



Welcome to the Cleveland Clinic Foundation

This Resource Kit is prepared specifically for Cleveland Clinic International Observers and Visitors. It contains useful material for your observership or visit to Cleveland Clinic, and some information about attractions and conveniences that our city of Cleveland has to offer.

All information provided by Cleveland Clinic and contained in this Resource Kit is provided to you as a courtesy related to the city of Cleveland, local amenities and housing options. As a courtesy, the information provided to you in no way implies any endorsement or recommendation related to any hotel or housing arrangement. Cleveland Clinic does not engage any of these organizations in respect to your visit to Cleveland. Any interaction between these organizations and yourself are strictly personal to you.

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ABOUT CLEVELAND CLINIC, POLICIES, AND GUIDELINES

Policies

Prior to your Arrival

- Use CIME letter of invitation to obtain a temporary business/tourist (B1/B2) VISA (not all foreign nationals require a tourist visa for entry into the US, please check with your local US embassy). When you enter the United States via customs at your port-of-entry (first airport you arrive at in the U.S.), you will be assigned a class of admission based on the purpose of your stay. **Please bring a copy of your invitation letter with you and request a B1 (temporary business) class of admission. You will not be able to start your observership if you have been assigned B2 status.** Please contact your coordinator as soon as possible if you have any questions or issues with regard to your U.S. visa.
- Cleveland Clinic *recommends*, but does not require, that you purchase travelers health insurance for yourself and any family member accompanying you prior to beginning of your observership
- Send your coordinator any requested health documentation.
- Make living and transportation arrangements for the duration of your stay.
- Pack according to Cleveland weather and CCF dress code (outlined below).

Arrival Protocol

- Observer Orientation is at 8:00 a.m. on your first day.
- Bring your passport(s) with U.S. visa (if applicable) and **your most recent I-94 demonstrating B1 or other acceptable visa status.** Your most recent I-94 is generated after you have entered the U.S. and can be retrieved here: <https://i94.cbp.dhs.gov/i94/#/home>. U.S. Customs and Border Protection is no longer offering hard copies of the I-94 at airports to incoming travelers. If granted a B2 visa (which is a tourist visa) you will need to contact U.S. Customs at Hopkins Airport during business hours to have your visa status revised. Please have your most recent I-94, passport and invitation letter ready, and call them at: 216-267-3600. If you do not have the resources to check and/or print your I-94 upon arrival in the US, you are welcome to use the computers available to you in the Floyd D. Loop Alumni Library – located right in front of your orientation location and our office area. The library opens at 7:30 a.m.
- Your coordinator will help you obtain your visitor ID badge and parking pass (if applicable)

Departure Protocol

- Exit meeting will be scheduled on the last day of your observership. E-mail notification will be sent.
- Return scrubs to the scrub room
- Return white coat to laundry room located in the basement of Bunts Building (TT)

Dress Code Policies

Cleveland Clinic 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 T-shirts, sweat suits, tank tops, shorts, jeans, denim of any color, leggings, sandals, etc. Feet must be fully covered at all times to ensure patient safety and to prevent possible infection. Appropriate socks or hosiery are expected.

The surgical scrub policy promotes hygiene, ensures OSHA compliance, and promotes compliance with infection control. Surgical attire cannot be worn outside of the hospital/facility and disposable hats, masks, gowns, gloves, and shoe coverings must be removed when leaving surgical departments. These items must be discarded prior to leaving the surgical department or procedure rooms.

- **Scrubs:** If you will be observing in an intensive or surgical area, a set of uniform scrubs will be provided to you upon arrival by the department. You may obtain clean sets as needed by proceeding to your assigned OR scrub uniform room.
- **White lab coats:** You are required to wear a lab coat issued by your home institution during your visit. It is to be worn at all times when you are on Cleveland Clinic campus property.

ID Badge

Upon arrival at Cleveland Clinic each visitor will acquire a visitor ID badge that must be worn above the waist at ALL times. The ID badge grants you general outer perimeter access, meaning it can be swiped into the exterior doors of various institutes. Visitor ID Badges are typically not issued with access to locked internal doors and walkways throughout the campus.

Smoking Policy

Cleveland Clinic 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 Cleveland Clinic campus property, including outdoors.

Photography Policy

In compliance with patient privacy, photographs are strictly prohibited on campus, both inside the buildings and outside.

Medical Appointments

If you become ill while you are at Cleveland Clinic and wish to schedule a medical appointment, you must do so with the Department of Global Patient Services (GPS). GPS is familiar with the needs of international patients, their registration, and insurance arrangements. Global Patient Services (KK30) is located on the third floor of the Intercontinental Hotel and Conference Center. It is also accessible through the skyway. The main telephone number is (216) 444-6404. Please don't hesitate to contact your education coordinator for assistance.

