu/housing/services/summer-conference-guest-and-intern-housing/summer-guest-housing-application>. It is good to note that the end date for the Summer Dormitory Housing for Case Western Reserve University is usually early August, therefore this is a great resource for those who are in need of temporary lodging until their other living arrangement becomes available. More information about this housing can be found on this website: <https://case.edu/housing/services/summer-conference-guest-and-intern-housing>.

Contact Information

guesthousing@case.edu
216-368-1026

Airbnb

Airbnb is a great resource that many course participants have used in the past for housing during the EEG course. The website is easy to use as well: <http://www.airbnb.com/>. Create an account and search up listings near UH Cleveland Medical Center: 11100 Euclid Ave., Cleveland, OH 44106. You can filter for pricing, how long you are going to stay, and other factors as well.

Apartment Options

Please note that this is not at all an inclusive list of all the options available in Cleveland and that these are just some of the options we have found. You can look at the most recent availabilities at different websites such as <https://www.apartments.com/> or <https://www.apartmentlist.com/>.

Apartment	Contact Information	Address	Description
Private Lodging LLC	info@privatelodgings.com	Website: https://privatelodgings.com/	This company a no-fee Cleveland-based rental service that offers assistance in your search for short or long term housing. They offer quality, well-maintained, pre-screened properties in Cleveland's neighborhoods.
Reserve Square Apartments	https://www.reservesquareapts.com/ 844-581-5805	1701 E 12 th Street, Cleveland, OH 44114	This apartment complex has 1 year and short-term leases. Please call the number for short term leases and ask for Corporate Housing.

One University Circle Apartments	https://oneuniversitycircle.com/ 216-416-9957	10730 Euclid Avenue, Cleveland, Ohio 44106	This apartment complex has 6-12 month leases with amenities included at a 1 time flat fee of \$100. The complex has a pool, gym, in-unit washers and dryers, and their lobby serves free coffee. Please call for more information.
Euclid Grand	https://euclidgrand.com/ 216-260-2049	1101 Euclid Avenue Cleveland, OH 44115	This apartment complex has 5-13 month leases with their apartments and also partners up with Airbnb for short-term stays.
Short Term Rentals Little Italy Cleveland	216-242-8899	12110 Mayfield Rd, Cleveland, OH 44106	This rental apartment agency has a convenient location with tons of nice reviews and can also be found on Airbnb. If interested, call them directly for more information.
Euclid3 Apartments	https://euclid3.com/ 216-721-8200	Office location: 11601 Euclid Avenue Cleveland, OH 44106	This apartment complex encompasses 3 buildings that have varying prices each with lease agreements of 10 and 12 months. The apartments are also fully furnished! They do offer shorter leases during the summer and winter terms but you must call them to see availability as this is a popular building for college students.
Mayfield Station Apartments	https://www.mayfieldstation.com/ 216-672-6005	11905 Mayfield Road Cleveland, OH 44106	This apartment complex has leases that range from 3 months-1 year and other short-term leases. It has a great

			location and reviews as it is location in Little Italy. Please call them for more information.
Commodore Place Apartments	http://www.livecommodoreplace.com/ 216-421-3900	1990 Ford Dr, Cleveland, OH 44106	This apartment complex only has 12 month leases that is less than a 10 minute walk to UH Main Campus. They have apartments that are not furnished but come with all utilities. Please call them or visit their website for more information.
Centric Apartments	https://www.livingcentric.com/#Home 216-220-2830	1999 Circle Dr, Cleveland, OH 44106	This apartment complex has leases that go for 6-13 months and is close to UH Main Campus. The apartments are not fully furnished but come with access to a sky lounge and deck, lockers for package deliveries, a café located in the lobby, a courtyard, a parking garage, and a gym attached to the building. Amenities are also not included in the rent, however they will help you with the process. Please contact them for any more information

Past Participants' Accommodations

We asked a few of our past participants where they had stayed at previously and found the following accommodations:

Address	Contact Information	Description
3005 Meadowbrook, Cleveland Heights	Sladjana - contact through Airbnb No lease required	It was a safe neighborhood with nice people. The building had 5 bedrooms and 3 bathrooms. It had a variable pricing of around \$700-800 per month.

