



**DENITA WASHINGTON,
TRUSTEE**

ADAMS TOWNSHIP TEA

ADAMS TOWNSHIP
TRUSTEE.



September 2026

September Is National Self-Care Month: Health Is The True Wealth

As we step into September, I want to pause and remind you of something I come back to again and again: Your Health Is The True Wealth. Not the balance in your bank account, not the titles on your resume, not the number of tasks you check off in a day. None of it matters if you are running on empty.

We often treat self-care as an afterthought or something we'll get to "when things slow down." But the truth is, your mental health and your physical health are not separate from your daily life; they are the foundation of it. You cannot pour from an empty cup. You cannot show up fully for your family, your work, or your goals if you haven't taken care of the person in the mirror first.

This month, I challenge you to treat self-care not as a luxury, but as a necessity. It doesn't have to be grand or expensive, it just has to be intentional.

Here are five tangible ways to practice self-care this September:

- Schedule 15 minutes of "do nothing" time each day. Put it on your calendar if you have to. No phone, no TV, no agenda. Just sit, breathe, and let your mind reset.
- Move your body for at least 20 minutes, three times a week. A walk, a stretch, a dance break in your kitchen. Whatever feels good to you. Your physical health and mental health are deeply connected, and movement is medicine.
- Set one firm boundary this week. Say no to something that drains you, or say yes to something that fills you up. Protecting your energy is an act of self-respect.
- Drink water before coffee. Start each morning with a full glass of water. It's a small shift that signals to your body that you are prioritizing its needs first.
- Write down three things you're grateful for every night. This simple practice trains your brain to look for the good, even on hard days. It's a quiet but powerful way to care for your mind.

Remember, you are worth the time it takes to care for yourself. When you invest in your well-being, everything else in your life has a chance to flourish. Because at the end of the day, health is the true wealth, and that wealth starts with you.

Here's to a September filled with rest, renewal, and intentional care.

Denita L. Washington, Trustee #LEADWITHLOVE



**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!](#)

Township Highlights

Shopping With The Trustee 2026

A huge **THANK YOU** to Community Foundation of Fort Wayne and the donors for making the 4th Annual Shopping With The Trustee possible. Because of their generosity, students received a \$100 gift card to purchase school clothes AND this year parents received a \$50 gas card.

THANK YOU to all of our amazing volunteers who gave their time and energy to help make this day a success!

Your dedication, kindness, and willingness to serve our families made a meaningful difference. Because of your support, families were able to enjoy a positive and memorable back-to-school shopping experience. We truly appreciate each and every one of you. Our community is stronger when we work together!

Thank you for donating, volunteering, serving, and helping our families get ready for a successful school year!



Township Highlights

Rodrigo Ruiz ~ New Haven High School Student Spotlight



Thank you for stepping up and helping us when the other employee had to leave. Your willingness to continue working, not get overwhelmed, and make sure everything continued to run smoothly did not go unnoticed.

We truly appreciate your teamwork, professionalism, and willingness to help when we needed it most. Thank you for maintaining a calm and patient spirit in the midst of the organized chaos, even though you were only on your second week of employment! Thank you for being dependable and stepping up to the plate! Keep up the great work!

Marathon New Haven Team

Thank you to the awesome team at the Marathon Gas Station in New Haven for your patience and for taking time out to scan over 70 gas cards for our families.

We appreciate your patience and excellent customer service. We truly appreciate the time, kindness, and professionalism you showed throughout the process. Your assistance made a difference, and I'm grateful for your support! YOU ROCK!



Suicide Prevention Awareness Month



National Suicide Prevention Month is observed every September to raise awareness, share resources, and promote healing around suicide prevention.

If you or someone you know is struggling or in crisis, help is available. You can call or text 988 in the United States and Canada to reach the 988 Suicide & Crisis Lifeline, available 24 hours a day, 7 days a week.

