

Statehouse Update

From the Office of State Representative Mary Lightbody
House District 19 | 614-466-4847 <><> Rep19@ohiohouse.gov

Dear Neighbor,

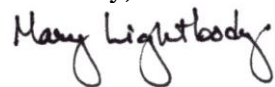
As Ohioans struggle with higher prices at the gas pump and the grocery store, I'm working to reduce these costs. I am supporting dozens of bills as a part of the Families First Agenda that will make everyday expenses more affordable for working families. Unfortunately the House majority hasn't moved any of this collection of bills and does not have a plan of their own on offer. Nevertheless I am working every day to find ways to lower costs for you and working families in our district.

November is National Diabetes Month. Ohioans are paying way too much for insulin and other prescription medications. I am working to pass bipartisan legislation including HB 305 that would cap the cost of insulin to \$35 a month and make prescription drugs more affordable. No one should have to choose between putting food on the table and taking medicine they need to live.

I hope you and your family have a happy and healthy Thanksgiving! Before getting together this year, make sure you are up-to-date on your flu and COVID-19 vaccines. Visit <https://www.vaccines.gov/find-vaccines/> to find a vaccine provider near you. Enjoy this time with friends, family and great food!

I am proud to be your state representative. Please do not hesitate to contact my office with any questions, comments or concerns.

Sincerely,



I work for you.

Please contact me about any issues of concern and reach out anytime for updates on legislation in committees or votes by the legislature, as well as any upcoming district events that you would like me to attend.

Please contact my office at any time:

Office: 614-466-4847

Email: Rep19@ohiohouse.gov



Upcoming Open Office Hours

I look forward to meeting with you. There is no RSVP needed. Please contact my office if you would prefer a private meeting.

- ❖ **Thursday, November 10, 2022**
8:00 a.m. – 9:30 a.m.
Upper Cup Coffee
121 Mill Street, Gahanna
- ❖ **Saturday, November 19, 2022**
11:00 a.m. – 12:30 p.m.
Westerville Library, Pink Room
- ❖ **Wednesday, December 7, 2022**
6:00 p.m. – 7:30 p.m.
New Albany Library, Meeting Room 2



November 11 is Veterans Day. I am grateful to each and every Ohioan who has served our state and nation.

We can never fully repay our veterans for their commitment to defending our freedoms.

Legislative Update

Over the next few weeks, you may hear legislators talk about or see in the news “lame duck session.” Lame duck is the period of time after an election and before the swearing in of the elected members. This year, lame duck is November 9 through December 31.

During this time, I expect that the House Majority will fill sessions with the bills they consider to be the most important because when lame duck is over, all of the bills that do not pass are discarded and must be reintroduced in the next General Assembly to be considered again. Legislation we are expecting to be brought forth includes:

- Total abortion ban with no exceptions for rape, incest, or to save the life of the mother;
- HB 376, weakens your online data privacy;
- HB 294, anti-voter bill to limit early voting opportunities and drop boxes for mail ballots; and
- HB 327, which prohibits “divisive concepts” being taught in schools, would make it illegal to teach that the Holocaust was bad.

I will continue to oppose and speak out against these bills and instead support real solutions to reduce costs for families, raise wages and protect your freedoms.

Open Enrollment for Healthcare Coverage

The Marketplace Open Enrollment Period on HealthCare.gov runs from November 1, 2022 to January 15, 2023. Ohioans who enroll by midnight on December 15, 2022 can get full year coverage that starts January 1, 2023. Get covered today at [healthcare.gov!](https://healthcare.gov/)

Saturday November 26 is
#SmallBusinessSaturday!

Shop small during this weekend and support local businesses across Ohio.

Ohio Public Education Week

November 14-18 is Ohio Public Education Appreciation Week. I am grateful to our teachers and school staff who work hard every single day to provide our students with the best education possible. I will continue supporting our schools to guarantee bright futures for all of our students.

I’m proud of the work we did to pass the Fair School Funding Plan, which for the first time in over 20 years has been a funding plan that is constitutional. I’ll work to support continuing to fund our schools and ensure all students have access to quality education no matter where they live.

This month, we honor **Military Family Month**. Ohio’s service members and their families are the definition of strength, resilience, and courage. With frequent moves and time away from loved ones, we owe them an enormous gratitude.

Alzheimer’s Disease Awareness Month

I am a member of the Ohio Alzheimer’s Disease and Related Dementias Task Force, which looks at: The needs of individuals diagnosed with Alzheimer’s disease or related dementias, the services available in this state for those individuals, and; the ability of health care providers and facilities to meet the individuals’ current and future needs. Learn more and find resources at:
1-866-243-5678 or aging.ohio.gov/find-services.

In October, I was glad to join one of our great public school districts, the Gahanna Jefferson Public Schools, for a groundbreaking ceremony for the new Lincoln High School. The new school building will serve countless students for years to come!



On Our Sleeves: The Movement for Children's Mental Health

Children do not always wear their thoughts *on their sleeves*, but Nationwide Children's Hospital created *On Our Sleeves* to pay special attention to Children's mental health and provide resources to families. Together we must break stigmas and educate families and advocates about children's mental health.

World Kindness Day

World Kindness Day is November 13. Children's mental health benefits from positive social connections. We also know that the opposite is true; children who experience bullying, exclusion and isolation are at risk for mental health concerns.

