



A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



*“Spring is a time for new beginnings, growth, and development.
It symbolizes hope and optimism.
It's a time when nature comes back to life after winter,
when animals wake up from hibernation
and birds start making nests.”*

*What better time to take stock of ourselves and our needs and take action on
what we need to thrive?*

This quarterly edition of *Wellness Matters* includes a number of important awareness days and months. Seemingly fitting for springtime- intrinsically a season of newness and fresh starts...

So, read on. Get educated. And reach out for assistance and direction when needed.

The OCW is here to help

[CLICK HERE](#) for Local Resources and More

**April is
Alcohol
Awareness
Month**

**MENTAL HEALTH
AWARENESS
MONTH**



*"Hope is the thing with feathers
that perches in the soul."
~ Emily Dickinson ~*



hope

CLICK ON THE IMAGES ABOVE TO LEARN MORE

April is Alcohol Awareness Month

**IN A CRISIS?
CALL OR TEXT 988**

We know that drinking too much can harm your health. The Dietary Guidelines for Americans recommends that if adults (age 21 and older) choose to drink alcohol, drinking less is better for health than drinking more...

CLICK HERE

for the Substance Abuse and Mental Health Services Administration's (SAMSHA) Guidelines & Recommendations

What is a Standard Drink?

What is Excessive Drinking?

**Resources for
Individuals and Families**

April 7th is...



World Health Day, celebrated on 7 April 2025, will kick off a year-long campaign on maternal and newborn health. The campaign, titled "Healthy Beginnings, Hopeful Futures", will urge governments and the health community to ramp up efforts to end preventable maternal and newborn deaths, and to prioritize women's longer-term health and well-being.

**CLICK HERE or on the Image above to read
about the World Health Organization's
2025 World Health Day Campaign**

May is...

MENTAL HEALTH AWARENESS MONTH

"In Every Story, There's Strength" Mental health journeys are unique, but the strength found within them is universal. "In Every Story, There's Strength," highlights...

CLICK HERE for NAMI's full story & learn how to help Break the Stigma



If you or someone you know is struggling...

Know what's available. Reach out to the Office for Community Wellness (OCW) for resources and guidance to assist with your unique needs.

We understand the complexities of life situations and circumstances and are here to help. Call Phoenix at (845) 275-5413 or visit our website at nphrivingtogether.org for more information and local resources.

CLICK HERE FOR LOCAL RESOURCES

For a Mental Health Emergency Call or Text 988

June is...
Men's Health Month...



"Self-care is the art of nurturing your mind, body, and soul to achieve inner harmony."

Societal gender roles often dictate that men should suppress emotions to appear "strong" and "manly". This notion of stigma...

"Man Therapy" uses a comprehensive upstream approach to men's mental health. The goal is to bust through the stigma...

CLICK HERE to Read Centennial's full "Man Therapy" article

How the 4/20 Pot Holiday Came to be



Why 4/20?

The origins of the date, and the term “420” generally, were long murky. Some claimed it referred to a police code for marijuana possession or that it arose from Bob Dylan’s “Rainy Day Women No. 12 & 35,” with its refrain of “Everybody must get stoned” — 420 being the product of 12 times 35.

But a consensus has emerged...



Click [HERE](#) for
the full PBS
story

'GREENING OUT'

A term we want you to know and an experience we don't want you or your friends to have.

THC toxicity can happen from over-consuming cannabis products, whether they are edibles or smokeables. As the saying goes, “You can have too much of a good thing!”



What does overconsumption or “greening out” look like?

Anxiety	Extreme confusion
Fast heart rate	Severe nausea and vomiting
Increased blood pressure	Panic
Delusions and hallucinations	Paranoia

“Start Low” and “Go Slow” until you see how your body reacts to THC.

- Everyone's body responds differently to substances, and cannabis products vary in strength and potency.
- Different cannabis products can take longer to take effect.
- Edibles may take 60 minutes or longer before you begin to feel their effect, and are stronger than you may think. Follow directions on the packaging.
- Smokeables take effect much quicker, therefore it is best to wait 5-10 minutes after inhaling or vaping 1-2 hits.
- Mixing substances creates a different reaction or bodily response.
- Individuals with a personal or family medical history that includes mental health challenges have a greater risk of experiencing psychotic symptoms.

If you or a friend are feeling uncomfortable and think you may be experiencing any of the symptoms above, please call 911 or NYS Poison Control @ 1-800-222-1222.



The ill-effects of THC over-consumption are real
[CLICK HERE](#)
to learn more & for recommendations

Partner Spotlight



Your Community Center
has something for
everyone!

New Paltz Community Center invites Middle and High School students to

New Paltz Creative Corner

Every Friday, 5-7pm

Starting March 14th
3 Veterans Dr, New Paltz, NY 12561
Brought to you by SUNY New Paltz Art Education Undergraduate Students.

Sign up using the QR code or email recreation@townofnewpaltz.org for more information.

DO THE LINDY HOP

Swing Dance

Small Fee for non-residents

What: **FREE** classes taught by Tank and Kelly
Where: New Paltz Community Center, 3 Veterans Drive
When: Eight Thursdays starting April 17th from 6 to 7pm

[CLICK HERE](#)
or Scan the QR code to register



JOIN THE FUN!

From FREE Senior Lunches to Ping Pong, Tai Chi and MORE!
CLICK HERE to Visit the Town of New Paltz Recreation Website,
Visit <https://parksrec.egov.basgov.com/newpaltzny>, or
Contact Joanna at (845) 255-2512

Get Involved Today

HAVE ANY QUESTIONS ABOUT HOW YOU CAN
MAKE A DIFFERENCE?

Click HERE to learn about



LET'S CHAT!
(845) 275-5413

*Stay Tuned for Wellness Matters' May Monthly Memo
For an overview of the OCW's Highlights on
Loneliness & Isolation
With Videos, Infographics and Critical Information*