



# A NEWSLETTER FROM THE THE OFFICE FOR COMMUNITY WELLNESS

Wellness Matters



OCTOBER 2024 - MONTHLY MEMO

The OCW's October monthly memo is here to remind YOU of upcoming monthly programs and events and to give those who'd like to learn more about our mission have an opportunity to become part of the changing force to help keep New Paltz- the vibrant, happy, healthy community it is- **STRONG!**

All the programming and events coming out of the OCW are **FREE** and meant to bring community together to meet each other, have fun together, and realize the true gift and importance of an involved, committed community.

Our goal is to inspire, educate and connect the people of New Paltz, as well as aspire to assist individuals in meeting their unique needs. The OCW is here to help!

Join us for our **5th Annual Halloween/ Harvest Window Painting event on October 19th!**

These events are always such a FUN way to connect with community, family and friends, and gives participants an opportunity to be part of part of beautifying local business windows in New Paltz!

We supply everything! A box with all you need to create your Halloween/Harvest-themed artistic vision. Registration is due on October 1st! See all the information you need to register below. Once registered, we'll be in touch.

In the meantime, check in on a neighbour, become a volunteer for something you believe in, and scroll through the following pages for information on how you can become involved.

**Be in the Know, Be the Change, and Let's Thrive Together!**

## Don't Miss Out

**Saturday, October 19th**

Join us for our **5th Annual**

**Halloween/ Harvest Window Painting:**

A Day of FUN, Family, Community and Artistic Expression

**Register HERE now**

(Registration due October 1st)

SEE PAGE 2 FOR MORE DETAILS

Event from 11:00am to 2:00pm

HOPE TO SEE YOU THERE!

**FREE!**

**October 19th  
11:00AM - 2:00PM  
5th Annual  
Halloween & Harvest  
Window Painting  
in New Paltz**

**Pre-registration is required by Tuesday, October 1st.**

The Town of New Paltz's Office for Community Wellness is sponsoring it's 5th Annual Halloween Window Painting Project for youth in grades 6-12, as well as adults and families. Anyone interested in participating is invited to **register by going to <https://bit.ly/3sOo3Jr> or using the QR code below.**

All window designs are created in advance and creatively celebrate Halloween or Harvest.



Have questions? Contact Phoenix at (845) 256-5014.



# OCTOBER IS...

OCTOBER is  
**Domestic Violence**  
AWARENESS  
MONTH



"I can be changed by  
what happens to me, but  
I refuse to  
be reduced by it."

MAYA ANGELOU  
writer and poet laureate

*hope*

First observed in October 1981 as a national "Day of Unity," Domestic Violence Awareness Month (DVAM) is held each October as a way to unite advocates across the nation in their efforts to end domestic violence.

Communities and advocacy organizations across the country connect with the public and one another throughout the month to raise awareness about the signs of abuse and ways to stop it, and to uplift survivor stories and provide additional resources to leaders and policymakers.

**Why Domestic Violence Awareness Month?**  
DVAM is a chance for anyone and everyone to unite in the work to end domestic violence. We invite advocates, loved ones, supporters, and political leaders to join together in solidarity to listen to and uplift survivors directly.

With so many people speaking in a unified voice throughout October, we can raise our collective awareness about domestic violence to end abuse for good.

## 1. Educate Yourself and Others:

Understanding domestic violence complexities is essential.

## 2. Listen Without Judgment:

Leaving an abusive relationship is a highly personal decision but all survivors benefit from having trusted people during this time. Since those experiencing abuse are often isolated by their abusers, it's imperative to know how to support survivors on the path to safety. One of the most powerful things you can offer a domestic violence survivor is support.

## 3. Encourage Professional Support:

Encourage your friend or family experiencing domestic violence to seek help from counselors, therapists, or support groups that specialize in trauma and abuse. Assist by researching local resources, offering to accompany them to appointments, or helping them find online support communities. Professional guidance can provide victims with the tools they need to rebuild their lives.

## 4. Raise Awareness and Advocate for Change

**\*\*Click [HERE](#) to learn more about how you can help**





# thriving together

TOWN OF NEW PALTZ

## "Thriving Together Thursdays" @ Elting Memorial Library

"Thriving Together Thursdays" will be on Thursdays from 12PM - 2PM  
in the Steinberg Room at the Elting Memorial Library,  
located at 93 Main Street in New Paltz.

We invite you to stop by as many of these community outreach offerings as you can to learn about the resources available and ask questions. We are here to help. And, please help us spread the word.



