

Townhaller



New year, new look, new CEO!

BY AMANDA PERRIN, MS, LPC, OCPS

I think we are all a little relieved for 2020 to be behind us! We still have many hurdles ahead but sometimes a new year can feel like a new start! What are you going to accomplish in 2021? New career, new home, better organization, learn to ride a bike? Whatever it is get out there and get at it!

Here at Townhall II we are excited to welcome Tamera(Tammy) Hunter as the new CEO. We are sad to see Sue retire and are so grateful for everything she has done for Townhall II the past 30 years. Read more on page 2 & 3.

Happy New Year! Welcome to 2021!

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Who is Tammy?

Tammy comes to us as a graduate from KSU in 2002 with a BA in Psychology. She went on immediately after graduation to complete her MA in Counseling and Human Development at Walsh University. As a Licensed Professional Counselor, she began her career in Stark and Tuscarawus counties doing therapeutic work in crisis intervention and domestic violence. From there she shifted to Cuyahoga County where she provided group and individual counseling to the SMI population. Moving into administration, Tammy's focus has been on national accreditation, certification, compliance, and auditing. Prior to coming to Townhall II, Tammy supervised residential programming, intensive case management, and peer support. For the past 3 years, Tammy has been doing volunteer work on the Finance Committee for a Board of Directors of a non-profit in Cleveland.

**TAMERA HUNTER, MA, PC
INTERIM CHIEF EXECUTIVE OFFICER**



"I am honored to be part of such a great team here at Townhall II. Sue has said such nice things about everyone and the average tenure of employment here is a testament to how much people enjoy the work environment. I will never be able to replace Sue as CEO, nor will I try. She is so loved by everyone. She has a deep understanding for the community and advocates so fiercely for the agency and its clients. The legacy she will be leaving will be remembered for years to come. Her warmth and compassion has led to many strong relationships in the community that have enriched Townhall II. Sue's love for the agency will continue to grace our halls for years to come. It is with love and respect that we celebrate Sue's 30 years of employment and retirement from Townhall II."

... HAPPY ...

Retirement Sue!

Sue has been not only an amazing CEO but also a compassionate, caring, and incredible friend to all of us at Townhall II. You can easily see how much she will be missed:

Sue has always been so welcoming, accommodating, understanding and appreciative of our roles at the agency, both personally and professionally. Anytime I needed ANYTHING, she is there, without hesitation to help, offer advice or just to listen. Sue, you will be dearly missed and thank you for your guidance, leadership and strength over the years.

- Tracy J

The culture of the agency has been shaped by Sue's nature and I appreciate that. I really respect her kind and supportive approach to running things at Townhall II. She will be missed!

- Mike H

All of my interactions with Sue have been positive and you can tell she's genuinely compassionate for the work she does.

- Christopher L

After joining Townhall II, I also came to witness her capacity for empathy - an invaluable quality in a good leader, her ability to work with others harmoniously, her thoughtfulness (e.g., checking in periodically to see if things are going well), and her great insight.

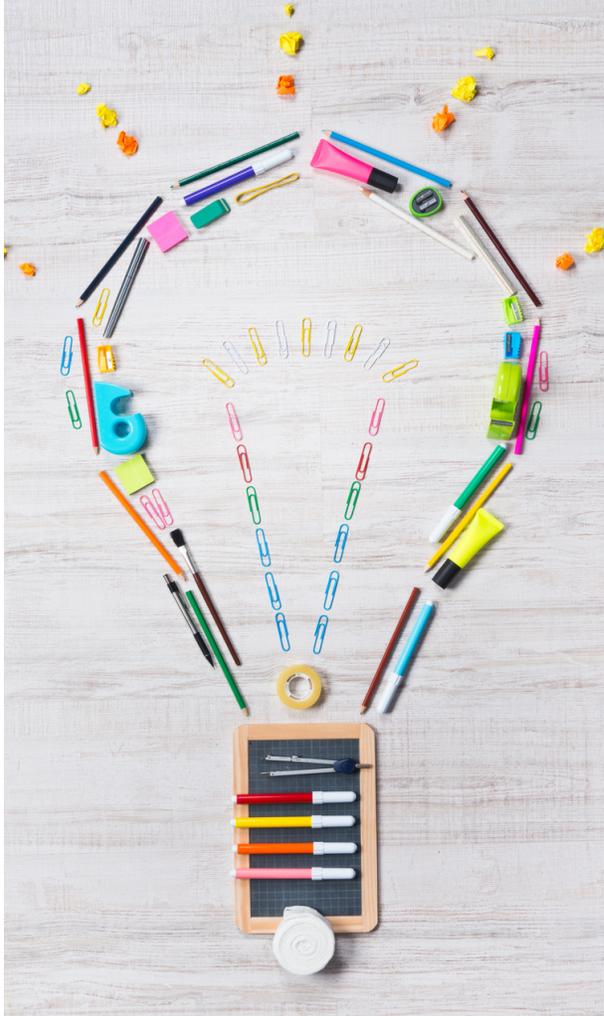
- Ilyne B

Sue Whitehurst is the most compassionate person I have ever had the pleasure to work with or for. Her door was always open and she never made you feel scared, nervous or intimidated to speak with her. She understood that family and health took precedent over work. She would always check up on you during times of need to make sure that you were doing okay. In every decision she made regarding the agency, the first thing on her mind was how it would affect the employees.

