

Townhaller

DONATE TO TOWNHALL II

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"Do the best you can until you know better. Then when you know better, do better."

- Maya Angelou -

National Gratitude Month



Gratitude: The quality of being thankful; readiness to show appreciation for and to return kindness.



It is easy to forget about everything we have to be grateful for when we are busy working, caring for others, and completing daily tasks. This month, try to take a moment each day to slow down and shift your focus on the things that bring you joy, big or small. Thinking about a pet, favorite blanket to cuddle with, a friend, the sound of a crunchy leaf, or even a sip of hot coffee/tea on a chilly morning. There are hundreds of things that happen throughout the day that we can choose to pay attention to that will improve our mental health and well being.

HALLOWEEN FUN AT TOWNHALL II



As always, Townhall II's Prevention and Outreach teams enjoyed Halloween to the fullest this year. On October 24th, Townhall II participated in Streetsboro Parks and Recreation's Trunk or Treat event held at Streetsboro City Park. Townhall II staff decorated their car in a Nightmare Before Christmas theme and passed out candy to over 2,000 kids and reusable sandwich bags to almost just as many parents and caregivers. Many of the kids recognized that Townhall II had just been in their classroom providing prevention education and all of them remembered the Helpline number and 988!



On Monday, October 28th, the Prevention and Outreach team turned the second floor of the 520 N. Chestnut St., Ravenna building into a spooky trick or treat experience for the Mothers in Recovery support group participants and their children. Staff collectively decorated 13 doors and participants were able to go from office door to office door collecting candy. In addition to trick or treating, participants voted in the door decorating contest, enjoyed a spooky themed dinner, participated in spooky games and enjoyed an overall "spooky" evening.

A shout out to all the Prevention and Victim Outreach staff for their hard work and dedication in decorating doors and making the evening an amazing event for all involved!

INTERNATIONAL STRESS AWARENESS DAY: NOVEMBER 3RD

The International Stress Management Association (ISMA) established international stress awareness day, which is observed annually on the first Wednesday of November to provide information about stress and strategies for dealing with it. Stress is the body's natural reaction to change, resulting in physical, emotional, and cognitive responses. Stress is a common part of everyday living. Many events that occur to you and others around you, as well as many activities that you do yourself, can cause stress in your body. Your environment, your body, and your thoughts can all contribute to good or negative stress.



However, excessive, or chronic stress can have a negative impact on your overall health and well-being, increasing your risk of a variety of health issues such as anxiety, depression, headaches, muscle tension and pain, heart disease, heart attack, high blood pressure, trouble sleeping, and weight gain, to name a few. While we can't completely eliminate stress, we can learn how to cope with it in a healthier way. Some examples of good stress management include eating a healthy diet, getting regular exercise, getting plenty of sleep, practicing relaxation techniques such as yoga, deep breathing, massage, or meditation, writing in a journal, taking time for hobbies such as reading or listening to your favorite podcast, and having a good sense of humor.

HAPPENINGS OF THE MONTH

5TH

National Donut Day

- This holiday was first celebrated in Milan, Italy in 2015.
- Light roast coffee beans have more caffeine in them than dark roasts.
- 400 million cups of coffee are consumed in the U.S. daily.

26TH

National Pumpkin Day

Pumpkin is normally considered the flavor of Fall. From sweet treats like pumpkin pie and pumpkin spice-flavored coffees to savory dishes like pumpkin ravioli, there is something pumpkin-flavored for just about everyone to try. Check out some pumpkin recipes [here](#).

28TH

Happy
Thanksgiving



November Events

For more information,
contact us at 330-678-3006
or email us at
info@townhall2.com.

- **Donut Drop In**
 - Wednesdays from 8:30AM-10:30AM.
 - 155 N. Water Street, Kent, OH 44240.
- **Mothers in Recovery**
 - November 11th & 25th from 6PM-7:30PM.
 - 520 N. Chestnut Street, Ravenna, OH 44266.

Employee Spotlight

Mackenzie Pollock



Start Date: April 2023

Current Title: Crisis Intervention Specialist/Trainer

Previous Job Titles at Townhall II: Helpline Volunteer

Background: Bachelor's degree in Psychology from Kent State University, currently in the Clinical Mental Health Master's program to be a counselor

Fun fact about Mackenzie: She loves to crochet and enjoys being creative by making things. She also has two kitties!

Mackenzie's Favorite Quote: Two things can be true at once!

Staff Shout Out!



Baylee is an Emotional Support Animal who has been coming to the office for 1.5 years now. She is always there for kisses and pets on the days we need them most. She brings a smile to both staff and clients! While she is a very good girl, she also likes to get sassy so you may have heard her in the office. She is going to miss all the friends she has made here.

Staff Anniversaries



9 Years:
Tracy J

4 Years:
Tammy Hunter

1 Year:
Jade Craighead
Poppy Henrikson



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