Emergency room appointments can be followed with a visit to GPS since most emergency cases can be after regular work hours. This follow-up visit to GPS will ensure that your registration information was entered correctly, including your insurance information.

Library

As an international observer and visitor, you have full access to library services. This includes computer and internet access. The Alumni Library is located on the 3rd floor of the Education Wing in the Lerner Research Institute (NA).

Library Hours	
Monday -Friday	7:30am-6:30pm
Saturday	8:30am- 4:30pm
Sunday	Closed

Parking

If you are renting or borrowing a car during your visit at Cleveland Clinic, you may park your car at one of the employee parking lots on campus. The Parking Services department, located in the basement of the (JJ North) building, will designate a parking garage as well as a parking fee upon request. The parking fee assessed to you is the same as Cleveland Clinic employees, and is non-negotiable.

Fitness Center

As a visitor, you have the option of joining the employee and visitor fitness center. It is located on the 1st floor of the W.O. Walker Center (Building C). This facility is open Monday through Friday from 5:00am to 8:00pm and

Saturday/Sunday from 8:00am to 4:00pm. It has cardio and weight training rooms, swimming pool, exercise rooms and strength equipment. Daily, weekly, or monthly memberships may be purchased. The main telephone number is (216)-444-8765 and online at <http://my.clevelandclinic.org/patients-visitors/amenities/activities-around-main-campus.aspx> for more information.

Beige internal telephones/ Paging Instructions

The beige telephones throughout Cleveland Clinic are used to dial internally. For example, to reach an employee at telephone number (216) 445-1711 you would dial 51711 (the last five digits), and you will be connected.

- Listen for the dial tone, dial 14
- After single tone, dial 5 digit pager number
- After the triple tone, enter the number you want the individual to call
- To place a page outside of CCF, dial (216) 464-8410, dial 5 digit pager number, enter the number you want the individual to call.

Amenities on Main Campus

<http://my.clevelandclinic.org/patients-visitors/amenities>

Restaurants on Main Campus

Restaurant	Style	Location	Hours/Phone
Au Bon Pain	French-inspired artisan breads, pastries, sandwiches, soups, salads.	Building J & Building A	Building J location: 24 hours a day/7 days a week 216.721.6473 Building A location: Mon. - Fri., 6 a.m. - 6 p.m. 216.421.8672
Bikur Cholim Hospitality Room	Kosher pantry (kept locked). Jewish community members can receive access from Bikur Cholim at 216.320.1771 or Sora Shapiro at 216.406.6608.	Building M - Room M1-006	24 hours a day/7 days a week.
C2 Cultural Cuisine	Cultural cuisine inspired by the bountiful European, North African and Middle Eastern countries surrounding the Mediterranean Sea.	InterContinental Hotel Suites Restaurant	Restaurant Hours: Daily, 6:30 a.m. - 11 p.m. Bar Hours: Daily, 11 a.m. - 11 p.m. 216.707.4054
Cafeteria	Grab & Go, homemade soups, salads, desserts and bottled beverages.	Building H	Daily, 6:30 a.m. - 7 p.m.
Four Corner's Cafe	Lunch and dinner including four stations: carving, grill, pasta and salad bar.	Building H near the ATM machine, formerly the Doctor's Dining Room	Mon. - Fri., 10:30 a.m. - 2:30 p.m.

Restaurant	Style	Location	Hours/Phone
Garden Café	Fresh pastries, coffee and hot cereal for breakfast. Omelets available Tues. - Fri. Deli sandwiches, soups, fruit cups, yogurt, available for lunch.	Building P, Floor 1	Mon. - Fri., 7:30 a.m. - 2:30 p.m. 216.445.3869
Moe's Southwest Grille	Burritos, quesadillas, tacos, quesadilla bowls and salads.	Building H	Daily, 10:30 a.m. - 8 p.m. 216.444.9691
North Coast Café	Appetizers, salads, entrees, and buffet including carving station. Reservations encouraged and valet service available.	InterContinental Hotel Main Entrance	Breakfast: 6:30 a.m. - 10:30 a.m. Lunch: 11 a.m. - 2:30 p.m. 216.707.4051
R Bistro	Pastry and coffee in the morning. Lunches include hot entrees, salad bar, grab-and-go sandwiches and soups.	Building R, Floor 1	Daily, 7:30 a.m. - 2 p.m. 216.445.3869
Starbucks	Large, modern location with seating. Specialty coffee drinks, snacks and gift items.	Building H	Open 24 hours a day, 7 days a week
Subway	Breakfast flatbreads, subs and salads.	Building H	Sun. - Fri., 7 a.m.- 11 p.m. Sat., 7 a.m. - 8 p.m. 216.444.9845
Table 45	Chef Zachary Bruell offers a cross-cultural blend of cooking styles from North Africa, South America, Europe and Asia.	InterContinental Hotel	Lunch: 11 a.m. - 2:30 p.m. Dinner: 3 p.m. - 11 p.m. 216.707.4045

Worship and Prayer Facilities

Cleveland Clinic provides worship services in the Meditation Chapel located in the Glickman Tower (Q) right off the (Q) elevators. It is open at all times for use by persons needing a place of quiet for prayer, meditation, and personal reflection. Additionally, there are three Islamic prayer rooms; one is the Sheikh Maktoum prayer room adjacent to the Meditation Chapel by the Glickman Tower (Q), one on the fifth floor of the InterContinental Hotel and Conference Center, and one on the second floor of the Surgical Building (P). A list of nearby places of worship is located on the last page of this resource kit.