- Sarah M

I am deeply touched by her kindness and compassion to others, she has a precious heart.

-Nancy R



International Creativity Month

JANUARY

"Almost all of us were highly creative when we were little children. We were created creative. It's time to unleash that creativity you were created with.

If you have never initiated a program to infuse your organization with creativity and innovation, now is the time to act. The process is fun and the celebration of the resulting success even more fun!"

FOUNDER OF INTERNATIONAL CRATIVITY - RANDALL MUNSON

January 6th:
National Cuddle Up Day



Take some time to relax and snuggle up with a loved one or a pet! Cuddling reduces stress, anxiety, and makes us feel good!

JANUARY 18TH:

Martin Luther King Jr. Day

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

January 24th:
National Compliment Day



It only takes a second to compliment someone but it could change their whole day!

Park Rx: A prescription for nature

BY ANDREA METZLER
PUBLIC ENGAGEMENT MANAGER
PORTAGE PARK DISTRICT



As the pandemic continues to test our abilities to combat life's difficulties, there are some silver lining takeaways from the year 2020. Keeping our distance from others is much easier in a park, so during this time of social distancing – parks have seen significant increases in attendance. We have learned not only that nature is a great place to distance with our friends and family – but that it also provides mental health benefits as well.

This is where the Portage Park District Park Rx program comes in. The program is a “prescription for nature”, engaging participants in new ways to spend time outside and learn more about healthy lifestyles. In a study published June 2019, it was noted that those people who spent at least 120 minutes a week in nature saw a boost in their physical and mental health (White, Mathew P. (2019) Spending at least 120 minutes a week in nature is associated with good health and wellbeing). “Spending time in, or living close to, natural green spaces is associated with diverse and significant health benefits. It reduces the risk of type II diabetes, cardiovascular disease, premature death, and preterm birth, and increases sleep duration.” (University of East Anglia. "It's official -- spending time outside is good for you." ScienceDaily. ScienceDaily, 6 July 2018.)

Partners of Park Rx include UH Portage Medical Center, Portage County Health District, Portage County WIC, NEOMED SOAR Clinic, Sequoia Wellness, KSU, and AxessPointe Community Health Centers. Programming includes guided hikes, yoga, healthy eating, mindfulness and more. Currently programming is virtual, but we hope to return to in person programming in 2021.

More Park Rx programs will be available in 2021 to continue sharing the message that nature is important to your health! Look for programming at portageparkdistrict.org.

”By discovering nature, you discover yourself.”

-Maxime Lagacé

Beating the Winter Blues

BY JULIANA MYERS, CHES

This January, the winter blues can be a bit more difficult than any other year. These blues come from an overwhelming change and can create higher levels of stress. If you are feeling those blues, know that you are NOT alone. Here are some tips to help manage your stress during this time of the New Year.

1. **Limit alcohol** – Limit your alcohol consumption, and try not to keep it readily available around your house. Drinking excessive amounts of alcohol can lead to more anxiety or negative mental consequences.
2. **Get plenty of sleep** – Try to go to bed and get up at the same time each night and morning. Being well-rested can improve your mood and immune function.
3. **Be open to new hobbies** – You may have an image of what you think the holiday should consist of, and this may not be what's actually happening. Instead of holding on to what the holiday should have been, allow new traditions to unfold.
4. **Safely schedule small events** – Give yourself events to look forward to after the holidays. Plan some time to Facetime or Zoom family members or friends. Share any new traditions or things you did this holiday with each other.

Though this year will be starting out different, make the best of the new changes and New Year!

Staff Spotlight

Elizabeth Fiocca



Start Date: 5/22/2016 as an employee, August 2015 as an intern

Current Title: Horizon House Manager

Previous Job Titles at Townhall II: Counseling Intern, Horizon House Counselor

Background into the field of work: "I completed my Bachelor of the Arts degree at Walsh University and my Master of Education degree at Kent State University. While in graduate school, I interned at Townhall II under our very own Mike Hovancsek who helped cultivate my passion for working with women in recovery and women with trauma. I grew up in a home where alcoholism was

present and it has shaped the counselor that I am. I was fortunate enough to be offered a position at Horizon House as the on-site counselor and now hold the position of Horizon House Manager. I obtained my Licensed Professional Clinical Counselor licensure in April 2020 and am interested in obtaining my supervision designation after I have this baby (currently due March 2021)!!"

Fun fact about Elizabeth: She still has a baby tooth!!

Favorite quote: "We turn not older with years, but newer every day." - Emily Dickinson