

# Adams Township Trustee Office

1125 Hartzell Street, New Haven, IN 46774

## Township Tea ~ December 2025

Denita Washington, Trustee



### *Leading With Love As A Learner In Our Home, Workplace, And Community*

*"If you let your ego, as a parent, make you feel like you're always the teacher, you'll miss the chance to learn."* TD Jakes recently shared this quote, and it resonated deeply with me. You should be a student of their experiences and be willing to learn from their life lessons. This same concept applies to any team you are part of, whether it is a marriage, a parent-child relationship, a student-teacher relationship, or coworkers. Being willing to show empathy for others builds trust in you and strengthens your team.

During this holiday season, let us take the time to become learners in our community, workplace, and homes. Let us be students willing to learn not just what is comfortable but also be challenged by what is uncomfortable. It is during my most uncomfortable seasons that I gain my most rewarding lessons. I was able to endure those tough moments because someone loved and valued me when I was at my worst or saw my humanity over their position or need for power.

In our community, let us start by greeting our neighbors and building relationships based on mutual respect and understanding of each other's strengths, needs, and boundaries. Let us honestly look for ways we can be more collaborative, regardless of race, gender, or socio-economic status. Some of our neighborhoods look quite different from how they used to be. But the reality is, no matter the look, most of us want a safe place for our loved ones to grow, play, and be valued. We have the power to gift those things to one another by just offering empathy, understanding, and collaboration.

The workplace can be tricky because some boundaries are necessary to keep you safe in a professional environment. A recent experience has led me to see the way I lead differently. No matter what, always work to know the person and not just the position. In workspaces, we tend to honor those with a higher rank or title. One thing I have held close to my heart is not to show a higher regard for those with a higher rank. My mom told me years ago, *"Treat everyone, from the maintenance team to parents, equal to how you treat the president, principal, or CEO."* That advice is something I keep at the forefront of my leadership in everything I do.

I love the quote, *"People will not remember what you said, but they will forever remember how you left them feeling."* In this line of work as a Township Trustee, you never know who you will see. Many have fallen from glory and had to come through the doors to receive service. Today, it is someone else; tomorrow, it can be any one of us. So, choose grace in your mountain top moment. That way, when it is a season in the valley, you can be gifted with love and understanding. I wish you well this holiday season.

Trustee Denita Washington #LEADWITHLOVE



Committed to Community through Service and Accountability.

### Adams Township Trustee Office

1125 Hartzell Street

New Haven, IN 46774

Mon -Thurs 9 AM—5 PM

CLOSED 12 PM-1 PM

CLOSED Fridays

Phone 260.749.4162

Fax 260.749.6086

Email: [info@adamstownship.org](mailto:info@adamstownship.org)

Adams Township Trustee Office

Check out our Website

<https://www.adamstownship.org>



Visit our Facebook Page!

“

During the holidays, let go of stress and embrace the spirit of joy, love, and gratitude. It's a time to rejuvenate and find inner peace.

# Community Information

## Ivy Tech Intern

Hello, my name is Meghan Lentes, and I will be graduating this May with my associate degree in Human Services. I've been accepted into the Social Work bachelor's program at Indiana University Fort Wayne for the fall, and I'm excited to continue my education in this field.

I began my internship at the Adams Township Trustee's Office at the end of August, and it has been such a meaningful experience. My favorite part has been working directly with clients and getting to know the residents of Adams Township. Building these connections has deepened my passion for serving the community. The staff at Adams Township has been incredibly supportive, helping me grow my skills and inspiring me to keep chasing my dreams.

In addition to my internship, I work full-time on the weekends at BAE Systems. When I'm not working or interning, I love spending my free time catching up with friends over coffee, reading, and indulging in the occasional adult paint by number.

I'm truly grateful for the opportunities this internship has provided, and I'm excited to continue my journey in social work.



## Energy Assistance Still Available!

Applications for the 2025-2026 energy assistance program are still available at the Brightpoint office or online at [www.mybrightpoint.org](http://www.mybrightpoint.org). If you reside in Adams Township, we can assist you with the application process. Call the office at 260.749.4162, EXT 1, to schedule an appointment. In the meantime, please continue to pay on your electric and gas bills to avoid disconnection.



