



# A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

FALL/ WINTER  
EDITION

## Wellness Matters



## BEATING THE BLUES

While, for some, the fall and winter seasons are filled with cozy and joyful times, for many of us, it's a time filled with loneliness and sadness.

From less daylight to lift our moods, to upcoming holidays that may trigger dread and familial hardships, we at the Office for Community Wellness (OCW) understand how challenging the colder months can be.

Fall and winter blues, a lot of times, can be overcome by increasing our exposure to natural light, engaging in regular physical activity, maintaining a balanced diet, staying socially connected with friends and family, and managing our sleep.

Sometimes not...

**Visit page 3 for information and resources on how to stay physically and mentally healthy during the winter months.**



**HOW TO  
COMBAT THE  
WINTER BLUES**

SEE PAGE 3

Click the image above or visit <http://bit.ly/47E33re> for local resources or **call 988** for the Suicide & Crisis Lifeline

October 17th  
WICKED (Rated PG)  
6:30 PM  
Auditorium @  
New Paltz Middle School

November 14th  
MINECRAFT MOVIE - (Rated - PG)  
7 PM  
Auditorium @  
New Paltz Middle School

**DON'T MISS OUT**  
Free Movie Nights &  
so much more!

**SEE PAGE 4  
FOR COMMUNITY  
EVENTS YOU WON'T  
WANT TO MISS**

**EVERYONE  
KNOWS  
SOMEONE**  
Domestic Violence Awareness Month

**BE IN THE KNOW**  
Domestic Violence  
Awareness Month

**SEE PAGE 2 FOR  
INFORMATION ON  
HOW YOU CAN HELP**



**SAVE THE DATE**  
December 13<sup>th</sup> is  
Holiday Hoopla!

**CLICK HERE FOR  
LAST YEAR'S EPIC  
INTERVIEW  
WITH BUDDY THE  
POLAR BEAR**

OCTOBER is  
**Domestic Violence**  
AWARENESS  
MONTH



**EVERY1**  
KNOWS  
**SOME1**  
Domestic Violence Awareness Month

● Domestic Violence Awareness Month 2025

Theme: #Every1KnowsSome1

The 2025 DVAM campaign, led by the National Network to End Domestic Violence (NNEDV), focuses on the reality that domestic violence is more common than we think – and everyone knows someone who has been impacted, whether they realize it or not.

🔍 What the Theme Means:

**Universality:** Domestic violence affects people of all ages, races, genders, and income levels. It's a widespread issue that exists in every community.

**Personal Connection:** Whether it's a friend, coworker, neighbor, or loved one – you know someone who has experienced domestic violence.

**Shared Responsibility:** Because it affects us all, we all have a role in raising awareness, supporting survivors, and advocating for change.

💜 How You Can Participate:

**Join the Conversation:** Share posts, stories, and facts during October using hashtags like #Every1KnowsSome1 and #DVAM.

**Educate Yourself:** Understand the signs, dynamics, and impact of domestic violence. Knowledge is power.

**Support Survivors:** Listen without judgment, believe them, and remind them it's not their fault.

**Amplify the Message:** Use your voice online and offline to break the silence around domestic violence.

👉 Together, we can support survivors and end domestic violence.

**Connect with a Live Advocate**

📞 **Call** 800.799.SAFE

💬 **Chat** with a Live Advocate

📱 **Text** START to 88788  
Privacy Policy. Msg & data rates may apply. Text STOP to opt out.



Learning about abuse **is an important step.**

**Understanding Relationship Abuse**

- [Warning Signs](#)
- [Power and Control Wheel](#)
- [Why People Abuse](#)

**Support Someone Else Experiencing Abuse**

- [Start a Conversation](#)
- [Ways to Support](#)

**Abuse in Underserved Populations**

- [Deaf, DeafBlind, HoH](#)
- [Abuse in Native Communities](#)

**For Those Causing Harm**

- [Is Change Possible?](#)
- [Help for Abusive Partners](#)

**More Info on Relationship Abuse**

- [Domestic Violence Statistics](#)
- [Take a Survey](#)

Click [HERE](#) or on the box above for information from the **National Domestic Violence Hotline**

or visit <https://www.thehotline.org/stakeholders/domestic-violence-statistics/>



## TO HELP STAY PHYSICALLY AND MENTALLY HEALTHY DURING THE COLD & DARK MONTHS TRY SOME OF THESE TIPS...



### Physical Health Strategies

#### Seek Daylight Exposure:

- Get outside every day, even on cloudy days, to soak up as much natural light as possible. Alternatively, use a light therapy lamp to boost energy and mood.

#### Stay Active:

- Aim for at least 30 minutes of moderate to vigorous physical activity most days of the week. Incorporate indoor exercises or join friends for winter sports like skiing or snowboarding.

#### Eat a Balanced Diet:

- Nourish your body with a diet rich in fruits, vegetables, and whole grains. Focus on foods with complex carbohydrates and protein to help stabilize blood sugar and mood. Omega-3 fatty acids, found in fish and walnuts, can also reduce depression symptoms.

