

Adams Township Trustee Office

1125 Hartzell Street, New Haven, IN 46774

Township Tea ~ September 2025

Denita Washington, Trustee



“Self Care Has To Be A Priority”

Take a moment to pause and think about the last time you truly put yourself on the to-do list. Not just on the list, but at the very top as a priority.

This month is **National Self-Care Awareness Month**. This observance, created by Evolve to Live in partnership with the National Day Calendar, encourages us to prioritize mental, physical, and emotional wellness. It was designed to emphasize that self-care is not selfish but an essential part of personal wellness. This could look like: getting enough sleep, managing stress, setting boundaries, exercising, healthy eating, or seeking professional help when needed.

Dr. Cherylynn Lee, a psychologist and trauma specialist says, “*it is okay to not be okay, but it is not okay to stay that way.*” This is where seeking help becomes important, especially when life feels overwhelming.

As a parent in your home, here are some more ways to incorporate self-care practices into your family’s daily life:

- Start a gratitude journal
- Practice daily mindfulness
- Try breathing exercises
- Set social boundaries by saying no to situations that leave you feeling drained or overwhelmed
- Schedule time for hobbies or activities you love
- Play board games with your kids
- Go out and explore nature or discover a new area together

Self-awareness is key. Finding what makes you feel rejuvenated requires looking inward and recognizing what that could look like for both you and your family.

Because health is true wealth.

Denita L. Washington,
Trustee

*I choose to prioritize
self care.*



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 For Lunch 12 PM-1 PM

CLOSED Fridays

Phone 260.749.4162

Fax 260.749.6086

Email: info@adamstownship.org

Adams Township Trustee Office

Check out our Website

<https://www.adamstownship.org>



Visit our Facebook Page!



IN REMEMBRANCE
OF THE FALLEN

WITH GRATITUDE
FOR THE BRAVE.

Community Information

Suicide Prevention Awareness Month

September is recognized as **National Suicide Prevention Month**. It's a time dedicated to raising awareness about the issue of suicide, remembering those lost, supporting those who have struggled or are struggling, and highlighting the importance of prevention and the resources available to help.

Key Aspects:

- **Raising Awareness And Reducing Stigma:** The month aims to create open conversations around suicide, normalizing discussions about mental health and encouraging people to seek help without shame or fear.
 - **Highlighting The Importance Of Prevention:** Suicide is a serious public health issue and ranks as a leading cause of death in the United States, particularly among younger individuals. Prevention efforts are crucial to reducing these rates.
 - **Connecting Individuals With Resources:** The month emphasizes connecting people struggling with suicidal thoughts to treatment services and support systems like the 988 Suicide & Crisis Lifeline.
- Promoting Hope And Healing:** Organizations and individuals emphasize that help exists, healing is possible, and taking action to prevent suicide can create hope and save lives.

Events And Activities:

- **September 10: Candelight Ceremony For Suicide Loss**
 - ◆ Location: West Swinney Park Pavillion, Fort Wayne, IN
 - ◆ Time: 6:00 PM—8:00 PM
 - ◆ This event includes remembrance activities, music, and a speaker, Leslie Weirich.Register at <https://www.stopsuicidenow.org/annual-candlelight-ceremony>
- **September 18: Together Con Mi Familia: A Center For Nonviolence & Amani Welcome Week Gathering**
 - ◆ Location: YWCA of Northeast Indiana, Fort Wayne, IN
 - ◆ Time: 5:00 pm
 - ◆ A free evening for Spanish-speaking families to connect and reflect.

- **September 20: Parkview Behavioral Health Institute—Park Center Suicide Awareness Walk**
 - ◆ Location: North Side High School
 - ◆ Check-In Time: 4:00 PM (Pick up t-shirts and decorate balloon in honor of who you're walking for.)
 - ◆ Walk Start Time: 4:45 PM

Register at <https://www.parkview.com/medical-services/behavioral-health/suicide-prevention/suicide-awareness-walk> More information is available by calling 260-273-2646.

- **September 28: Fort Wayne Out Of The Darkness Walk 2025**
 - ◆ Location: Headwaters Park, Fort Wayne, IN
 - ◆ Check-In Time: 12:00 PM
 - ◆ Walk Start Time: 2:00 PM
 - ◆ Registration is free, and donations are accepted until December 31, 2025.More details will be updated on afsp.org/fortwayne as the walk date approaches.

Individual Impact:

- ◆ 1 in 20 U.S. adults (5%) have serious thoughts of suicide each year.
- ◆ About 1 person dies by suicide in the U.S. every 11 minutes.
- ◆ 79% of all people who die by suicide in the U.S. are male.
- ◆ Although more women* than men attempt suicide, men are 4x more likely to die by suicide. In the U.S., suicide is the 2nd leading cause of death among people ages 10-14 and among people ages 15-24, and the 11th leading cause of death overall. If you or someone you know is experiencing suicidal thoughts, please reach out to the 988 Suicide & Crisis Lifeline.