International Long Distance Calls

Calling your home countries from the hotel can become very expensive. Therefore, we recommend you buy calling cards. They can be purchased from the Gift Shop locations. Likewise, you can find them in any drugstore such as *Rite Aid*, *CVS Pharmacy*, *Walgreen's*, etc. Please note there is a *Rite Aid* in the intersection of Euclid Avenue and E. 101st (five minutes away from the entrance of the "J" building).

Audio Art Tour

Available in English, Spanish, and Arabic, Cleveland Clinic's free Audio Art Tour allows visitors to learn more about the art collection. This tour includes a recorded introduction and 35 highlights of intriguing artworks and starts at the Information Guest Services desk. This self-guided tour allows participants to spend just a few minutes or up

to an hour exploring our artwork. Devices can be checked out from the Information Guest Services Desk at the main entrance of the Miller Family Pavilion.

Other Relevant Information about Cleveland Clinic

The Joint Commission

The Joint Commission - Formerly known as the JCAHO, The Joint Commission on Accreditation of Healthcare Organizations. The Joint Commission is the Nation's leading standards-setting and accrediting body in health care. The focus of the Joint Commission is on improving the quality and safety of care provided in all healthcare settings. Accreditation is a distinction given to an organization when its performance meets or exceeds the standards and quality expectations set forth by the Joint Commission. It informs and protects consumers, educates providers and supports improvement in the quality of health care. It helps organizations enhance its overall performance related to all facets of patient care, treatment, and services. The Joint Commission sends surveyors to the health care organizations location to perform on-site surveys. The surveyor(s) assess the organizations compliance to written standards and report on how well the organization meets those standards.

CMS

The Centers for Medicare and Medicaid Services (CMS), previously known as the Health Care Financing Administration (HCFA), is a federal agency within the United States Department of Health and Human Services that administers the Medicare program and works in partnership with state governments to administer Medicaid, the State Children's Health Insurance Program, and health insurance portability standards. In addition to these programs, CMS has other responsibilities, including the administrative simplification standards from the Health Insurance Portability and Accountability Act of 1996 (HIPAA), quality standards in long-term care facilities through its survey and certification process, and clinical laboratory quality standards under the Clinical Laboratory Improvement Amendments.

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 are listed at the following website:

<http://www.clevelandairport.com/site/514/default.aspx>

Taxis and Local Transportation

- **Airport Taxis:** usually several parked outside of the airport (approximately \$40)
- **Reserve a Taxi:**
 - a. Yellow Cab (216) 623-1550
 - b. Ace Taxi (216) 361-4700
 - c. Shima Limousine (440) 918-6400
- **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

 - a. RTA Bus
 - i. Information about riding the RTA Bus can be found at: http://www.riderta.com/ro_bus.asp
 - ii. 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>
 - iii. Step by step transit directions can be found at: <http://www.google.com/intl/en/landing/transit/#mdy>
 - b. RTA Rapid (train)
 - i. The rapid (train) consists of four lines; red, blue, green, and waterfront line. http://www.riderta.com/pdf/maps/System_Map_Rapid.pdf

- ii. Information about 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
- c. RTA Health Line (bus)
 - i. Travels a 6.8 mile route between Downtown, Cleveland and Euclid Avenue. Main stops include; downtown, Playhouse Square and CSU, Midtown, Fairfax, University Circle, and East Cleveland. Please see website for more information <http://www.rtahealthline.com/healthline-how-works-riders.asp>
 - ii. 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, checks accepted.

HOUSING

Short-term Housing

If you are looking for short-term housing other than hotel options, please visit: clevelandclinic.org/ShortTermHousing

Following is a list of hotels on Cleveland Clinic Main Campus and in Cleveland that you may consider:

(Rates subject to change at any time)

Hotels Located on Cleveland Clinic Campus

These hotels are located on Cleveland Clinic campus, and are all within walking distance. Please verify rates, as these are subject to change without our knowledge.