New Haven Happenings

Family Friendly Activities

M3 Fall Market & Harvest Hootenanny

When: Wednesday, September 30, 2026 at 5:00 PM

Where: Schnelker Park

Details: Enjoy a free outdoor fall gathering with a live concert by The Hubie Ashcraft Band, a fall vendor market, and a kids' craft activity at the Big Green Park tent.

22nd Annual Pony Parade

When: Saturday, September 19, 2026 at 9:00 AM

Where: Milan Center Feed & Grain Inc

Details: A family tradition featuring a parade of decorated carts and ponies, plus activities and sights for all ages.

Story Time & Craft

When: Thursday, September 10, 2026 at 10:00 AM (RSVP required)

Where: New Haven-Adams Twp Parks & Recreation

Details: A free morning event geared toward young children featuring stories and hands-on crafts.

Patriotic Bingo

When: Friday, September 11, 2026 at 10:00 AM

Where: New Haven Community Center

Details: This fun event is for seniors 55+. This is a FREE event, however, registration is required.

Patriot Day Of Caring

When: Friday, September 11, 2026 at 8:00 AM

9/11 Remembrance Service

Where: The 909 (909 Main Street)

Details: A service remembering those lost on 9/11.

***Patriot Day Of Service** with volunteer projects across the community including painting, gardening, and gazebo restoration. Call 260-748-7077 for more details.



“The truth is that teamwork is at the heart of great achievement.” Unknown

Township Highlights

United Way Day Of Caring ~ Trelleborg

A huge **THANK YOU** to Lauren and the amazing team at Trelleborg for volunteering your time and talents to beautify our outside space for this year's United Way Day of Caring!

Your hard work, dedication, and commitment to giving back to our community truly made a difference. We appreciate you helping create a more welcoming and beautiful space for the families we serve. **Thank you**, Trelleborg, for caring, serving, and making an impact in our community! **Thank you** to James Khan and Proximo for the tasty lunches and Crystal Ware for the amazing desserts! We appreciate your commitment to community. *Visit our Facebook Page for more photos. #UnitedWayDayOfCaring #CommunityPartners



Township Highlights

Back To School Skating Party 2026

THANK YOU FOR MAKING OUR SKATING PARTY A HIT!

A huge thank you to everyone who came out and helped make the 7th Annual Back-To-School Skating Party such a wonderful success! Thank you to the families, volunteers, community partners, and everyone who played a part in creating a fun and memorable day for families. Your support, energy, and commitment to our community mean so much! Thank you Brian Glass & Pedal City for donating 5 BRAND NEW BIKES for the raffle. Thank you to the Bell's Team for your commitment to the community and for allowing us to host this skating party the last 7 years. We appreciate you!

We are grateful for each and every one of you. Together, we made a difference and we helped our children start the school year with smiles, confidence, and excitement! Thank you for believing in the vision and helping us make it happen!



Community Information

SAVE THE DATE ~ Fall Fest 2026

Be watching our Facebook Page for information on our Annual Fall Fest, October 31, 2026.
You won't want to miss it!



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



Assistance 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

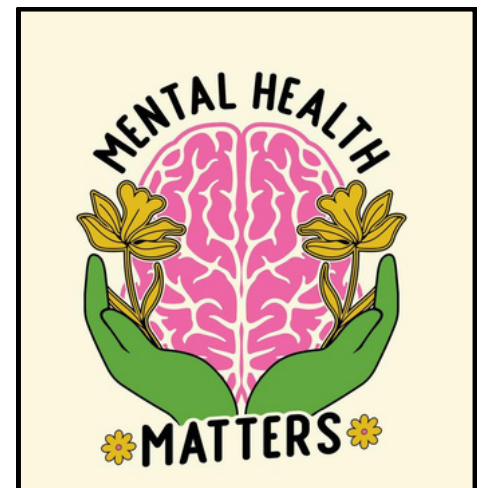
Parkview Behavioral Health
260.373.7500

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!