

ADAMS TOWNSHIP TEA



**DENITA WASHINGTON,
TRUSTEE**

ADAMS TOWNSHIP
TRUSTEE.

July 2026

Grace with Your Goals: Your July Restart By Trustee Washington

We are officially past the halfway mark of 2026. Remember those January resolutions about your health being true wealth? The goals we set with fresh energy and good intentions. If you are like me, some of those promises stuck, and some may have quietly slipped away. And that is okay. July is a beautiful gift: it is a chance to reset and celebrate these sunny days by moving forward with purpose.

If improving your health was your January commitment, let us talk about what that actually looks like past the new-year buzz. Maybe it is as simple as fifteen minutes of movement a day, whether this be a walk around the block, stretching in the living room, or dancing in the kitchen while dinner cooks. Maybe it is drinking more water, adding an extra serving of vegetables to your plate, or finally getting your sleep schedule in order.

Maybe your goal was not physical health at all. Maybe it was mindfulness. Being still. Take the time to stop, look around, and actually smell the flowers. Recognize what and who is around you. That counts just as much.

So what does it really mean to pick up the mantle and challenge yourself to be greater?

Sometimes we are so busy with our day-to-day lives that we forget to check in with ourselves. There is always a to-do list for our kids, our homes, our jobs. But what about the to-do list for your health, both mind and body? That is a personal list, and I challenge you to start it right now. Putting yourself first is not selfish. It is necessary. We can repair and heal our community, but we have to start by putting those same actions toward our own lives.

The University of Colorado Boulder shares eight practical tips for goal-setting that work at any age. The following are a few that stood out to me:

- Start small. Focus on one goal you know you can meet before adding more. Build confidence one step at a time.
- Remember your "why." Goals stick when they come from what you genuinely care about — not outside pressure.
- Practice flexibility. Life happens. Let your goals shift with the seasons. The article calls these "FUN" goals: Flexible, Uplifting, and Numberless.
- Celebrate small successes. Reward the milestones along the way. A fancy coffee, a dinner with friends, a quiet night in. You have earned it.

This article reminds us to start small and be honest about our strengths and barriers. If you are not a morning person, do not plan a 6 a.m. jog. Find the time that works for you. Health does not have to mean a complete overhaul; it can mean one small choice, repeated until it becomes a habit. Read the full list of tips at colorado.edu/student-life/goal-setting.

In closing, lead with love in all you do, to your family, to your community, but also to yourselves. You deserve that grace. I wish you well.



**Committed To
Community Through
Service And
Accountability**

**Adams Township
Trustee Office**

**1125 Hartzell Street
New Haven, IN 46774**

**Monday-Thursday
9:00 AM - 5:00 PM
(Closed Daily 12-1)**

Fri-Sun: CLOSED

Phone: 260-749-4162

Fax: 260-749-6086

Email:

info@adamstownship.org

[Check Out Our Website!](#)



[Visit Our Facebook Page!](#)

Community Information

Oh What A Time! New Haven Summer Fest Parade 2026

It's a wrap! The New Haven Summer Fest 2026 was a success. We had a wonderful time walking in the parade! Seeing so many familiar and smiling faces made the day truly special. It was an honor to be part of such an amazing community celebration. Thank you to everyone who came out—we appreciate your support and look forward to seeing you again next year. Until then, continue to [#LEADWITHLOVE](#) in all that you do.



Community Information

SHOPPING WITH THE TRUSTEE REGISTRATION

The time has come that you have been waiting for! This year's BACK TO SCHOOL SHOPPING WITH THE TRUSTEE is sure to be a hit AGAIN! We are thankful for the generous donations from **The Community Foundation; Richard D. Waterfield Charitable Fund, Richard Dallas and Marni McKinney Waterfield Fund, Kathy Callen & John Powell Fund, and Floyd A. & Betty Lou Lancia Charitable Fund.** We are grateful for their continued support in this endeavor where students receive a \$100 Walmart gift card to purchase clothing, shoes, accessories etc. so that they are ready for success. Families that reside within Adams Township are eligible to register.

Registration Details:

Monday, July 20th from 3:30 PM - 5:30 PM at Cameron Court Apartments

Tuesday, July 21st from 10:00 AM - 12:00 PM at Villa Capri Apartments

Thursday, July 23rd from 3:00 PM - 5:00 PM at Park's Edge Apartments

Monday, July 27th from 5:45 PM - 7:00 PM at Hessen Cassel Library

Guardians/Parents must bring one proof of residency (lease, mortgage statement, utility bill) and one proof of guardianship (birth certificate, school registration, legal document) to register students in the household who are in grades K-12.

This program is designed to help children start the school year feeling confident, prepared, and ready to learn. Together, we can help every child begin the school year with dignity and confidence.