**September 26th:** LaSalle School - LaSalle School is an agency that provides healing, hope, and therapeutic opportunities to youth and their families who have experienced trauma, neglect and significant challenges.



**October 3rd:** Mental Health Association (MHA) - MHA has operated in our community for over 50 years and provides a wide array of services that includes but is not limited to: wellness activities, home and community based services, residential therapeutic foster care, and support groups.



**October 10th:** Swift River - Swift River is an inpatient detox and residential program just outside of Pittsfield MA, located on 250 acres in the Berkshires. We specialize in experiential therapy, animal assisted therapy as well as having specialized programs for Veterans and First Responders.



**October 17th:** People USA is a peer-run mental health non-profit that creates, provides, and promotes its own innovative crisis response, and wellness services.



# *In continuing our deep dive around the Surgeon General's Advisory on Loneliness and Isolation...*

The data is overwhelming...  
Local, State, and Federal sources, and even  
the World Happiness Report agree:  
Loneliness & Isolation is a National issue

*What can we do to help?*

It's indeed distressing to confront such U.S. statistics, especially when they paint such a stark picture of the challenges faced by communities and their individuals.

The sharp increases in opioid overdoses and fatalities during the pandemic highlight the severe impacts of COVID-19 isolation on substance use and mental health, and the dramatic rise in both opioid-related deaths and suicides underscore an urgent need for comprehensive community strategies and support systems.

The issue of loneliness among young adults is particularly poignant, and it's alarming to see this demographic experiencing such high levels of loneliness, which is compounded by the increasing trend over decades.

The disconnect between these young individuals and their support systems, coupled with the societal pressures and challenges they face, such as climate change and gun violence, can exacerbate mental health struggles and contribute to higher risks of substance abuse and suicide.

Addressing these issues with a multifaceted approach, combined with community engagement and community partner support, are essential for tackling such significant public health challenges and improving overall well-being for individuals and the community at large.

The following steps provide a sample of what the New Paltz community might focus on to help.

**1. Enhancing Access to Mental Health Services:** Expanding and improving access to mental health care, particularly for young adults and elders, can help address substance abuse, loneliness, and isolation.

**2. Strengthening Community Support:** Building stronger community networks and support systems can provide a safety net for those feeling isolated or struggling with mental health issues.

**3. Promoting Awareness and Education:** Increasing public awareness about the risks of opioid misuse, mental health, and the effects of loneliness can help reduce stigma and encourage individuals to seek help.

**4. Implementing Preventative Measures:** Early intervention programs and preventative measures can address substance abuse and mental health issues before they escalate.

**5. Supporting Research and Data Collection:** Continuing to collect and analyze data helps in understanding the root causes and developing targeted interventions.

We, at The Office for Community Wellness, are dedicated to continuing to bring education, awareness, and community together to help mitigate the impact such issues have on our local community.

The OCW is here to help!

*To learn how Loneliness & Isolation are affecting the New Paltz community, tune in to next month's quarterly edition of Wellness Matters where we'll share what local partners have to say, as well as what TECHNOLOGY's role on Loneliness and Isolation is having on our teen and our elder communities.*

Mobile Mental Health Team: 1-844-277-4820

*hope*

Family of Woodstock Helpline: 845-679-2485

**Call 988 for the Suicide and Crisis Lifeline**



To take a brief interest survey  
please Click [HERE](#) or visit  
[bit.ly/3S1Tdqm](https://bit.ly/3S1Tdqm)

*The Office of Community Wellness (OCW)  
is a department within the Town of New Paltz.*

*The OCW connects community members to  
available resources, while also providing  
opportunities to cultivate and foster resiliency  
within the New Paltz Community.*

*We, at the OCW, understand the critical role  
community involvement plays in individuals', as  
well as a community's state of good health and  
well-being.*

*Take our brief survey and become part of the  
change and bring community connections to life!*

*Thrivning Together is a collaborative committed to  
co-creating a happy, healthy, vibrant New Paltz*

**Learn more about Thriving Together**

**HERE**

**and get involved**

**in this important and exciting  
community initiative**

**[www.npthrivingtogether.org](http://www.npthrivingtogether.org)**

**Calling all Volunteers!**  
click [HERE](#) to sign up NOW  
or visit <https://bit.ly/47bCXtd>

**Click [HERE](#) to Sign Up for Our "Wellness Matters" Newsletter  
or visit <https://form.jotform.com/241145424791051>**