## Coping With Grief During The Holidays

1. Feel your feelings
2. Be specific and write out your emotions
3. Don't resist the grief
4. Show yourself self-compassion
5. Take care of your body
6. Ask for help and support
7. Honor them with a simple tradition
8. Tell others what you need as specifically as possible



## SAVE THE DATE : Talk To A Lawyer Day

The Volunteer Lawyer Program of Northeast Indiana, in partnership with the Indiana State Bar Association, is hosting our annual **Talk to a Lawyer Day** in honor of Dr. Martin Luther King Jr. on Monday, January 19, 2026 from 9:00 AM—4:00 PM. The phone number is 260-407-0917. (Callers may receive a blocked call from an attorney, so please ensure they can accept blocked numbers.)

This event provides **free, confidential legal advice** from volunteer attorneys. Community members can call in from anywhere for assistance with a wide range of civil legal issues. Thank you for supporting access to justice in our community. If you have any questions, please reach out to Rebekah Harper, Assistant Executive Director, 260-407-0913.



# Community Information

## 4 Budget Reminders For The Holidays

It is the most magical time of the year! Hot chocolate, wreaths, candy canes, lights, Santa Claus, and a whole bunch of presents under the tree. It is no secret that the holidays are the season when people tend to spend the most. From Black Friday deals to the last-minute rush to get all the presents under the tree, we are about to be bombarded with the message that we need to buy, buy, buy. So before you check your Christmas list twice, make sure you take a look at our list of four simple budget reminders for the holidays:

1. ***Make a list.*** Decide in advance for whom you want to buy gifts. If you need, take a look at what you purchased last year. Then determine what makes sense for your family to spend this year. You should always make sure your bills like rent, groceries, utilities, etc. are covered, and purchase presents with what you have leftover or have saved up for that purpose. If you want to plan ahead for next year, set an amount to put aside each month so you can save a smaller amount all year to spend on Christmas gifts.

2. ***Set an amount you are going to spend and stick to it!*** It can make you feel like a Grinch or that you are crushing the Christmas spirit, but with all the pressure to spend money this time of year, it is important to set in advance how much you can afford to spend on gifts. Once you have set that amount, track how much you have spent and stop once you have reached that amount. If you have bought a gift for everyone on your list and you have extra, then you can let yourself spread extra cheer!

3. ***Be careful with credit cards.*** If you have a plan to pay off your card quickly and you already have the money to spend, using a credit card is not bad. In fact, there are a lot of instances where you can earn rewards by using your credit card. However, you need to be careful when you are tempted to spend over the amount you have set or when you do not have a plan to pay off the credit card bill. You can quickly snowball into overspending this holiday season and end up spending far more in interest than you actually saved by taking advantage of a “good deal” that did not fit in your budget.

4. ***Remember what Christmas is all about.*** It is easy to get swept up in the gift-giving portion of Christmas that we often forget the purpose of the holidays is to celebrate the birth of Christ and to practice generosity. Generosity is not measured in the number of gifts we give, but in helping others less fortunate than ourselves. Take time to consider if instead of going overboard on gifts, your family makes a new tradition of volunteering together or donating a portion of what you would normally spend on gifts to a charity. We know how difficult it can be to set a budget for your holiday spending. We hope that these tips help you plan ahead and put presents under the tree this year. You can have a healthy dose of Christmas spirit and still stick to your budget. We believe in you!

## Thank You!

Thank you to everyone who made the commitment to serve the Adams Township community alongside me. As Trustee, I value everyone who caught the vision and gave of their time, talents, and treasures to make this possible. Special thank you to Lori Oakes, and her team from Walmart South. Your teamwork and dedication as a community partner has been unmatched! Thank you to everyone who helped put the baskets together and distribute them to 100 families. I appreciate each and every one of you! We could not serve families the way that we do without our community partners. “True giving from the heart is an expression of love.”



# Community Information

## **Tips To Manage Your Mental Health During The Holidays**

The holidays can be a time for joy and connection, but they can also bring stress, anxiety, and depression. Here are a few tips to help navigate the season's challenges and to help take care of your mental health during the holiday.

**\* Set Realistic Expectations:** There can be a disconnect with how we think the holidays *should* be and how the experience actually turns out. **How you can manage your expectations:**

**Practice gratitude and self-compassion.** This will help you to focus more on the positive aspects of your life, and less on the negatives. Maybe you're excited to host a big holiday gathering but have a smaller turnout than expected. That can feel disappointing, and practicing gratitude can help you enjoy the positives. Also, try to be the best friend of yourself you can be. For example, you can say to yourself "I did the best with what I had in that moment".