Property	Location	Contact	Nightly Rates
Inter-Continental Hotel and Conference Center	9801 Carnegie Ave. Cleveland, OH 44106	(216) 707-4100 http://www.ichotelsgroup.com	\$195/nt + tax
Inter-Continental Suites	8800 Euclid Ave. Cleveland, OH 44106	(216) 707-4300 http://www.ichotelsgroup.com	\$169/nt + tax (standard)
			\$179/nt + tax(suite)
Double Tree -The Tudor Arms	10660 Carnegie Avenue Cleveland, OH 44106	Desa Rollins -Sales Manager (216) 456-2680 drollins@experiencecleveland.com	\$109/nt + tax
Holiday Inn Cleveland Clinic	8650 Euclid Avenue Cleveland, OH 44106	(216) 707-4200 Reservations: (844) 748-2877 http://www.hiclevelandclinic.com/	\$139/nt + tax \$154 Studio Suite/nt + tax

For rates on stays up to 30 days or more please contact the specific hotel directly.

Hotels Located near Cleveland Clinic Campus

These hotels are within close driving distance to Cleveland Clinic, and most have free shuttles that run daily to and from the hospital. Please contact the property to inquire about shuttle times. Rates indicated are representative of discounted Cleveland Clinic rates and are subject to availability. To get the best rate possible, we do advise calling the property and asking for the Cleveland Clinic rate. Rates subject to change at any time.

Property	Rates	Information and Complimentary Amenities
Residence Inn (Downtown) (216) 443-9043	Nightly \$142/nt + tax	Approximately 20 minute drive to Cleveland Clinic. <ul style="list-style-type: none"> • Shuttle transportation to and from Cleveland Clinic • Pure rooms: Sanitized heater and air conditioner; In room medical grade air purification system; PureShield™ application on all surfaces; Micro fiber pillow cases and mattress covers; Cleansed and sanitized soft surfaces • Full kitchen, on-site coin laundry facility, same day valet laundry service, high speed internet. 24 Hour Business Center. Pet Friendly. • Guests may enjoy the Billiard Room, Hearth Room Library. • Complimentary daily hot buffet breakfast. Complimentary appetizers three nights a week • Online Corporate rate: http://cwp.marriott/cleri/clevelandclinic (corporate code:CL6) Residence Inn Market: offers frozen/refrigerated foods, beverages and a fitness center. Parking is \$16 a day. Please Contact hotel for additional options.
	Weekly \$132/nt + tax	
	Monthly \$82/nt + tax	
Residence Inn (Beachwood) (216) 443-9043	Nightly, Weekly & Monthly 20% off Price Please call or book online	Approximately 25 minute drive to Cleveland Clinic. <ul style="list-style-type: none"> • Pure rooms: Sanitized heater and air conditioner; In room medical grade air purification system; PureShield™ application on all surfaces; • Cleveland Clinic corporate discount - CL6: http://www.marriott.com/hotels/travel/clebd-residence-inn-cleveland-beachwood/ • Complimentary daily hot buffet breakfast. • Full kitchen, on-site coin laundry facility, same day valet laundry service, Wi Fi
Courtyard by Marriott (University Circle) (216) 370 -6692	*Please call or reserve online with the Cleveland Clinic Corporate Code: CL6	Approximately 5 minute drive to Cleveland Clinic – Walking distance <ul style="list-style-type: none"> • Cleveland Clinic guests are invited to take advantage of a discount at the Courtyard By Marriott – requesting the Cleveland Clinic Rate. The Online Corporate rate at: Book a room at Courtyard Cleveland University Circle at the Cleveland Clinic rate >> (corporate code:CL6) • Courtyard by Marriott: offers complimentary Hotel shuttle, Room includes: Coffee maker with complimentary coffee/tea, microwave, internet wireless, indoor pool, restaurant, lounge and a fitness center.
Hyatt Regency Cleveland (Downtown) (216) 776-4459	Nightly \$149/nt + tax	Approximately 20 minute drive to Cleveland Clinic <ul style="list-style-type: none"> • Shuttle transportation to and from Cleveland Clinic • 24 hour fitness center, Wi-Fi access • Continental breakfast
Hilton Garden Inn (Downtown) (216) 658 – 6400	Nightly \$135/nt + tax	Approximately 10 minute drive to Cleveland Clinic <ul style="list-style-type: none"> • Shuttle transportation to and from Cleveland Clinic • Complimentary breakfast • Wi-Fi and high speed internet access • Indoor pool and Jacuzzi, fitness center
	Weekly \$125/nt + tax	
	Monthly \$82/nt + tax	
Holiday Inn (Downtown) (216)241-5100	Nightly \$82/nt + tax	Approximately 20 minute drive to Cleveland Clinic <ul style="list-style-type: none"> • Shuttle transportation to and from Cleveland Clinic • Business center, fitness center and Indoor heated pool