#### Prioritize Sleep:

- Maintain a regular sleep schedule to improve overall well-being.

### Mental Health Strategies

#### Stay Socially Connected:

- Make an effort to connect with your friends and family through calls, texts, or planned social activities. Sharing your thoughts and experiences with trusted people can provide support and a sense of belonging.

#### Manage News Consumption:

- Set reasonable limits on how much time you spend consuming news, and avoid the constant influx of breaking news alerts to reduce anxiety and stress.

#### Practice Self-Compassion:

- Be kind to yourself by validating difficult emotions and checking in with your feelings.

#### Engage in Positive Activities:

- Listen to uplifting music, watch movies with positive themes, or engage in hobbies that bring you joy.

#### Try Journaling:

- Writing down your thoughts and feelings can help you identify and cope with negative thought patterns,

**And, reach out to a healthcare provider if symptoms persist...**



To learn about the history of Holiday Hoopla and how the healing effects of community involvement can help you get through difficult times,

Click [HERE](#) or visit

<https://youtu.be/eUktoMIE9Zg>

for a short video



like us and follow us on facebook and instagram



**CLICK HERE TO SIGN UP & RECEIVE WELLNESS MATTERS!**

**DON'T MISS THESE GREAT FREE EVENTS!**

**Your Community has something for everyone!**

**HALLOWEEN FUN AT THE LIBRARY**



**Halloween Karaoke  
10/24 @ 7:00pm**



**Halloween Trivia  
Oct. 26th from  
2:00 to 3:30pm**

**FREE MOVIES  
FREE POPCORN!**

**FREE MOVIE NIGHTS!**



FREE community showing, complete with FREE popcorn!



**October 17th  
WICKED (Rated PG)  
6:30 PM  
Auditorium @  
New Paltz Middle School**



**November 14th  
MINECRAFT MOVIE - (Rated - PG)  
6:30 PM  
Community Room @  
Redeemer Church**



**WELLNESS CONNEXIONS AT  
THE NEW PALTZ  
UNITED METHODIST CHURCH!**



Presents



Music, yoga, meditation & more.  
Free and open to all.

Wednesdays from  
7 to 8 p.m.  
Oct. 22 - Nov. 19

1 Grove Street,  
New Paltz, NY

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**10/22 Live Performance** @BRITANI O'BHEARN

Singer-songwriter Britanni O'Hearn plays a variety of folk, pop covers and originals on guitar and ukulele. Her EP Into the Light was released in 2023, exploring themes of grief, ghosts, and growing up. She owns Blue Fox Books, an indie bookstore that hosts open mic nights, author visits, and workshops. Her passion is collecting and sharing stories in community.



**10/29 Sound Meditation** @SOUND & REST

May Lin Le Goff & Morgan Teler Beattie, offer an immersive guided auditory journey designed to invite the body and mind into a state of rest and contemplation. Through this practice, one can learn to focus the mind by tuning into the distance between sounds, the intervals between musical notes, and silence. These create an explorative space for one's inner world. *Please bring your own water bottle. Yoga mat. We have a limited supply.*



**11/5 Restorative Yoga** @SAMA SHAKTI

Rooted in the art of yoga restoration, the session is designed to activate the body's natural healing response, calm the nervous system, and support emotional balance. Restorative yoga allows your body to open at its own pace while receiving the therapeutic medicine of sound. *Please bring your own water bottle. Yoga mat. We have a limited supply.*



**11/12 Centering Prayer**

Pastor Grace serves here at New Connexions. Centering Prayer is a gentle and forgiving form of meditation designed to create space for the sacred to come calling.

**HIMNA GRACE @HARMON**

**11/19 Live Performance**

Formed from an extended partnership between Annie Roland and Carrie Chapman, Barely Face offers a repertoire of esoteric original music as well as traditional European ballads and contemporary covers. They combine haunting harmonies against chords and rhythm in a style they call 'acoustic trance.'

**@BARELY FACE**



[newconnexionsumc@gmail.com](mailto:newconnexionsumc@gmail.com)

*Here, we ask 'how are you?'  
And we stay 'til the answer is well.'*

**FREE COMMUNITY DINNERS  
AT FAMILY OF NEW PALTZ**

**Monthly Community Dinners  
Family of New Paltz**

Join us on the first Thursday of every month, starting September 4th, for a free and friendly community dinner!



Come hungry and enjoy a delicious meal, good company, and a welcoming space for all ages. Let's build connections and share time together as neighbors. All are welcome—bring a friend!

Questions? Please call (845) 255 7957 or visit Family of New Paltz

**1<sup>st</sup> Thursday of the Month:  
Starting September 4th  
6:00pm - 7:30pm**

**Family of New Paltz  
51 North Chestnut Street, New Paltz, NY 12561**



Find more information about us on our website: <https://www.familyofwoodstockinc.org/>



**FREE Performances, Yoga,  
Meditation, and MORE!  
Click on the image for more info.**

**1st Thursdays of each month  
from 6:00 to 7:30pm  
Click on the image for more**

**Click here for more upcoming OCW events!**