**Let go of our expectations of others.** Managing our expectations of others can be especially stressful during the holidays. We can't control other's actions, but we can try to control our own expectations. Letting go of what we would like others to do will help ease this stress. Letting go is a mental habit that can be cultivated. It gets a bit easier the more we practice.

**Be flexible.** The holiday season comes with many festivities and gatherings. A flexible mindset is helpful to maintain mental health during this time. Perhaps a loved one won't be able to see you on Christmas Day. Remain flexible and plan a post-holiday brunch or exchange gifts on New Year's Day instead.

**\*Set Boundaries:** Tense topics and expectation differences can make the holidays especially stressful. Setting boundaries can feel awkward, especially with loved ones. But in the long run it's a helpful way to manage this stress. Generally speaking, this can also be hard in certain cultures, in which close-knit and interdependent relationships is highly valued. **How to set boundaries during the holidays:**

**Recognize that certain loved ones may always be difficult.** Set a personal boundary to limit how much you will engage with them.

**Set boundaries around expectations.** Some loved ones place expectations on us that cause stress. Perhaps you have a family member who expects you to spend each holiday with them. Manage these expectations by setting a boundary and coming up with a compromise. For example, let them know you are spending Thanksgiving elsewhere but would love to see them for Hannukah.

**Set boundaries about topics of conversation.** Topics like politics and current affairs can create anxiety and tension. Setting boundaries can ease this tension and allow an enjoyable gathering for everyone. **How you can set a boundary about stressful topics:**

One option is to set the boundary before the gathering takes place. You can say, "I'm looking forward to seeing you this holiday. Politics are a hot topic right now, and I realize it can lead to stressful conversation. I would love it if we left that at the door when we see each other. I don't want that to get in the way of us spending quality time together and enjoying ourselves."

**\*Take Care Of Yourself:** The holidays are busy. This is why it's especially important to take care of yourself, both physically and mentally. This will allow you to more thoroughly enjoy the festivities and gatherings. If you have religious or spiritual practices, do engage in those activities, by yourself or with your faith community. **How you can take care of yourself during the holidays:**

**Eat nutritious meals and stay hydrated.** The holiday season comes with no shortage of sugary treats and drinks. A balanced diet will help you feel your best while enjoying delicious holiday treats.

**Say no.** There is pressure to say yes to plans, especially during the holidays. If a plan causes you more stress than joy, give yourself permission to decline the invitation. Are you unsure of what to say? You can politely decline without giving a reason by saying, "I appreciate your invitation, but unfortunately I won't be able to make it." You can also say, "Thank you for thinking of me. Although I can't make it, I hope you have a great time."

**Check in with yourself.** Are you feeling overwhelmed or stressed? Find ways to ease holiday anxiety and use them when these feelings arise. Activities like taking a walk, reading at home or attending your favorite workout class can help you reset and recharge.

**\*Share The Happy Memories:** The holidays can also be a time of grief as people are aware of loved ones who have passed away. A strategy called reminiscence therapy can be helpful to remember those who have passed. To do this, acknowledge the loss and grief but don't dwell on the sad memories. Focus more on the happy memories you've had with this person. Reminiscing and telling stories that celebrate this person will help lessen the grief. It will also include them in the holidays in a positive way. **Other ways to remember a loved one during the holidays include:**

**Creating their favorite dish to share during a festive event.**

**Set their photo up at the table during a holiday gathering.**

**Lighting a candle in their memory.**

**Volunteer for, or donate to, their favorite cause during the holiday season.**





# Community Information

## 8 Days Of Christmas Crafts

The Christmas season is a time for joy, togetherness, and creativity, and you don't need to spend a lot to make your home feel festive! With just a few everyday items and a little imagination, you can create beautiful decorations that bring the holiday spirit to life. We are sharing **8 simple and budget-friendly Christmas craft ideas** you can make at home. These projects are fun for the whole family and perfect for adding a warm, personal touch to your space this festive season.

**Popcorn Garland** - Pop some popcorn, put string on a needle, snack and string your popcorn. If you want to add a pop of color add some fresh cranberries.

**Dried Orange Slice Ornaments** - Thinly slice oranges, bake at 200 degrees for 3 hours - flip every hour or so, thread string or twine through center to create a beautiful ornament that also smells great!