Embassy Suites (Downtown) (216)523-8000	Nightly \$131/nt + tax	Approximately 20 minute drive to Cleveland Clinic <ul style="list-style-type: none"> • Shuttle transportation to and from Cleveland Clinic • High-speed internet and Wi-Fi access in guest suites and atrium • Coffee maker with complimentary coffee/tea, microwave and refrigerator, full size sofa bed in each living room in addition to choice of King/Double bed in the bedroom
Wyndham Cleveland at Playhouse Square (216) 615-7500	Nightly \$125/nt + tax	Approximately 15 minute drive to Cleveland Clinic <ul style="list-style-type: none"> • Shuttle Service to and from Cleveland Clinic • High-speed internet access • Indoor pool, fitness center
Glidden House Inn (216) 231-8900	Nightly \$139/nt + tax	Approximately 10 minute drive to Cleveland Clinic <ul style="list-style-type: none"> • Located in the heart of Cleveland’s cultural district-University Circle. Located on the campus of Case Western Reserve University. • Complimentary European-style hot and cold breakfast buffet served daily. • Complimentary on-site parking. • Complimentary high-speed wireless internet access and local telephone calls. • Laundry and Dry Cleaning Service
The Alcazar Hotel (216)321-5400 x103 (Janette)	Nightly \$89/nt + tax	<ul style="list-style-type: none"> • Full kitchen and dining area, microwave, hairdryer, coffeemaker, iron, continental breakfast daily • Air conditioning and cable TV provided • Housekeeping & linen service • 24 hour front desk/concierge, secure indoor parking
Aloft Cleveland Downtown (216) 400-6469	Nightly \$129/nt + tax	<ul style="list-style-type: none"> • Complimentary access to EB Fitness Club, a 17,000 sq. ft. fitness center which includes free aerobic, spinning and yoga classes • Three restaurants located beneath the hotel: Ken Stewart’s, Lago, and Willeyville • Free WiFi, 24 hour business center, home of W xyz Bar & Lounge, pet friendly and non-smoking, on-site coin laundry as well as same day laundry service.

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DISCLAIMER:

CCF does not guarantee the accuracy, adequacy, completeness or availability of any information and is not responsible for any errors or omissions or for the results obtained from the use of such information. This service is being provided as a courtesy.

ABOUT CLEVELAND

Source: http://my.clevelandclinic.org/fellows/admin_fellow_cleveland.aspx



Positively Cleveland

<http://www.positivelycleveland.com/>

For events and things to do while staying in Cleveland, please consult the link above provided by Positively Cleveland.

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 http://www.ccwa.org/consular_corps.aspx. There are also several local cultural centers and community groups that the Cleveland Council on World Affairs works in conjunction with.

CAAO: The Consortium of African	http://www.caaonet.net/
AACCESS: Arab American Community Center For Economic and Social Services in Ohio	http://www.aaccess-ohio.org/index.html
The National Association of Asian American Professionals-Cleveland	http://cleveland.naaap.org/Welcomedo
Chinese Women of Cleveland	http://www.chinesewomencleveland.org/index.html
The Cleveland Contemporary Chinese Cultural Association	http://www.cccca.org/
The Organization of Chinese Americans of Greater Cleveland (OCAGC)	http://www.ocagc.org/home.html
The American Croatian Club	http://www.americancroatianclub.com/
The Croatian Heritage Museum and Library	http://www.croatianmuseum.com/index.php
The Cleveland Maennerchor (German)	http://www.fogas.org/clevelandmaennerchor/index.htm
Donauschwaben German American Cultural Center	http://www.donauschwabencleveland.com/
Federation of German American Societies of Greater Cleveland	http://www.fogas.org/
Julia de Burgos (Hispanic Cultural Organization)	http://www.juliadeburgos.org/
Cleveland Hungarian Heritage Society	http://www.jcu.edu/language/hunghemu/
American Indian Education Center	http://www.aiecc.net/
Telugu Association of Greater Cleveland	http://cleveland-telugu.tripod.com/
Federation of India Community Associations	https://www.fica-cleveland.org/index.asp
Kasturi Kannada Cultural Association(Indian)	http://www.kasturikannadasangha.com/
Bengali Cultural Society Cleveland(Indian)	http://www.bcscle.org/

