

# Townhaller

**DONATE TO TOWNHALL II**

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"The world's favorite season is the spring. All things seem possible in May."  
- Edwin Way Teale"



## **Mental Health Awareness Month**

NAMI, The National Alliance on Mental Illness, creates a campaign each May to bring awareness to those with mental health conditions. This year, their slogan is **Take the Moment.**

The campaign's goal is to normalize taking moments in the day to prioritize your mental health without any shame or guilt. Self care is so important, yet we sometimes say that we "don't have time" for it. NAMI challenges you in the month of May to take that time for yourself, because you cannot pour from an empty cup. Your future self will thank you for it! Find NAMI's website and more about their Take the Moment campaign [here](#).

# Get Some Rest!

Burnout is very real, which is why we need to make sure we are taking care of ourselves the best we can. It is important to recognize when we need a break, then actually take one as well! As a society, we tend to think sleep and rest are the same thing. While sleep is a type of physical rest and is very important, it's not the only rest our body needs.

Rest is a state of relaxation (mental, physical, and emotional) that allows us to recover from the stress of everyday life. Dr. Saundra Dalton-Smith created the idea of the **7 Types of Rest**, based on her lifelong experiences and research of burnout and productivity. Try your best to incorporate these into your daily routine!

## 1) Physical Rest:

- Sleeping a full 8 hours each night
- Taking a mid-day nap
- Doing stretch breaks during the day

## 2) Mental Rest:

- Doing mindfulness practices like meditation
- Taking short breaks during the workday
- Turning off your phone and avoiding social media

## 3) Emotional Rest:

- Talking to a trusted friend about your recent stressors
- Practicing self care
- Journaling about your feelings in an honest way

## 4) Sensory Rest:

- Turning off electronic devices: phone, TV, computer, etc.
- Spending time in a quiet room
- Dimming or turning off lights

## 5) Creative Rest:

- Listening to music
- Reading a good book
- Doing a creative activity you enjoy, such as crocheting, painting, knitting, coloring, or cooking

## 6) Social Rest:

- Spending time alone
- Spending quality time with friends or family
- Taking yourself on a date: going to the movies, the coffee shop, or having a picnic alone

## 7) Spiritual Rest:

- Spending time in nature
- Engaging in a spiritual practice you enjoy
- Doing yoga



# Staff Appreciation Week at Townhall II

This year's Staff Appreciation Week occurred April 15th-18th at Townhall II. This was implemented by our new **Event Planning Subcommittee!** The subcommittee is a part of Townhall II's implementation of the Sanctuary Model. Members planned a different theme for each day, and a great time was had by all.

Our staff is incredible 365 days a year, and they absolutely deserve a week of recognition! They are all such hard-working, kind individuals that truly care about their community and the people in it. We are extremely lucky to have such a wonderful team here at Townhall II.



We'd like to give a few shoutouts to those who made this week possible. Thank you to Daisy Pops for the generous donation of cake pops that we were able to provide to our staff members. We also received donations of plastic planters and soil from Battaglia's Garden Center in Ravenna. Thank you Battaglia's!

Staff members Heather, Barb M., and Denise also contributed seed packets, brownies, and many snack cakes as well. Thank you, ladies! In addition, The agency also catered a wonderful Taco Bar lunch for staff members on Tuesday.

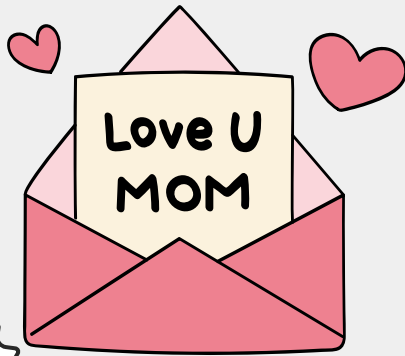
# HAPPENINGS OF THE MONTH

5TH

## Cinco de Mayo

Cinco de Mayo is a holiday that commemorates the victory of Mexico in the Battle of Puebla on May 5, 1862. However, Cinco de Mayo was not celebrated in the U.S. until the 1950's, and it became the popular holiday it is today in the 1980s.

If you have no Mexican ancestry, you can still celebrate this holiday! Use this day to learn more about the culture and history of Mexico, and maybe even enjoy some delicious Mexican food!



12TH

Happy  
**Mother's**  
Day

27TH

## Memorial Day

- Memorial Day is one of the 11 Federal Holidays in the United States.
- In 1868, General John Logan sent out an official order that made May 30th a day of remembrance for those who died serving in the Civil War.
- The holiday was originally called "Decoration Day" because Americans would decorate soldiers' graves. On the first Decoration Day, 20,000 graves at Arlington Cemetery were decorated.



## May Events

For more information, contact us at 330-678-3006 or email us at [info@townhall2.com](mailto:info@townhall2.com)

- **Group to Grow**
  - May 1st, 8th, 15th, 22nd, & 29th from 6:00-7:30PM.
  - 161 E. Main Street, Ravenna, OH 44266
- **Rainbow After The Rain**
  - May 2nd, 9th, 16th, 23rd, & 30th from 6:00-7:30PM.
  - Meets Virtually
- **Mothers in Recovery**
  - May 13th & 27th from 6:00-7:30PM.
  - 161 E. Main Street, Ravenna, OH 44266

# Employee Spotlight

## Sydney Butts



**Start Date:** December 4th, 2022

**Current Title:** Crisis Intervention Specialist

**Background:** "I completed my Helpline training in three months and was thrown into working by myself! The experience I got from working by myself really helped with how I do my job now. I graduated from KSU in May of 2023 with a bachelor's degree in Criminal Justice and a minor in Forensic Anthropology."

**Fun fact about Sydney:** Sydney competed in All-Star cheer for 16 years and has won three international titles!

**Something Sydney says often:** "I take being a Capricorn very seriously."

## Staff Shout Out!

Thank you, **Chip**, for all you have been doing to update and renovate the agency. It looks great, and our clients have noticed the changes. Even more, I really appreciate how you genuinely care about everyone at the agency.

Recently, I had an appointment with a client who was agitated and loud enough that you could hear them yelling, even with the door closed. Chip came to my office later and checked to make sure I was okay. Such a thoughtful gesture meant a lot, and really shows how supportive he is of all departments. Thanks, Chip! -Valerie B.

## New Staff

**Michele McGrath**  
Residential Aid

**Barb Medlock**  
Front Desk  
Receptionist



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