Community Information

NEW HAVEN HAPPENINGS

Free Summer Meals

FREE lunch will continue to be served through July 24, 2026.

Schnelker Park

Location: 956 Park Avenue
Lunch served from 11:30 AM - 12:30 PM.

New Haven Community Center

Location: 7500 IN-930 East
Lunch served from 11:45 AM - 12:15 PM.

***THANK YOU to the Learn Resource Center for providing the lunches daily. Your work in the New Haven community does not go unnoticed!**



****Music * Market *Munchies***

Join the City Of New Haven for the 2026 M3: Music, Marker, Munchies Event on Wednesday, July 8th, July 15th, July 22nd from 5:00 PM - 8:00 PM. A makers market with music, and food trucks. The market will take place at Schnelker Park, 956 Park Avenue, New Haven, IN.

There will be live music each week and the admission is FREE so bring your lawn chair or blanket to relax and enjoy the band or get up and dance. The musical line up is as follows: Fansler Kid on July 8th, Dee Bee's on July 15th and Hubie Ashcraft Band on July 22nd.

To stay up-to-date with the latest M3 vendors, food trucks, and bands, visit the M3 Facebook Page or follow M3 on Instagram. There is sure to be something for the entire family to enjoy!



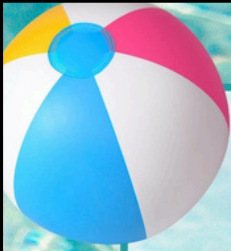
Save The Date ~ NHPD National Night Out



This year's National Night Out will be held on Tuesday, August 4, 2026 from 5:00 PM - 7:00 PM at Schnelker Park, 956 Park Avenue, New Haven, IN. There will be K-9 demonstrations, kids activities and games, drone demonstrations, free food, and more. For more information, contact the New Haven Police Department at 260.748.7080

“Lead with kindness. Live with gratitude.” Unknown

Community Information



SUMMER SPLASH POOL PARTY

SUNDAY, JULY 12, 2026
5:15 PM – 7:15 PM

JURY POOL, 1702 GLENGOE BLVD., NEW HAVEN, IN

All Fort Wayne and New Haven Area families are invited to join Trustee Denita Washington for an afternoon of FREE fun in the sun! Enjoy snacks, drinks, door prizes, grand prizes, and a chance to connect while making great summer memories. *Youth attendees will also have the opportunity to win a bicycle, so please be prepared to take a bike home if your child is one of our lucky winners.*

**PLEASE RSVP USING THE QR CODE BELOW
BY TUESDAY, JULY 7, 2026**

*Questions? Contact the Adams Township Trustee
Office at 260-749-4162.*



**ADAMS TOWNSHIP
TRUSTEE
DENITA WASHINGTON**

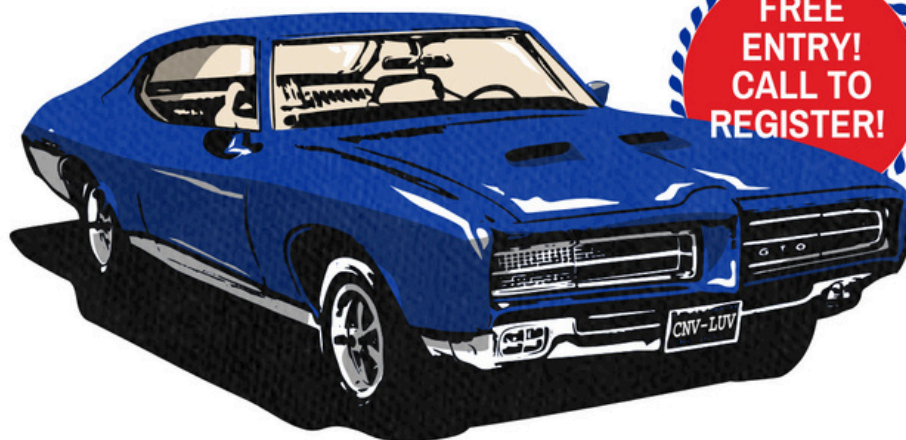
**SPECIAL THANKS TO OUR
SPONSORS:**
*Pedals of Hope, Community Care
Funeral Home, and Anthem*

Community Information

DRIVEN BY FREEDOM A Veterans Tribute Car Show

**FRIDAY, JULY 17TH
12-3 PM**

MAJESTIC CARE OF NEW HAVEN
1201 DALY DRIVE, NEW HAVEN, IN 46774



A special 250th Independence celebrations - held in honor of our nation's heros. Bring your whole family and cast your vote for the best car!