AAIWO: Association of Asian Indian Women in Ohio	http://aaiwo.org/
Association of Indian Physicians of Northern Ohio	http://aipno.org/default.aspx
North East Ohio Marathi Mandal	http://www.neomm.org/
Pipes and Drums Irish American Club East Side	http://www.irishamericaneastsidepandd.com/
Irish American Club East Side	http://www.irishamericanclubeastside.com/
Irish Heritage Center	http://www.irishheritagecenter.org/
The Mayo Society of Greater Cleveland	http://www.clevelandmayosociety.org/
The West Side Irish-American Club	http://www.wsia-club.org/
The Italian American Cultural Foundation	http://www.iacfcleveland.org/about/about.asp
Japanese Americans Citizens League	http://www.lkwpl.org/jacl/
The Jewish Community Federation of Cleveland	http://www.jewishcleveland.org/index.aspx?page=1
The Maltz Museum of Jewish Heritage	http://www.maltzmuseum.org/
The Korean American Association of Greater Cleveland	http://www.kaagc.org/
The Cleveland Society of Poles	http://www.clevelandsociety.com/
The Polish American Cultural Center	http://www.polishcenterofcleveland.org/
Scottish American Society	http://www.scottishamericansociety.org/
Sokol Greater Cleveland	http://www.sokolgreatercleveland.org/
The Fairport Slovenian Club	http://www.fairportslovenianclub.com/
The Spanish American Committee	http://www.spanishamerican.org/
The Ukrainian American Veterans (UAV)	http://www.uavets.org/Post24/Post24.htm
TASNO – Turkish American Society of Northern Ohio	http://www.tasno.org/Tasno/

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.

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 great for taking in the Cleveland skyline.

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 renovating the area while preserving its architectural integrity. Today, the warehouse district boasts 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. In addition, 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 boasts 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 an especially 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.

Weather in Cleveland

Local climate and weather information can be found at <http://www.weather.com>. Local postal/zip codes areas around Cleveland Clinic 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	.5 Kilograms
1 Yard	.9 Meters
1 Foot	30.4 Centimeters
1 Gallon	3.79 Liters
1 Ounce	30 Grams
0 Fahrenheit	-18 Celsius
32 Fahrenheit	0 Celsius



Safety Precautions (CIME) Center for International Medical Education

Cleveland is a safe place to live and work, but it is important to take certain safety precautions no matter where you live or work. The **Cleveland Clinic Police Department** and **Protective Services Department** at the Cleveland Clinic recommends that you do the following during your stay in Cleveland.

At All Time and in All Places

- Be Aware of Your Surroundings
- Remove the opportunity to be victimized.
 - Change our **Attitudes** – “It won’t ever happen to me.”
 - Change our **Behaviors** – walking with your head down and not making eye contact with others around you
 - Change our **Actions** – leaving things of value unsecured or unattended
- Avoid Isolation. Never take a shortcut that leads you into isolated areas
- Walk with a sense of purpose
- Project confidence and poise
- Be in a state of “Relaxed Awareness” – paying attention, but enjoying life
- “Dress For Success” – When out and about, wear low heel shoes or tennis shoes (when appropriate) that allow you to remove yourself from harm’s way by running or walking quickly.
- Avoid using earphones or “ear buds” and listening to loud music when walking outside. This behavior interferes with your ability to hear someone who may want to sneak up on you to commit a crime.
- Limit the use of cell phones while outdoors. It gives the appearance to a potential criminal that a person is distracted and presents as an easy target. Being distracted is often times the most attractive behavior a criminal looks for when selecting an easy target.
- Place emergency police, fire, or EMS phone numbers on speed dial in your cell phone for quick access during an emergency.
- Trust your intuition. If you sense something is wrong or makes you feel uneasy, pay attention to that feeling. Don’t ignore it.
- Pay attention people’s body language. It may give you an edge in a confrontation or help you to expose a criminal’s attempt at deceiving you.
- Report anything suspicious. Reporting suspicious things, persons and feelings are the best way to reduce crime and keep you safe.
- Take responsibility for your own safety. Remove the opportunity for you to be a victim. Identify any behavior, attitude or practice you routinely exhibit, that increases your risk of being targeted.

At Your Hotel, Apartment or Rental Property

- When parking your car – before turning off your car, scan 360° before you get out. Be sure no one is approaching your car. If you detect a stranger approaching, leave the area immediately and go to a place of safety – report any suspicious activity to the police.
- Park your car where it is well lit. Lock your doors and windows and never leave anything of value in plain view. If you must leave something of value in your car, secure it inside the trunk, prior to arriving at your destination.
- Keep your doors, windows and all entrance ways to your residence secure by locking each access point. If you have a sliding patio door, be sure to place a wooden or metal dowel rod in the slide track to prevent an intruder from forcing it open while asleep or alone in your house. Be sure to ask your landlord or property manager if there are 1½” dead bolt locks on the entrance door(s). This is the standard type of deadbolt recommended by safety experts to deter and prevent a forced entry into a property.