13095 Cedar Rd, Cleveland Heights, 44118, OH	Emil Chuck: 703-598-7195	It was a good place to stay with the landlord. The landlord had a cat in the place. It also was close to the bus stop.
2420 Overlook Rd, Apt 3, Cleveland Heights, OH 44106	Tracy: 216-407-1882 tracy@palmierenterprise.com	This apartment complex is in close proximity to UH Main Campus.

Hotel Options

The below image has some options of the hotels near UH Main Campus. Please refer to these websites for more: <https://case.edu/travel/visit-cwru/cleveland-area-preferred-hotels> and <https://www.uhhospitals.org/locations/uh-cleveland-medical-center/patients-and-visitors/getting-here/neighborhood-information/accommodations>.



VISITING CASE

Visiting Case Home
About Case
About Cleveland and University Circle
Case at a Glance
Case Campus Tours
Campus Map
Campus Master Plan
Culture and Entertainment
Detours and Construction
Dining
Directions to Campus
Lodging
Patient Services
Scheduling a Visit
Shopping
Transportation & Parking
Weather

SEARCH CASE:

RELATED SITES:

Alumni House
Center for Institutional Research
Community Outreach Programs
Encyclopedia of Cleveland History
Greater Cleveland Growth Association
News at Case
Parent Resources
Positively Cleveland
Office of the President
University Circle

LODGING

These are but a few of the lodging opportunities available in the Cleveland area. Visitors may also wish to consider other downtown Cleveland options (4-5 miles west of Case) as well as the many hotels located near the junction of I-271 and Chagrin Boulevard in Beachwood, Ohio, 8 miles southeast of Case.

Summer visitors seeking short or long-term housing may wish to consider our affordable on-campus Housing options.

Alcazar Inn (limited availability)
2450 Derbyshire Road (1.22 miles south of campus)
216/321-5400 800/774-7725
<http://www.thealcazarhotel.com>

Glidden House
1901 Ford Drive (on campus, across from the School of Law)
216/231-8900 800/759-8358
<http://www.gliddenhouse.com>

Hampton Inn
1460 E. 9th Street (downtown)
216/241-6600 800/426-7866
<http://www.hampton-inn.com>

Holiday Inn Express
629 Euclid (downtown, Between E.6th & E.9th)
216/443-1000 800/425-3835
<http://www.holiday-inn.com>

Hyatt Regency Cleveland at The Arcade
420 Superior Avenue (4.5 miles west of campus)
216/575-1234 888/591-1234
<http://cleveland.hyatt.com/hyatt/hotels/>

InterContinental Hotel Cleveland
9801 Carnegie Avenue, (1.2 miles west of campus)
216/707-4100 800/223-2273
<http://cleveland.intercontinental.com/>

InterContinental Suites
8800 Euclid Avenue, (1.2 miles west of campus)
216/707-4300 800/223-2273
<http://cleveland.intercontinental.com/>

Marriott Downtown at Key Center
127 Public Sq. (4.8 miles west of campus)
216/696-9200 888-236-2427
<http://marriott.com/property/propertypage.mi?marshaCode=CLESC>

Renaissance Cleveland Hotel
24 Public Square (downtown, Tower City Building)



Glidden House



Village at 115 (North Campus)

About Cleveland



History of Cleveland

Cleveland is a unique city with many historical sites and attractions. Historically, Cleveland has been one of the key manufacturing and commercial centers in the United States. Its location to a major water source and canal (the Erie Canal constructed in 1832), as well as its natural resources led to its rapid industrialization and urbanization. By the end of the 1960's, many of the heavy industries in Cleveland began to decline in accordance with national trends. However, in an effort to preserve the historical charm and beauty of many of these areas, serious renovation projects have taken place in the last two decades. Today, Cleveland is a great tourist destination, culinary center, and a hotbed for medicine.

