



February 2025

2025 Is Getting Started with a Bang!

Welcome to 2025! We hope that your year is off to a great and healthy start! Here at Activate, we certainly are off to a fast start and have plenty of ways for you to engage with all that we are doing. Please take a few minutes to look through this newsletter and participate and/or pass along this information as you see fit. Here's to a great 2025!



Here are just a few examples of how you can reclaim your heart health:

- Doing at least 150 minutes of moderate-intensity physical activity a week (or, just getting started and working your way there!)
- Eating healthy (the AHA's [Heart-Check](#) mark can guide you in the grocery store)
- Not smoking or vaping
- Maintaining a healthy weight
- Controlling blood sugar, cholesterol and blood pressure
- Getting regular checkups
- Learning [Hands-Only CPR](#)
- Following COVID-19 safety protocols
- Finding ways to relax and ease your mind, such as meditation

From: ['Reclaim your rhythm' during American Heart Month in February | American Heart Association](#)

Chili For Charity!

What is **Chili for Charity**? In order to respond to current and emerging challenges related to mental and behavioral wellness in our community, partners are coming together to provide Community Mini-Grant Funds. **These funds will be awarded at this luncheon where participants pay \$10 for a Happy Daz chili lunch, hear 6 “pitches” from local organizations who will discuss how they would innovatively use funds to respond to the mental health challenges facing our community, and then vote for the project that they would like to see the funds raised should be awarded to.** These quick action mini-grants allow for anyone who attends to have a say in how the funds are spent and can see the positive work that their money is doing in our community.

We need both “pitchers” for the event who would be eligible for funding and we need community residents to register to attend the event!!

To apply to be considered for funding: <https://form.jotform.com/242274426706154>

To register for \$10 and come to the event: [Chili for Charity 3/20/2025 - Mar 20, 2025 - Lima/Allen County Chamber of Commerce](#)



The poster features a bowl of chili with peppers on the left. The main text is in large, bold, blue letters. A dark blue box contains the event details. At the bottom, there are logos for various sponsors including Cenovus Energy, Good Food Restaurants, Mercy Health, Mental Health & Recovery Services Board, and United Way.

Activate Allen County

COME OUT AND SUPPORT

CHILI FOR CHARITY

Join us for lunch and vote on the proposal you wish to see funded!

Top 3 winners will receive funds to support their cause!

**THURSDAY, MARCH 20TH
11:30AM @ MERCY GME BUILDING
\$10 FOR A CHILI LUNCH**

Register for Luncheon:
<https://business.limachamber.com/events/details/chili-for-charity-3-20-2025-4916>

Lima / Allen County
CHAMBER
of Commerce

cenovus
ENERGY

GOOD FOOD
RESTAURANTS

MERCYHEALTH

Mental Health & Recovery Services Board
ALLEN - AUGLAIZE - HARDIN

United Way
United Way of Greater Lima

MAKE A DIFFERENCE. **ALL**
ALLEN COUNTY LEADERSHIP

Activated Faith Community



Our **Activated Faith Community Challenge** is back for another year, thanks to our partners **Mercy Health and the Mental Health Board!** If you are a member of a church or faith based organization, you are eligible to apply for an **up to \$1,000 mini grant** to support your work around sustainable health and wellness activities. Spread the word and begin the process by filling out the form linked below. This is your first step to funding and should take about 20-30 minutes to complete. We look forward to partnering with you!!