- Never leave a “hidden key” under a door mat, a landscape rock or somewhere accessible to a determined criminal or stranger. Criminals are known to look in these places precisely because they have gained intelligence on these types of risky behaviors. If you feel comfortable, leave an extra key with a trusted friend or neighbor in case of an emergency or to have available if you lose your own key. If you lose your key, replace all the locks on your doors or have them re-keyed by a locksmith.
- Never discuss personal matters with strangers. Be aware of discussing travel or vacation plans in public where details may be overheard by potential criminals who are looking for intelligence on who, where and when to commit their next crime
- If you plan on being away from home for an extended period, stop your mail and newspaper delivery. Overstuffed mailboxes and piles of newspapers on front porches are a dead giveaway to a criminal that no one is home and may signal an opportunity for a burglary crime.
- Most people have remote car door openers equipped with a panic alarm button, consider keeping your car keys on your nightstand in the event you hear someone attempting to break in to your house while you’re asleep. Activating the car alarm by pressing the button may scare or deter the criminal, causing them to flee before they enter your home.
- Keep all personal and financial documents in a safe or lock box to protect your cash and valuables as well as your identity information from being stolen.

On The Street

- Isolation is not your friend and is the most attractive element for a criminal looking for a victim. Never meet strangers in private, secluded or isolated areas. If you must meet, go to areas that are well traveled and frequented by others. Avoid taking shortcuts that lead to back alleys, un-traveled or poorly lit streets or vacant lots. Inside a building, avoid hallways, basements or other areas that are isolated or rarely traveled.
- While traveling, consider keeping your car doors locked and windows rolled up (at least part-way), no matter how short the distance or how safe the neighborhood.
- Be alert to loiterers on street corners or at bus stops. This may be a ruse for a “smash & grab” crime where a criminal will break a car window while you’re stopped at a traffic light in order to steal something of value in plain view on your front or back seat. Never travel with your purse, wallet, briefcase, laptop computer, etc. in plain view. Always keep valuables concealed and away from car windows.
- When you're coming to a stop, leave enough room to maneuver around the car in front of you, especially if you sense trouble and need to get away. (A good rule of thumb is to keep far enough away to see the rear tires of the vehicle in front of you, touching the ground)
- Drive in the center lane to make it harder for would-be carjackers to approach the car.
- Avoid driving alone and go with someone whenever possible, especially at night.
- Don't stop to assist a stranger whose car is broken down. Help instead by either driving to the nearest phone or use your cell phone to call the police for help.
- If a criminal/carjacker threatens you with a gun or other weapon, give up your car. Don't argue. Your life is worth more than a car.
- Get away from the area as quickly as possible. Try not to be taken from the scene of an attempted carjacking/abduction by the suspect. Statistics suggest that your chances of surviving that encounter are greatly reduced if the perpetrator is successful at abducting you away from the scene; however your decision/response is a personal one and can only be made by you based on what you are willing, capable or prepared to do.
- Try to remember what the carjacker looked like - sex, race, age, hair and eye color, special features, and clothing. (TIP: If you can't remember anything about the suspect, try to remember the kind of shoes they wore. Often times, this can be the “unique identifier” that helps the police to find and arrest the suspect)
- Report the crime immediately to the police by calling 911.
- Know your license plate number and give a good description of your car.

Source: *Cleveland Clinic Police Department Crime Prevention Unit Aug2012*

Grocery Stores

Dave's Market

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

Shaker Blvd., Shaker Square, Shaker Heights (open summer through autumn only on Saturdays from 9am until 12pm).

Specialty Ethnic Markets

East Asian:

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

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

Indo American Food: 4614 Warrensville Center Rd., Cleveland, OH. Call (216) 662-0072

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

Rumi's Market: 8225 Carnegie Ave, Cleveland, OH 44103

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

Winter Recreation

Skiing and Snowboarding

Boston Mills – 7100 Riverview Rd., Peninsula, OH

Brandywine Ski Area – 1146 W. Highland Rd., Sagamore Hills, OH 44067

Call (800) 875-4241

Cross Country Skiing

Available at all Cleveland Metroparks. Please see website: www.clemetparks.com

Punderson State Park- Route 87, Newbury, OH. Call (800) 282-7275

Tobogganing:

The Chalet at Mill Stream Run Reservation provides two ice chutes, which operate from November through February. Includes indoor facilities with fireplace, TV, and comfy couches and armchairs where visitors can warm up. Gloves are required in order to go tobogganing. Call (440) 572-9990

Sledding:

Available at all Cleveland Metroparks with the exception of Bradley Wood and Garfield Park. Also available at Lake County park on the east side, call (800) 277-PARK. As well as Lorain County Park on the west side, call (800) LCM-PARK.

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 more modest and simpler way of life for over 200 years. Amish country offers many attractions such as farm tours, buggy rides, various specialty stores, bakeries, and cheese shops. Stores are closed on Sunday. To plan your trip to Tustarawas County call (330)364-5453, 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

For more information, please visit the following website: www.lake-erie.com

Terminal Tower Observation Deck:

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

Weekend Trips

Sandusky, Ohio

About one hour west of Cleveland. Cedar Point 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-east of Cleveland. Visit <http://www.visitpittsburgh.com/> before planning your trip.