Cleveland Council on World Affairs

The Cleveland Foreign Counselor Corps was established in 1925 and provides nonpolitical representatives who serve as facilitators between the US and their respective countries. They also serve as aids for foreign nationals living or visiting in Cleveland. Countries represented in the Cleveland Foreign Counselor Corps: Albania, Belgium, Canada, Czech Republic, Denmark, France, Germany, Hungary, Italy, Lithuania, Luxembourg, Netherlands, Romania, Serbia, Slovakia, Slovenia, Spain, Sweden, Switzerland, Ukraine, and United Kingdom. For more information, please visit <https://www.ccwa.org/programs/>. There are also several local cultural centers and community groups that the Cleveland Council on World Affairs works in conjunction with.

Historical Districts/Places




Downtown:

Downtown offers attractive dining, nightlife, sightseeing, and shopping options. It is also home to several historical spots including Pubic Square, the Mall, Tower City, the Arcade, and the historic Renaissance Hotel. One of the highest points in Cleveland, Terminal Tower, is also located here and contains an observation deck that is great for taking in the Cleveland skyline.

The Flats:

This waterfront neighborhood features restaurants, bars, shops and a boardwalk with complementary green space. The area is famous for its water taxis that will take you from one side of the flats to the other. You can also visit the Greater Cleveland Aquarium located inside the historic Powerhouse on the west bank of The Flats.

3 Things You Can Do:

-  Make friends with fish and memories with friends at the Greater Cleveland Aquarium, located inside the historic Powerhouse on the Flats West Bank. Featuring more than 5,000 underwater sea creatures, visitors are able to discover aquatic life from all over the world.
-  See your favorite artist perform at Jacobs Pavilion, the open-air amphitheater on the West Bank of The Flats.
-  Gather a group of close buds at Punch Bowl Social and toast one another with local beer, spirits or a large (spiked) punch bowl of drinks. Chat the night away and indulge in some friendly competition with a round of darts, bowling or even shuffleboard.

Warehouse District:

The warehouse district served as Cleveland's primary wholesale commercial area for one hundred years and in 1982 was added to the US National Register of Historic Places. It underwent major commercial renovation in the 1980's with the purpose of revamping the area while preserving its architectural integrity. Today, the warehouse district hosts trendy nightlife venues, improvisational comedy clubs, restaurants, and modern apartment complexes.

Gateway District and East 4th Street:

The Gateway district is comprised of several popular Cleveland attractions including Progressive Field (home of the Cleveland Indians baseball team), and Quicken Loans Arena (home of the Cleveland Cavaliers basketball team). East 4th street provides numerous nightlife and dining options, including comedy clubs and small concert venues like the House of Blues. Nearby on North Coast Harbor are the Cleveland Brown's Stadium and the Rock and Roll Hall of Fame.

Ohio City and Tremont:

Ohio City and Tremont are two of Cleveland's oldest and most ethnically diverse neighborhoods. They are home to several trendy restaurants, art galleries, and lounges. Additionally, Ohio City is home to the West Side Market and Great Lakes Brewing Company. The West Side Market is the oldest marketplace in Cleveland and is part of the US National Register of Historic Places. It hosts more than 180 different vendors selling a variety of ethnically diverse goods.

Edgewater Park:

The park is divided into upper and lower areas connected by a bicycle path and fitness course. The upper area contains a renovated pavilion and playground, while the lower area has a swimming beach with picnic areas, fishing pier, and boat launch ramps. It is located at 870 Lakeshore Blvd., NE Cleveland, OH 44108-1069.







Little Italy:

Little Italy is located at the bottom of Murray Hill in between University Circle and Cleveland Heights and is a densely packed area of fine Italian restaurants, bakeries, pizzerias, and art galleries. This is a popular destination in the summer and early fall months. <http://www.littleitalycleveland.com/index.html>. To learn more about Cleveland's history and its attractions please visit <http://en.wikipedia.org/wiki/Cleveland> for more information.