Awards presented at 2:45pm
Veteran's Choice,
Judge's Choice & Crowd Favorite

- ★ Veteran Recognition
- ★ Free Admission
- ★ Live Music by FatMan Jam
- ★ Food Trucks: Santo's Tacos & Head 2 Hock

Call to
Register:
317.998.9131

★
Check-In:
11:30 AM
All Makes &
Models
Welcome!

Community Information



WHAT TO DO IF YOU'VE LOST MEDICAID COVERAGE

- Call the Indiana Division of Family Resources at **800-403-0864**. If you lost coverage in the last 90 days because you didn't receive or respond to requests for information, we may be able to restart coverage without you having to re-apply.
 - » Children may remain eligible, even if parents are not, so check on your children's coverage and redetermination dates.
- If you have a medical emergency and need coverage, ask your doctor or hospital about Presumptive Eligibility, which can provide temporary Medicaid, if eligible.
- Check the federal marketplace at www.healthcare.gov to see if you qualify for low-cost health insurance.
- If it has been more than 90 days since you lost your coverage, reapply at <https://fssabenefits.in.gov/bp>.
- If you are 65 or soon will be, you may be eligible for Medicare. Find out more at www.medicare.gov/basics/get-started-with-medicare or contact SHIP at **800-452-4800**.
- If you are employed, check with your employer about whether you are eligible for health insurance through the workplace.



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THE IHCP
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LOCATOR



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BENEFITS
PORTAL

Community Information



FORT WAYNE

INDIANA

FARM MARKETS

— ALL ARE WELCOME! —

FRUITS | VEGETABLES | RECIPES

Mondays

Johnnie Mae Farm

2518 Winter St. | 4-6PM
Open July 13 - August 31

Thursdays

Parkview Health Greenhouse

1716 Beacon St. | 4-6PM
Open July 16 - September 3

Saturdays

Southside Market

3300 Warsaw St. | 10AM-1PM
Open July 18 - September 5

— OPERATED BY: —



Extension
ALLEN COUNTY



Follow us at **HEAL Markets** on Facebook to see market updates and featured produce.

HEAL MARKETS DOUBLE



SNAP
purchase amounts



— AND —

WIC/Senior

produce voucher amounts



**Veggie Rx, Cash, Credit,
& Debit Accepted!**



SNAP values are matched by Double Up Indiana, to learn more visit: DoubleUpIndiana.org



— IN PARTNERSHIP WITH: —

Community Information

Beat The Heat By Staying Cool

When temperatures rise, stay safe and cool by visiting a Cooling Station. Cooling stations provide a safe, air-conditioned place to escape the heat, stay hydrated, and prevent heat-related illnesses. If you are out and need to cool off, please stop in at one of the following locations: The Rescue Mission, 404 E. Washington Blvd. from 7:00 AM - 6:00 PM, Sunday-Saturday, The Salvation Army, 2901 N. Clinton St. from 8:30 AM - 4:00 PM, Monday-Friday, Botanical Conservatory, 1100 S. Calhoun St. from 10:00 AM - 5:00 PM, Tuesday, Wednesday, Friday, Saturday and 10:00 AM - 8:00 PM, Thursday, 12:00 PM - 4:00 PM, Sunday.

For a cooling station in New Haven, Indiana, please call the city of New Haven at 260-748-7000.

Food Distribution Locations

The Impact Center (WOW), Every 2nd Tuesday, 11-1, 3420 E. Paulding Rd, Fort Wayne, IN

First Baptist Church, Every Thursday, 1-4, 1716 Werling Rd, New Haven, IN

New Haven Food Bank, Every Tuesday, 9-11:45, 800 Green St, New Haven, IN

Wellspring Interfaith Social Services, Monday & Wednesday, 9-11, Tuesday 4-6, Thursday, 2-4, 1316 Broadway St, Fort Wayne, IN

New Haven Community Center (WOW), Every 4th Tuesday, 10-12, 7500 SR 930 East, New Haven, IN

The League (WOW), Every 4th Thursday, 10-12, 5821 S. Anthony Blvd, Fort Wayne, IN

CALL 211 TO LOCATE MORE FOOD BANKS AND PANTRIES



Financial Resources

In As Much (Broadway Christian Church)
930 Broadway Street, Fort Wayne, IN 46802 (Door #11)
Contact Info: 260.422.3498

Salvation Army
2901 N. Clinton Street, Fort Wayne, IN 46805
Contact Info: 260.744.2311

211 First Call For Help For More Resources

Mental Health Resources

Courageous Healing
260.255.3514

Women's Bureau
260.424.7977

Bowen Center
800.342.5653

Parkview Behavioral Health
260.373.7500

Park Center, 260.481.2700

Mental Health America Of NE Indiana, 260.422.6441

Uniquely You Counseling & Wellness Center, 260.387.7445

Oaktree Guidance, 260.570.4515



Thank you for reading!