Nearby Cities in Canada

Some foreign nationals may need to be issued a Canadian tourist visa prior to crossing the border, please contact the Canadian embassy in your home country for more information.

Niagara Falls, Canada

About a three to four hour car north of Cleveland. Call the Canadian tourist Information Center (800) 563-2557 or visit <http://www.niagarafallstourism.com/>.

Toronto, Canada

A five hour car ride north of Cleveland. Visit <http://www.seetorontonow.com/> before planning your trip.

Shopping Centers/Malls on the East Side of Cleveland

Beachwood Place

Cedar and Richmond Roads (off I-271). Call 216-464-9460 or visit <http://www.beachwoodplace.com/>

Legacy Village

Cedar and Richmond Roads (off I-271). Call 216-382-3871 or visit <http://www.legacy-village.com/>

Coventry Village

Coventry Road in Cleveland Heights. This historical area of Cleveland features numerous unique boutiques, restaurants, and shops.

Shaker Square

Shaker and Van Aken Boulevards, Shaker Heights. Also, a historical part of Cleveland that features great shopping, restaurants and coffee shops.

Shopping Centers/Malls on the West Side of Cleveland

Crocker Park

189 Crocker Park Blvd., Westlake, OH 44145. Call (440) 871-6880 or visit <http://www.crockerpark.com/>

Offers a variety of up-scale shopping and dining options as well as a large cinema complex.

Great Northern Mall

4999 Great Northern Blvd., North Olmstead. Call (440)734-6300 or visit <http://westfield.com/greatnorthern/>

Outlet Malls

Aurora Farms

One mile south of Route 82 and Route 43, Aurora, Ohio (65 total outlet stores)

Prime Outlets

One hour south of Cleveland, take I-71 and Route 83, Exit 204, Lodi, Ohio (70 total outlets)

Prime Outlets

One and a half hour drive north of Cleveland in Grove City, Pennsylvania

Sandusky-Lake Erie Factory Outlet Center

Route 250 at Ohio Turnpike

English as a Second Language (ESL) Classes

Shaker Heights Public Library – offers free ESL courses for adults weekly

You may visit their website at <http://www.shakerlibrary.org/>, and a course schedule [here](#).

The ABLE Program at Cuyahoga County Community College (Tri-C) – offers free non-credit ESL courses
In Cleveland Heights and University Heights: please call (216) 371-7138

The ELS Program at Case Western Reserve University –

Please visit: <https://www.els.edu/en/Find-ELS-Language-Centers/US/OH/Cleveland>

English as a Second Language (ESL) courses at Cleveland State University –

Please visit: <https://www.csuohio.edu/cehs/te/english-second-language>

The ESL Program (for credit) at Cuyahoga County Community College (Tri-C) –

<http://www.tri-c.edu/programs/english-as-a-second-language/index.html>

Local Areas of Worship

Christian Churches

Zion Evangelical Lutheran Church
2062 E. 30th St. Cleveland, OH
(216) 861-2179

Orthodox Church of Annunciation
2187 W. 114th St. Cleveland, OH
(216) 861-0116

Antioch Baptist Church
8869 Cedar Ave. Cleveland, OH
(216) 4210-1516

Epworth- Euclid United Methodist Church
1919 E. 107th, at University Circle Cleveland, OH
(216) 421-1200

Holy Rosary Catholic Church
12021 Mayfield Rd. Cleveland, OH
(216) 421-2995

Grace Lutheran Church
13001 Cedar Ave. Cleveland, OH
(216) 321-2790

St. Peter & Paul Ukrainian Catholic Church
2280 W 7th St. Cleveland, OH
(216) 861-2176

St. John the Evangelist Cathedral
1007 Superior Avenue Cleveland, OH
(216) 771-6666

Islamic Mosques

Masjid Uqbah
2222 Stokes Blvd. Cleveland, OH
(216) 791 -8411

Masjid Al-Nur
1251 E- 99th St. Cleveland, OH
(216) 362 -0786

Masjid Umat-ul-lah
1396 E-115th St. Cleveland, OH
(216) 721 -2162

The Islamic Center of Greater Cleveland
6055 W. 130th St. Cleveland, OH
(216) 362-0786

Jewish Temples

Cleveland Hillel Foundation
11291 Euclid Ave. Cleveland, OH
(216) 382-5740

Harvest Temple
1855 Ansel Rd. Cleveland, OH
(216) 441- 4004

Young Israel of Cleveland
14141 Cedar Rd. Cleveland, OH
(216) 231-5740

Heights Jewish Center
14270 Cedar Rd. Cleveland, OH
(216) 382-1958

Buddhist Temple

Cleveland Buddhist Temple
1573 E. 214th St. Cleveland, OH
(216) 692-1509

Hindu Temple

Greater Cleveland Shiva Vishnu Temple
7733 Ridge Rd. Parma, OH
(440) 888-9433