Safety Precautions

(CIME) Center for International Medical Education

Cleveland is a safe place to live and work, however it is important to take certain safety precautions no matter where you reside or labor. Here are some general safety tips:

-  Be aware of your surroundings
-  Avoid using earphones, "ear buds", or headphones and listen to loud music when walking outside.
-  Limit the use of cell phones while outdoors.
-  Trust your intuition. If you sense something is wrong, do not hesitate to call for help.
-  Report anything suspicious.
-  Take responsibility for your own safety. Identify any Behavior, attitude, or practice you routinely exhibit, that increases your risk of being targeted.

Emergency Contact Information for Reference:

-  *University Hospitals Protective Service: 216-844-4357*
-  *Emergency Contact Number in US: 911*

Weather in Cleveland

Local climate and weather information can be found at <http://www.weather.com>. Local postal/zip codes areas around University Hospitals include 44195, 44106, and 44105. There is the option to search for weather by day, week or month as well as view in either Fahrenheit or Celsius.

Typical Temperatures:

Autumn: 70 – 34 Fahrenheit (21.1 – 1.1 Celsius) temperate conditions, some rainfall

Winter: 0 – 40 Fahrenheit (-17.8 – 4.45 Celsius) freezing temps, heavy snowfall

Spring: 28 – 68 Fahrenheit (-2.2 – 20 Celsius) freezing temps and snow until late April, some rainfall

Summer: 75 – 95 Fahrenheit (23.89 – 35 Celsius) hot with high humidity, some rainfall

Conversion Table	
U.S. Units	Metric
1 Mile	1.6 Kilometers
1 Pound	0.5 Kilograms
1 Yard	0.9 Meters
1 Foot	30.4 Centimeters
1 Gallon	3.79 Liters
1 Ounce	30 Grams
0°F	-18°C
32°F	0°C

Grocery Stores

Dave's:

12438 Cedar Road, Cleveland Heights, 44106. Call (216) 229-2620

Additional locations can be found at <http://www.davesmarkets.com/locations.shtml>

Heinen's:

Store locations can be found at <http://www.heinens.com/cnt/StoreLocator.html>

Giant Eagle:

Locations closest to the Cleveland Clinic can be found at <http://www.gianteagle.com/StoreLocator/Default.aspx>

Whole Foods:

13998 Cedar Rd., University Heights. Call (216) 371-5320

West Side Market:

W. 25th and Lorain Ave. open Saturday through Thursday (sells some ethnic food and ingredients).

Shaker Square Farmer's Market:

13111 Shaker Square #301, Cleveland, OH 44120 (open summer through autumn only on Saturdays from 8am until 12pm).

Target:

14070 Cedar Rd, University Heights, OH 44118. Online ordering and pick is available. *Call (216) 416-0025*

Walmart:

1868 Warrensville Center Rd, South Euclid, OH 44121. Other locations nearby as well. *Call (216) 382-1657*

Ethnic Grocery Stores

East Asian:

Asian Plaza: 2999 Payne Ave., Cleveland, OH. *Call (216) 241-3553*

Note: *There is an Asiatown nearby with more stores and restaurants with shuttles and RTA that can take you here!*

South Asian:

Asian Spices and Sauce: 1979 W. 25th St., Cleveland, OH. *Call (216) 861-0626*

India Grocers: 6855 West 130th St., Cleveland, OH. *Call (216) 861-0626*

Khan's Food Mart: 14460 Euclid Ave., Cleveland, OH. *Call (216) 451-0625*

Lakshmi Plaza: 5933 Mayfield Rd, Mayfield Heights, OH 44124. *Call (440) 683-1037*

Middle Eastern (Halal Meat Sold Here):