Community Information

Did You Know.....

Indiana 211 Get Connected Get Help

Would you know what number to dial to find help with childcare? What about the number for an organization that helps with transportation? Who do you call when you need help paying a utility bill? For Hoosiers in need of assistance, finding the right resources can be tricky. It's not easy to track who provides what services or who qualifies for them. That's why [Indiana 211](#) is working to connect Indiana residents with resources they need but may not be able to locate on their own.

Navigating resources can be hard, and there are great resources out there that many residents don't know about. 211 is an easy way for people to connect to community navigators who can help them along the way.

Indiana 211 community navigators connect residents to resources and social services, eliminating the hassle of locating widespread assistance. It provides simplified access to local and government programs so individuals can receive the help they need.

Community navigators can direct callers to health care, clothing, household needs and seasonal resources. They offer connections to various types of assistance including the following:

- * **Supplemental food and nutrition programs**
- * **Shelter, housing, and utility assistance**
- * **Employment and education opportunities**
- * **Healthcare, vaccination, and health information**
- * **Services for veterans addiction prevention and rehab programs**
- * **Emergency information and disaster relief**

Additionally, 211 can connect Indiana residents to other helplines, such as the mental health or domestic violence helplines. They also keep a full list of available resources on their website.

The three-digit number makes it easy to remember and access, but individuals can also reach a community navigator by calling 866-221-9966 or texting their zip code to 898211. The community navigators are there to help every person who calls with their individual needs.



Fall Fest 2025

SAVE THE DATE! Join us for Adams Township's **Annual HALLOWEEN EVENT, FALL FEST**. This year's Fall Fest is set to be the best one yet so you don't want to miss it!

📍 **Location:** East Central Fire Station, 4625 East Paulding Road, Fort Wayne 🗓️ **Date:** Friday, October 31, 2025 🕒 **Time:** 5:00—7:00



Office Closure

The office will be closed **Monday, September 1, 2025** in observance of the Labor Day Holiday and will reopen on Tuesday, September 2, 2025 at 9:00 AM.



Advisory Board Meeting

There will be an Advisory Board Meeting on **Tuesday, September 9, 2025 at 6:00 PM** to present the 2026 budget. The meeting will be held here at the office located at 1125 Hartzell Street, New Haven, IN 46774.



Community Information

2025 Back To School Skating Party

What a joy to see over 150 students and their families come together at the Adams Township Trustee's Office Back to School Skating Party! This event was made possible by the kindness of remarkable individuals and organizations: Tamekia Holliness, Janet McComb, Sandra Payton, Yolanda Walker, Yvette King Merritt, Tonisha King, MS.ED FWCS Therapist, Daniel Todd; Lounge Optical, Christa Ware-Perry; WIC, Vince, Owner, Domino's Pizza in New Haven, Yolanda Kelly, Ashley Scott; Pepsi, Richard Dunlap and the Bells Skating Rink Staff, Brandy Schorey; Anthem Blue Cross Blue Shield, Tony, Lasean, and Will; Come As You Are Community Church, and Fort Wayne Housing Authority.

Their generosity and commitment to our community's well-being are a beacon of hope and positivity.

Thank you for all of your donations and time. I truly love and value the work we are doing collaboratively to make lasting changes, and to restore hope in our community.

We look forward to seeing you all again next year!

Sincerely,

Denita Washington, Trustee

#LeadWithLove



Community Information

United Way DAY OF CARING

A Day Of Transformation

As the sun rose on Friday August 22nd neither the community, the team, nor I, the Adams Township Trustee, had any idea of the beautiful transformation that was about to take place at the office located in the heart of New Haven, Indiana.

As we opened our doors that morning cars began piling in the parking lot and it became a busy place with people, equipment, supplies, chatter, excitement and energy....throughout the day this was the climate....no matter the chore...no matter the challenge...the volunteers from Edward Jones' regional offices met it in the spirit of care and concern to enhance the beauty that once was on the exterior of the Township building. Just as I, as Trustee have led my team to lead with love, care and concern for our clients at Adams Township so did this team of United Way Day of Caring volunteers!

They went an extra mile with everything they put their hands to...from the landscaping to the parking lot improvements, to the exterior painting and finally to the park & playground improvements! **THANK YOU** The BBQ Store & More for the beautiful new playground equipment!

Thank you Kristi Powell and the Edward Jones Team! You are forever a part of our extended ATTO family!

Trustee, Denita Washington



“Leadership is inspiring, empowering, and serving in order to elevate others.”

Community Resources

Mental Health

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



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

