



SUPPORTING OUR SUPPORTERS (S.O.S.) CARE INBOX

Spring- A time for new opportunities

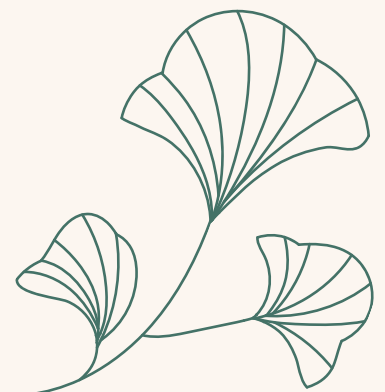
Spring is a time to breathe in fresh scents, feel the warmth of the sun, and maybe even enjoy a warm rain. As we move from winter to spring, enjoy opportunities; whether it be spending time in nature, spending time with friends and family, celebrating a loved one's milestone, trying something new, or taking time for yourself. Make this spring a time to do something you have always wanted to do!

25 Things To Do in 2025: Spring in Ohio | Ohio, The Heart of It All

Spring is the perfect time to explore the outdoors, go on adventure, and make memories with loved ones. Here are 25 inspiring spring adventures you can have in the Heart of it All this season!



You can also download a checklist of the "25 Things To Do in 2025: Spring in Ohio."

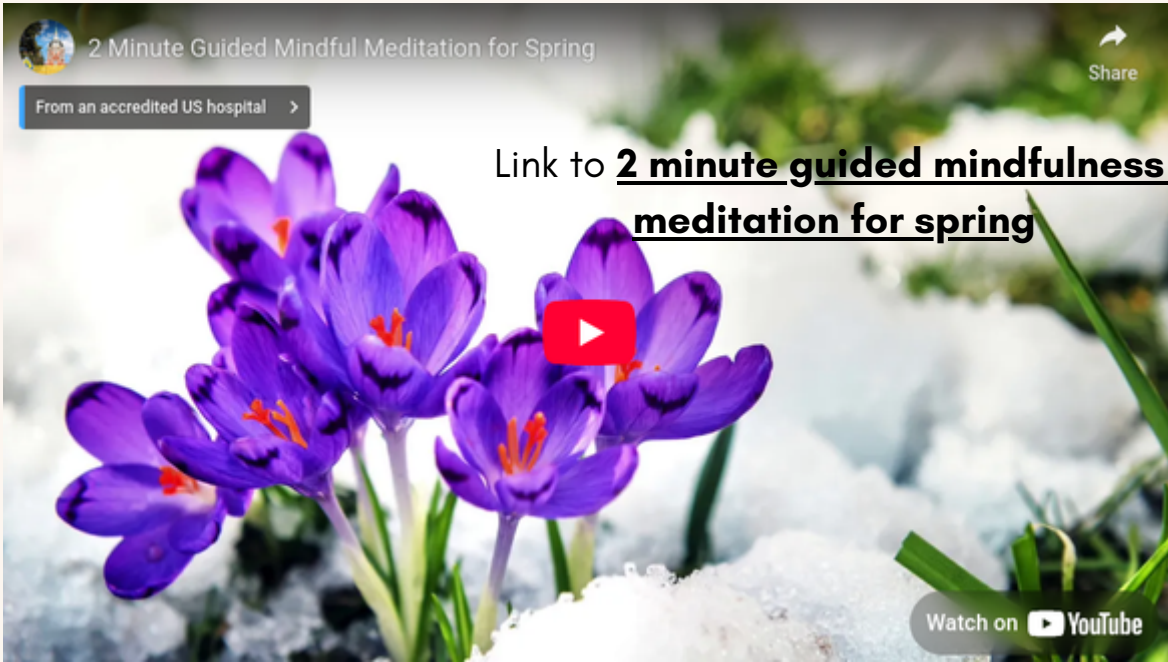


I drew the number 8 and called it opportunity. I turned it on its side, now it's endless opportunity.