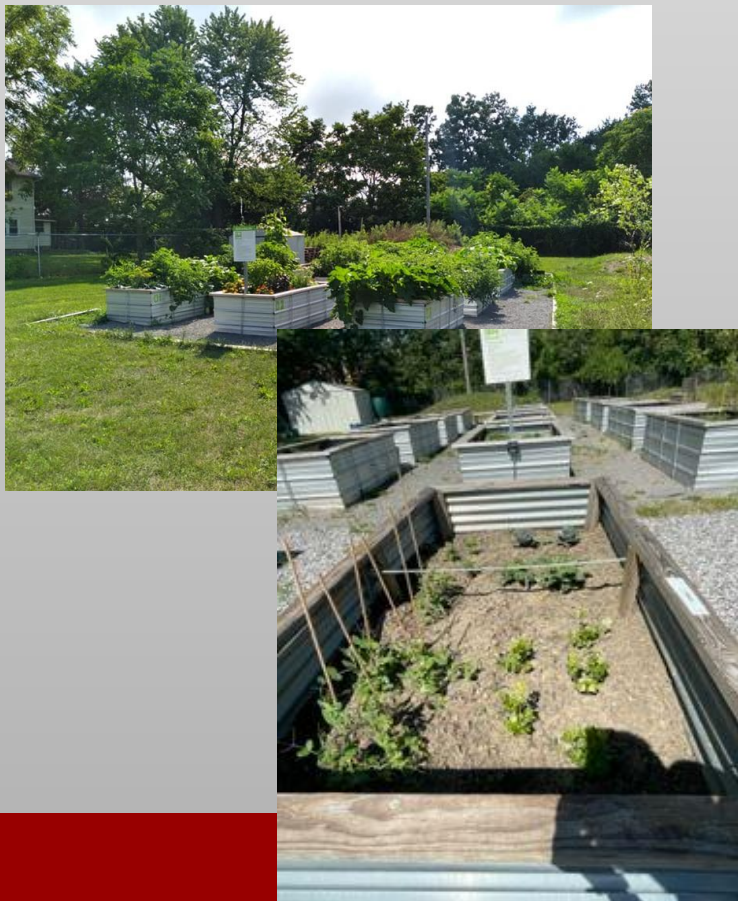
<https://form.jotform.com/82953511418155>

Last Call for a Community Garden Plot!

It may be cold, but we are thinking Spring here at Activate and that means we are thinking about **gardening at South Jackson Community Garden.**

Anyone, no matter your experience, can join us on a first come, first serve basis and join in the fun! **Simply fill out this short application to reserve your spot today!** Once completed, you will hear from Kayla at Activate and you will be notified about the March gardener meeting.

<https://form.jotform.com/213334179170048>



Bluffton Students Intern at Activate



Kayla had a great time starting off the New Year with a couple of **Dietetics Master's students from Bluffton University!** They were able to present at the Mayor's Press Conference and record one of Activate's radio spots. Thanks for your great work!

Activated Neighborhood Challenge Award Winner

In partnership with the **City of Lima**, Activate awarded a mini grant to the **Master's Gardeners** for their ongoing work at our **Children's Garden**. This is a part of our **Activated Neighborhood Challenge**, which provides funds for community work. Between the City of Lima and Activate, \$2,900 was awarded to the Master Gardeners.



Upcoming Dates and Reminders

February 4th- **National Wear Red Day** as part of Heart Health Month and Go Red for Women Initiative

February 15th- **Allen County Health Atlas Community Survey closes** (link below)

March 1st- **Applications Close for the Activated Faith Community Challenge**

March 20th- **Chili for Charity Crowd Funded Luncheon** at Mercy's GME

April- **Mental Health Symposium**- more info to come!

May 31st- **Lima Farmers Market** is back for another season at UNOH

If quitting tobacco is on your 2025 to-do list- you can start today and we urge you to not go at it alone! **Having support over doubles your chance of success and we have a couple of options to help you at no cost.**

The moment you quit, your health outcomes start to improve. Please take advantage of the FREE assistance today!



Ohio Department of Health
Tobacco Prevention and Cessation
Quit Line: ohioquits.org

There is no safe level of nicotine use and the benefits of quitting begin immediately.

There is **free** help available.

▶ **1-800-QUIT-NOW (1-800-784-8669)**
▶ **ohioquits.org**

Allen County Health Atlas

Access health data for Allen County

Start typing to explore the Atlas

Search this site

QUICK START

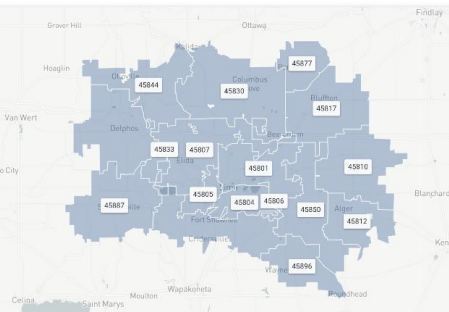
Select **both a place and an indicator** to launch a map or chart.

Search Places

Search Indicators

VIEW MAP

VIEW CHART



We need your feedback about our **Allen County Health Atlas data and CHIP tool**. Do you or someone you know use the Atlas? We need some feedback!! **Please use this link to complete our short survey: [Allen County Health Atlas Community Survey - Google Forms](#)**

2025 Newsletter, February

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!



Have a community success story to share?



twitter.com/ActivateAllenCo



facebook.com/ActivateAllenCounty



**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