**Paper Snowflakes** - fold and cut white paper or coffee filters into intricate snowflake patterns. Tape them to windows or hang from the ceiling. Make it a white Christmas inside!

**Egg Carton Jingle Bell Ornaments** - Cut the egg cups and dividers from egg carton. Paint and add glitter, punch a hole through the top of the egg cup, tie a jingle bell to a piece of string and string through the punched hole so that the jingle bell is under the egg cup. Attach to a tree or put on a door handle. Every time this ornament moves it will sound like Santa is arriving.

**Block Letters** - Trace and then cut out letters from pieces of cardboard. Wrap letters in colored string hold it in place with a dab of glue. Make your initials or spell out a holiday word.

**Beaded Candy Canes** - Shape wire into a candy cane, string beads, and secure with dab of glue at end. You can paint these or just leave them bare for a more rustic Christmas look.

**Ribbon Wrapped Cookie Cutter** - Wrap Ribbon around a cookie cutter, loop a piece of string to add unique one-of-a-kind ornaments!

**Mismatched Sock Snowmen** - Fill a white sock with rice or stuffing material, tie off sections for head and body. Add buttons, ribbons and/or markers for the snowman's face. You can place it on a shelf for a snowman that won't melt!



## Office Closures

The Adams Township Trustee Office will be closed the following days:

**Wednesday, December 24, 2025 and Thursday, December 25, 2025** in observance of the Christmas Holiday. The office will reopen at 9:00 AM on Monday, December 29, 2025. The office will also be closed on **Thursday, January 1, 2026** for the New Year and will reopen on Monday, January 5, 2026. Have a Merry Christmas and a Happy New Year.



**“You can’t stop the waves, but you can learn to surf.”**

# Community Resources

## **Mental Health Resources**

Raphael Bosley, Mental Health Counselor  
260-255-4182

Women's Bureau  
260-424-7977

Harvest Counseling Group, Inc.  
260-485-4357

Courageous Healing  
260-255-3514

Oaktree Guidance  
260-570-4515

Parkview Behavioral Health  
260-373-7500

Park Center  
260-481-2700

Mental Health America of Northeast Indiana  
260-422-6441

Uniquely You Counseling & Wellness  
260-387-7445



## **Financial Assistance**

### **Broadway Christian Church (In As Much)**

930 Broadway St., Fort Wayne, IN 46802 (Door #11)  
Contact Info: (260) 422-3498

Available Assistance—Please contact In As Much to see what type of assistance they are currently offering.

### **Salvation Army**

2901 N. Clinton Street, Fort Wayne, IN 46805  
Contact Info: (260) 744-2311

Available Assistance—Please contact Salvation Army to see what type of assistance they are currently offering.

**\*211 First Call For Help For More Resources**

## **Food Distribution Locations**

### **The Impact Center (WOW)**

Every 2nd Tuesday, 11:00 AM—1:00 PM  
3420 E. Paulding Rd., Fort Wayne, IN

### **First Baptist Church**

Every Thursday, 1:00 PM—4:00 PM  
1716 Werling Rd., New Haven, IN

### **New Haven Community Center (WOW)**

Every 4th Tuesday, 10:00 AM —12:00 PM  
7500 SR 930 E, New Haven, IN

### **Community Harvest Wagon Mobile Pantry Drive Thru**

1st & 3rd Monday 9:00 AM—10:00 AM

Jackson R. Lehman Family YMCA Parking Lot  
5680 YMCA Park Drive West, Fort Wayne, IN

St. Peter's Church, Every Friday at 1:00 PM

518 E. Dewald St., Fort Wayne, IN

Community Harvest South, Every Saturday at  
8:00 AM—10:00 AM

999 E. Tillman Rd., Fort Wayne, IN

### **Wellspring Interfaith Social Services**

Mon & Wed, 9:00—11:00 AM

Tuesday, 4:00—6:00 PM, Thurs 2:00—4:00 PM

1316 Broadway St., Fort Wayne, IN

### **Saint Patrick's Catholic Church**

Mon & Wed each week from 9:00—10:45 AM

2120 S. Harrison St., Fort Wayne, IN

### **The League (WOW)**

Every 4th Thursday, 10:00 AM—12:00 PM

5821 S. Anthony Blvd., Fort Wayne, IN

**\*Call 211 To Locate More Food Pantries**