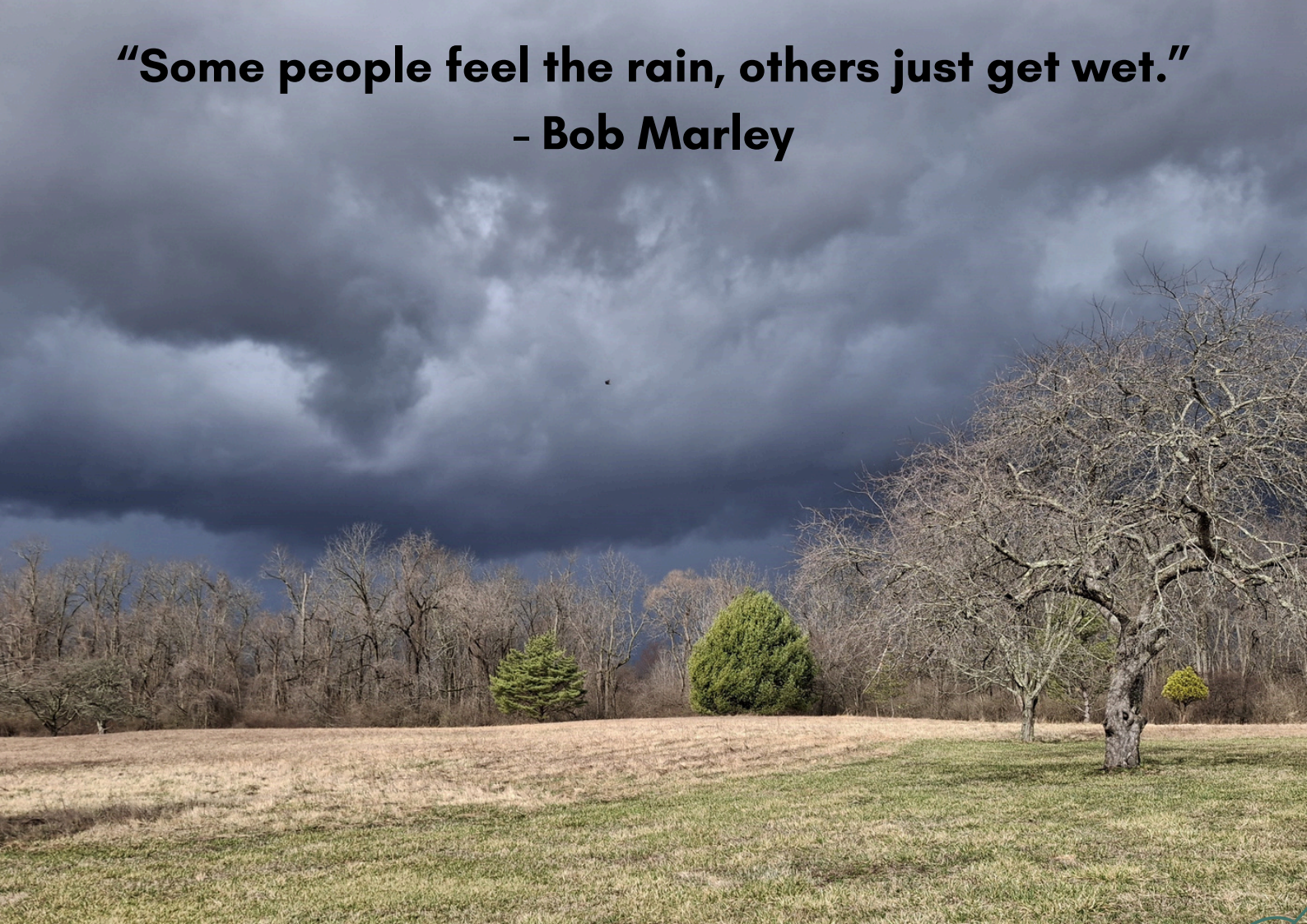
The bigger the challenge

The bigger the opportunity



“Some people feel the rain, others just get wet.”

- Bob Marley



Goodbye Winter, Hello Spring

Poet: Catherine Pulsifer

**No more boots or heavy coats,
We trade the frost for sunlit notes.
A gentle breeze replaces chill,
With blooming fields on every hill.**

**The birds return, their songs so sweet,
Grass beneath our carefree feet.
The sun shines bright, the air is clear,
Spring's arrival brings us cheer.**

**So let's enjoy this warming grace,
With nature's beauty taking place.
A season fresh, a time to grow,
Where happiness and sunshine flow.**



**Brainteaser: What is
seen in the middle of
March and April that
can't be seen at the
beginning or end of
either month?**

**Find the answer at the
bottom of the
lcfamilies.org home
page.**

S.O.S CARE INBOX

Kudos Submission Form

Name:

Organization:

Contact info:

Kudos:

Rhea is the superglue to all Mental Health America of Licking County (MHALC) programs running efficiently and effectively every DAY! Colleen Hendon, Executive Director, and the entire MHALC staff want to give Rhea a special "SHOUT OUT" for all she did to ensure our annual 'Night of Hope' fund-raising event on March 22, 2025 went spectacular!