This is why encouraging kindness can be so important for children's mental health. Kindness can help kids build empathy, create and maintain healthy relationships, and help develop a sense of community. Research shows that kindness toward ourselves and others helps our mental health. It can: Help build friendships, Increase feelings of happiness, Reduce stress, and Improve self-esteem. You can make kindness a habit in your family by taking the 5-day challenge and then come up with ways to keep it going!

- Day 1: Brighten Someone's Day
- Day 2: Be Kind to yourself
- Day 3: Complete a random act of kindness!
- Day 4: Volunteer or Help Someone
- Day 5: Pay it forward

Resources

If you are in a life threatening situation, call 9-1-1 or go to an emergency department.

For crisis situations that are not life-threatening, find mental and behavioral health resources and other information below close to you. While these resources are general, the best resource is your family's medical provider.

If you are having thoughts of suicide or need to talk, please contact the National Suicide Prevention Lifeline 988. If you prefer to text, you can text "START" to 741-741 where a live, trained specialist will respond back to you.

Franklin County Youth Psychiatric Crisis Line • 614-722-1800

- Text "4Hope" to 741741 for the crisis text line
- <https://www.nationwidechildrens.org/specialties/behavioral-health/crisis-services>

Nationwide Children's Hospital Mental/Behavioral Health Services

- <https://www.nationwidechildrens.org/specialties/behavioral-health/crisis-services>

Ohio Child Abuse and Neglect Report Line • 855-O-H-CHILD (855-642-4453)

- <https://jfs.ohio.gov/ocf/reportchildabuseandneglect.stm>

Nationwide Children's Eating Disorders Program

- <https://www.nationwidechildrens.org/specialties/eating-disorders-program>

Ohio Domestic Violence Network Information and Referral Line • 800-934-9840

- www.odvn.org

National Parent Helpline • 1-855-427-2736

Ohio Early Intervention Information Line • 1-800-755-4769

- <https://ohioearlyintervention.org/>

Teen Relationship Abuse Helpline (National) • 866-331-9474 • 866-331-8453 TTY

- www.loveisrespect.org

LGBT Resources -BRAVO (Buckeye Regional Anti Violence Organization) • Toll Free: 1-866-862-7286

- www.bravo.equitashealth.org/about/hate-violence

Additional resources and information are available at <https://www.onoursleeves.org/>

World Day of Remembrance for Road Traffic Victims

The third Sunday of each November (Nov. 20 this year) is designated as World Day of Remembrance for Road Traffic Victims, adopted by the UN General Assembly in 2005 as an appropriate way to acknowledge the suffering of those who are seriously injured or killed as a result of traffic violence.

The trauma of crashes also affects the family and friends of the people in the vehicles and even the first responders and medical professionals who have to deal with the aftermath.

Remembering is important because the only thing worse than being a victim is being trivialized as a forgotten victim. Remembrances are often done in the form of vigils. It is also important to remember that actions speak louder than words. Each of us can take actions to prevent crashes, prevent crash injuries from being worse, or help heal the injured. Make sure your vehicle and driving habits are safe and legal and are setting a good example for your children. Use seat belts and child safety seats. Donate blood if you are able. Ask a group you're a member of to organize a blood drive on Remembrance Day. I am working at the statehouse to increase safety on Ohio's roadways by making it a primary offense to use handheld electronic devices while operating a motor vehicle. This bill, HB 111, has received one hearing in the House Transportation and Public Safety Committee.

Our focus should be keeping our hands on the wheel, our eyes on the road, and our minds engaged while we are driving. You can commit to safe driving by buckling up, putting your phone down, staying focused and driving sober. Motorists can also keep roadways safe by planning ahead, allowing for extra time and following all traffic safety laws.

National Apprenticeship Week

November 14-20 is the 8th Annual National Apprenticeship Week. Registered Apprenticeship is an industry-driven, high-quality career pathway where employers can develop and prepare their future workforce, and individuals can obtain paid work experience, receive progressive wage increases, classroom instruction, and a portable, nationally-recognized credential.

Registered Apprenticeship provides a critical talent pipeline that can help to address some of our nation's pressing workforce challenges such as responding to critical supply chain demands and supporting a clean energy workforce, modernizing our cybersecurity response, addressing public health issues, and rebuilding our country's infrastructure. Learn more: apprenticeship.gov/NAW.

Ohio Afterschool Child Enrichment (ACE) Educational Savings Program

The ACE Educational Savings Account program provides qualifying families (children age 6-18, at or below 300% of the federal poverty level) with a \$500 credit that can be used to pay for a variety of enrichment activities that will accelerate learning for students impacted by the COVID-19 pandemic. These funds can be used for:

- Before- or after-school educational programs; Day camps, including camps for academics, music and arts;
- Fees for learning extension centers; The purchase of curriculum and material for home-school families;
- Field trips to historical landmarks, museums, science centers and theaters – including admission, exhibit and program fees; Language classes; Musical instrument lessons; Tutoring; And more!

Learn more at <https://education.ohio.gov/ohioace>

Applications Open for ODNR Summer Internships

The Ohio Department of Natural Resources (ODNR) expects to hire 60 interns in a variety of fields including biology, communications, engineering, forestry, geology, law enforcement, recreation, water quality, wildlife, and more. Eligible applicants must be enrolled as a part-time or full-time student at an accredited college, university, or community college which offers or leads to an associate, bachelor, or graduate degree, and be in good academic standing. You may learn more about ODNR's Summer Internship Program and read testimonials from previous interns at <https://ohiodnr.gov/buy-and-apply/support-odnr/odnr-intern>. Students throughout the state can apply for a 2023 internship through December 9.