



TOWNHALLER

Wellbeing in 2023

Our wellbeing should be a priority in every aspect of life whether we are at home, work, or school. Wellbeing is not just rejuvenated from vacationing in your favorite spot (although, that certainly helps). We can practice self-care anywhere by just taking a few minutes of our day to focus on what is important. Here are 5 simple ways to increase your wellbeing anywhere.

Practice Mindfulness or Meditation

- Be present in the moment, try not to let your mind wander to the past or future.

Be Grateful

- Think of three things that you are grateful for and make you smile.

Connect with Someone

- Talk with someone nearby, make a phone call, or send a text to someone you appreciate.

Use Scent

- Start up an oil diffuser, roll on some essential oils, light a candle, or switch on that wax melt with scents that you love.

Listen to Music

- Play a favorite song/artist or try some relaxing music depending on your space.

Happy New Year!

I hope you realize that every day is a fresh start for you. That every sunrise is a new chapter in your life waiting to be written.

–Juansen Dizon–



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Holiday Fun at Townhall II!



Staff holiday parties are a time for us to kick back, relax, enjoy each others company and spend time making memories together. We enjoyed a delicious lunch provided by the agency and a white elephant gift exchange. Our holiday saran wrap game has been a tradition for several years now filled with laughter and fun. Some of the gifts received were coffee mugs, socks, candy, and holiday décor. Our Ravenna office also celebrated with hot chocolate, decorating cookies (and of course eating some too), and surprises in our stockings from Santa! With so much time spent at work, we understand the importance of building relationships with one another and celebrating together throughout the year!



Mother's in Recovery PJ Party!



On Monday, December 19th, the Mothers in Recovery Support Group wrapped up their last meeting of the year with a holiday pajama party. Participants came in their pajamas, and, unlike most meetings, participants even brought their teenage children who also came in their pajamas!

The group enjoyed comfort food, decorating gingerbread houses and cookies, hot cocoa, and fun games. Santa even left gifts for everyone! Mothers in Recovery meets on the first and third Monday of every month.

As these dates can alter due to holidays, anyone that is interested in learning more or getting the schedule for the month can contact **Sarah McCully** at **sarahmc@townhall2.com**.



SART Holiday Luncheon



On Friday, December 9th, Townhall II hosted a holiday luncheon for members of the Portage Sexual Assault Response Team (SART) as well as members of the Portage Human Trafficking Coalition.

The luncheon was held at the Townhall II Ravenna office and representatives from Kent State University's Center for Sexual and Relationship Violence Support Services (SRVSS), UH Portage Medical Center, Cleveland Clinic, Akron General Hospital, Children's Advocacy Center of Portage County, Safer Futures, RAHAB Ministries, and Victim Assistance Program of Summit County were in attendance.

It was a wonderful, relaxing experience where everyone enjoyed food, desserts, coffee, conversations, and laughs.

If you are interested in joining SART, please contact Arissa Shupe at arissas@townhall2.com.

Ohio's 1st Online Gambling Treatment Group!

Enrolling
Now!

When:

- Mondays
- 6:00–8:00 PM
- 12 Weeks

For Who:

- Open to All Residents of Ohio
- No Cost to Participate
- Gambling Assessment Required

Topics Covered

- Defining Addiction
- Triggers and Cravings
- Shame/Guilt and Vulnerability
- Codependency and Gambling
- Expressing Feelings
- Recovery Tools
- Support Groups
- Relapse Prevention

Contact **Bill Newberry** for Enrollment, Referrals, & Questions:
billn@townhall2.com or 330.678.3006

HAPPENINGS OF THE MONTH

January 12th

National Hot Tea Day

Tea can help lower the risk of heart attacks, strokes, cancer, and diabetes. Celebrate by sipping on your favorite tea, having a tea party, or trying a new flavor today.



January 16th

Martin Luther King Jr. Day



METRO Photo

"No person has the right to rain on your dreams."

January 24th

Global Belly Laugh Day

"You don't stop laughing because you grow older. You grow older because you stop laughing."
–Maurice Chevalier–



Check out this video for some animal humor.

REMEMBERING DR. AMANDA BURKE



Townhall II mourns the loss of Dr. Amanda Burke. Amanda was an amazing colleague, teacher, friend and inspiration to all she worked with through Townhall II. Amanda was always thinking of others in everything that she did and spoke. Amanda was a person who had the driest of humor and was always joking. She has made us all laugh out loud in nearly every conversation. Even during hard times of her own, she found a way to brighten every else's day through jokes, silly stories of her children and pets, and her contagious smile.

In addition to her work with Problem Gambling, Amanda gave her attention and passion to the United MSD Foundation. MSD stands for Multiple Sulfatase Deficiency and Amanda's son, Jett, was diagnosed with MSD in 2018 when he was 9 months old.

While managing Jett's specialized care and the care of her daughters, Maya and Jaylynn, she made it a priority in her life to raise awareness about MSD and has been heavily involved with supporting the United MSD Foundation to fundraise for a treatment for the rare disease and eventually a cure.

Amanda was the board president of the United MSD Foundation. When asked what she wanted to tell people about MSD, Amanda replied "It can and will be defeated."

You can read about Jett's journey [here](#).

During this season of giving, consider donating to United MSD in Amanda's memory and to continue her work fighting for a treatment and cure for Jett and all children like Jett.

You can donate in several ways, but you can also donate in Tribute and Memorial Giving, and I can't think of a better way to honor Amanda's spirit and passion.

[Click here to donate.](#)



EMPLOYEE SPOTLIGHT

Start Date: March 3, 2020

Current Title: Residential Aid

Previous Job Titles at Townhall II: Helpdesk, Volunteer Coordinator, Administrative Assistant (Back in the 80's)

Background into the field: Diana went through the volunteer training at Townhall II and moved up the rank from there.

Fun fact about Diana: She is retired from KSU. Her daughter in law says she is the most working person she knows for being retired.

Diana's Favorite Quote: "God brought you to it, He'll get you through it!"



Diana Richardson

NEW STAFF

Jalen Avila

Crisis Intervention Specialist

Christine Stoll

Crisis intervention Specialist



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