



May 2024

First Annual Chili for Charity was a Great Success!



Link to news coverage:
[Four organizations benefiting mental health receive funding thanks to Chili for Charity event | News | hometownstations.com](#)



Over **200** were in attendance in March to learn about challenges related to mental and behavioral wellness from local speakers and then hear from organizations about their efforts in this area and vote in real time for how the raised funds should be allocated.

Crowd voted Winners:

1. Warriors Way
2. Generations of Love
3. Emerge Services
4. Lima Music Academy



Recent Activities

11 schools were awarded funds as a part of our **Activated School Challenge**. This is a way to give funds to schools to work on sustainable projects that increase our students access to mental, physical and nutritional health!

News coverage link:

[Activate School Challenge awards funding to several local schools \(youtube.com\)](https://www.youtube.com/watch?v=...)



We also participated in **Bridging the Gap**- a health fair focused on our minority population and health screenings and had one of our garden volunteers recognized for his great work at South Jackson! **Congrats to Brian Roller** on that honor!



Activate Change-QUIT Tobacco Cessation Program

FACTS

1 OUT OF 3 smokers who start as youth will die from smoking.

#LOOKAROUND
#NOTYOURTARGET
#NOTTHEONE
#PROVETHEMWRONG

YOU ARE THE TARGET



Our Youth are the Target of Tobacco Companies! For help quitting:
www.mylifemyquit.com
#provethemwrong
#tobaccofreeohio

FACTS

1 cigarette = 300 ingredients and 7,000 chemicals

#INGREDIENTS
#YOUARETHETARGET
#NOTYOURTARGET
#PROVETHEMWRONG

YOU ARE THE TARGET

There are both state level and local resources available to assist you in quitting tobacco use. Contact Activate with questions!!

State Quitline:
1-800-QUIT-NOW
Youth Support:
[My Life My Quit](http://MyLifeMyQuit.com)

Please call for availability, both self and MD referrals taken for Mercy's local cessation program.

Call 419-996-5633, option 2 to register- Phone line will be checked twice a week and we'll call you back to get you in a program (and provide a start date). Patients will receive one week of free nicotine patches following every weekly session they attend.



May is Mental Health Awareness Month

Mindfulness Matters

Practice mindfulness through meditation or quiet reflection. Being present in the moment can help alleviate stress and bring a sense of calm.

Activate Allen County
Making the Healthy Choice the Easy Choice

Need support? Take a **FREE and Anonymous Mental Health Screening:**
[We Care People | MHR SB of Allen, Auglaize and Hardin Counties](http://WeCarePeople.com)

Connect with Nature

Allen County offers beautiful outdoor spaces! Spend time in nature to refresh your mind and boost your mood.

Activate Allen County
Making the Healthy Choice the Easy Choice

Move Your Body

Physical activity is a fantastic stress-buster! Whether it's a walk in the park, a dance session, or yoga, find what moves you and make it a part of your routine.

Activate Allen County
Making the Healthy Choice the Easy Choice

Breathe Deeply

Take a moment to inhale positivity and exhale stress. Deep breathing is a simple yet powerful way to reset your mind and body.

Activate Allen County
Making the Healthy Choice the Easy Choice

Community Activities/Events

The S. Jackson Community Garden & Activate Allen County present:

Vegetable & Fruit PLANT SWAP



SATURDAY MAY 18TH AT 9 AM

SOUTH JACKSON COMMUNITY GARDEN:
200 S. JACKSON ST. LIMA, OH 45804

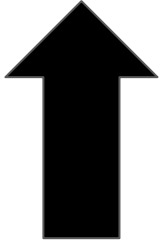
JOIN US FOR OUR S. JACKSON COMMUNITY GARDEN VEGETABLE & FRUIT PLANT SWAP.

THIS PLANT SWAP IS WHERE PEOPLE BRING VEGETABLE AND/OR FRUIT PLANTS/STARTS TO EXCHANGE ("SWAP") IT FOR A NEW VARIETY OF VEGETABLE OR FRUIT PLANT. IT'S A GREAT WAY TO GET YOUR GARDEN READY FOR 2024 & MEET FRIENDS.

FOR QUESTIONS OR ADDITIONAL INFORMATION: CALL 419-303-3387, EMAIL JUNTERBRINK@ACTIVATEALLEN COUNTY.COM OR VISIT [HTTPS://FB.ME/E/4TTCGOWCK](https://fb.me/e/4ttcgowck)

Facebook Event Link:

<https://fb.me/e/4IXBjoIWM>



2024 BIKE & PEDESTRIAN COUNTS

HELP KEEP YOUR COMMUNITY A SAFE PLACE.

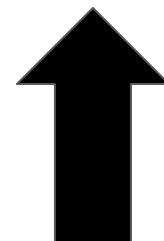
VOLUNTEERS ARE NEEDED: MAY 6-12, 2024
TO HELP CONDUCT COUNTS AT SELECT LOCATIONS
TROUGHTOUT ALLEN COUNTY



REGISTER TO COUNT AT:

[HTTPS://WWW.SIGNUPGENIUS.COM/TABS/23674DD03AFCDEEC17-SPRING#/
OR CALL 419-303-3387](https://www.signupgenius.com/TABS/23674DD03AFCDEEC17-SPRING#/)

Count Volunteers: Cable Rd
Sidewalk Counts - May 2024
([signupgenius.com](https://www.signupgenius.com))



Community Activities/Events

UNOH CLOSE TO RACER STATION



JUNE 1ST - SEPT. 28TH
EVERY SATURDAY
FROM 9:00AM - 1:00PM

FOLLOW US ON FACEBOOK

*Eat Fresh
Buy Local*

**20
24**



Other Upcoming Events-Save the Date!

June 29- Block Party at South Jackson Community Garden 11am-1pm

July 23- Activate Allen County FREE Kids Night at Simmons Field
Join us for a fun night at the Lima Locos game- kids get in FREE

2024 Newsletter, May

YOU Are Activate! Please follow us on Facebook and Twitter if you have not already done so! Website: www.ActivateAllenCounty.com
These avenues are great ways to stay up to date with what is happening!
Check out our new video below highlighting the work of the Chamber!



Listen to our Podcast- **Activate Your Health-**
every month! [Activate Your Health | Podcast](#)
[on Spotify](#)

Have a community success story to share?



**Interested in more information about Activate Allen County
and how to get involved? Please contact us today!**

Contact us: 419-222-6045 • Email: kmonfort@activateallencounty.com