Al Madina Imports: 11550 Lorain Ave., Cleveland, OH. *Call (216) 671-4661*

Al Manar Supermarket: 3279 West 117th St., Cleveland, OH. *Call (216) 941-1900*

Holy Land Imports: 12831 Lorain Ave., Cleveland OH. *Call (216) 671- 7736*

Greek:

Athens Pastries & Imported Foods: 2545 Lorain Ave., Cleveland, OH. *Call (216) 861-8149*

South American:

La Borincana: 2127 Fulton Rd., Cleveland, OH. *Call (216) 651-2351*

German Grocers:

Hansa Import Haus: 2701 Lorain Ave., Cleveland, OH. *Call (216) 281-3177*

African Grocers:

Kabas African Market: 4141 Lee Rd., Cleveland, OH 44128. *Call (216) 751-9112*

Cleveland African Mart: Online grocery store: . *Call (216) 313-2729*

Jojo's African Market: 4624 Clark Ave., Cleveland, OH 44102. *Call (216) 313-2729*

Note: *There are good restaurants: Yum Village Cleveland, Afrika Taste and Lounge, and Primo African Quisine.*

Day Trips near Cleveland

Amish Country:

The Amish community in Ohio is the largest in the US. The Amish refrain from using modern technology and conveniences (electricity, machinery, etc.) and instead have preserved a simpler way of life for over 200 years. The Amish country offers many attractions such as farm tours, buggy rides, various specialty stores, bakeries, and cheese shops. The stores are closed on Sunday. To plan your trip to Tuscarawas County, call (330)364-5453. To plan your trip for Holmes County locations, call (330) 674-3975.

Cleveland Metroparks Zoo:




3900 Brookside Park Drive, Cleveland. Call (216) 247-6688 or visit www.clemetzoo.com/ Open Monday through Sunday from 9:00 am to 5:00 pm. Closed December 25th and January 1st.

Cuyahoga Scenic Railroad:

Enjoy a scenic train ride through the Cuyahoga Valley. Fall color train runs in October, Polar Express runs November through December. Train rides also available April through December. To obtain more information or purchase tickets call (330) 657-2000 or (800) 468-4070, and visit <http://www.cvsr.com/index.shtml>.

Lake Erie Islands:

Most islands are located between one to two hours west of Cleveland. Islands contain specialty stores, museums, restaurants, wineries, and some nightlife. For more information call:

-  Kelley's Island (800) 255-3743
-  Put-in-Bay/ Middle Bass Islands (800) 441-1271
-  Pelee Island (Ontario, Canada) (800) 661-2200

Please visit the following website: www.lake-erie.com before planning your trip.

Terminal Tower Observation Deck:

50 Public Square, Downtown Cleveland. Call (216) 771-0033. The observation deck offers an ideal venue for stargazing and taking in the Cleveland skyline.

Weekend Trips

Sandusky, Ohio:

About one hour west of Cleveland. Cedar Point, an amusement park, is located here. It has been rated one of the best amusement parks in the world. It contains 55 rides and a water park. For more information call (419) 627-2350 or visit www.cedarpoint.com.

Columbus, Ohio:

A two and a half hour car ride south of Cleveland. Visit <http://www.experiencecolumbus.com/> before planning your trip.

Cincinnati, Ohio:

A four hour car ride south of Cleveland. Visit <http://www.cincinnatiusa.com/> before planning your trip.

Pittsburgh, Pennsylvania:

A two hour car ride south-west of Cleveland. Visit <http://www.visitpittsburgh.com/> before planning your trip.

Canada (Niagara Falls):

Niagara Falls is a great place to visit to see one of the most famous waterfalls in the world housing three waterfalls on the Niagara River that flows from Lake Erie to Lake Ontario. Niagara Falls is about a four and a half hour car ride northeast of Cleveland. The Canadian border is also nearby and with the *proper documentation, passport etc.*, you may be able to cross the border to the Canadian side of the Niagara Falls. Visit <https://www.niagarafallslive.com/> and <https://www.niagarafallsusa.com/> for more information before planning your trip.

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