Thank you so much, Rhea!

Your name:

Your email:

Please send your Kudos to Kelsey at
kelsey.weisenstein@jfs.ohio.gov

Kudos to Rhea Pierron who was nominated by her Mental Health America of Licking County colleagues!

The S.O.S Committee encourages you to submit a Kudos note for those who deserve encouragement, acknowledgement and thanks. A drawing is held each quarter to award a gift card to one Kudos nominee. Please consider supporting your fellow community members by using the Kudos form in the Spring SOS Newsletter email, or found at lcfamilies.org.

Send your Kudos to Kelsey at kelsey.weisenstein@jfs.ohio.gov



Local opportunities

If you have not had time to watch the Licking/Knox Trauma Informed Care Committee's lunch in learn series, you can find the entire 6-part series [here](#).

Follow this link to register for the United Way of Licking County's Community Partners Council forum on May 14 where the topic will be, "What is Trauma Informed Care?" The forum is from 10am to noon at 1058 E. Main St., Newark.



And now time for a few laughs!

What did the man do when he had the opportunity to win a free hot dog?

He relished it.



Take the opportunity to coddiwomple!



cod·di·wom·ple

(KOD-ee-wom-pul) verb

to travel purposefully to an as-yet-unknown destination

quiggleton

Whoever called it
"dentures" really
missed an
opportunity to call it
"substitutooths"



OPPORTUNITY

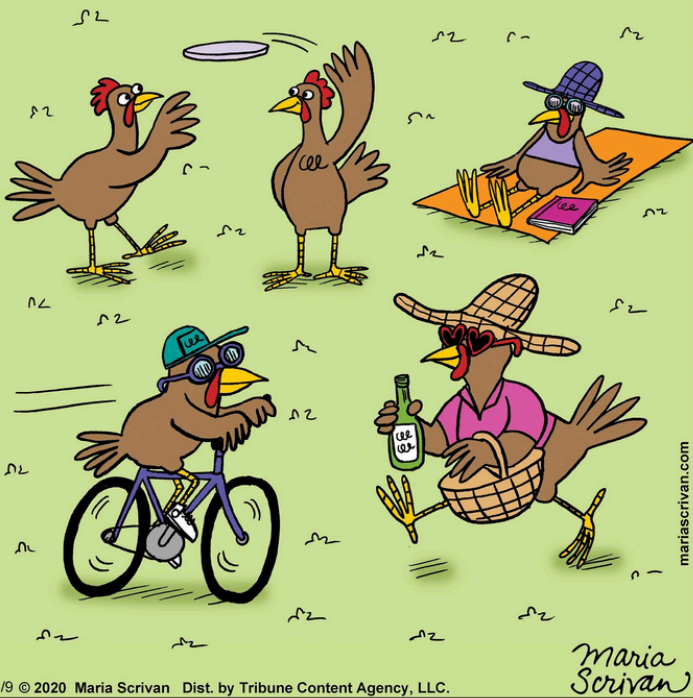
Sometimes its just too good to pass up.

Become an SOS contributor!

We would like to highlight favorite summer movies and favorite summer tunes in our summer edition! Please send your favorite movies and tunes by June 6 to sylvia.friel@jfs.ohio.gov.

The S.O.S Committee holds a drawing for gift card prizes to those who submit a Kudos for our newsletter. Please consider supporting your fellow community members by using the Kudos form found at lcfamilies.org to create a note for those who deserve encouragement, acknowledgement and thanks.

SPRING CHICKENS



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Thank you SOS contributors: Sylvia Friel, Kay Spergel, Kelsey Weisenstein, Ronni Bowyer, Ashley Washburn, Tiffany Myers, Kathleen Burkhard, Jennifer Hampton, and Courtney Stires
To join the SOS committee, email: Sylvia.friel@jfs.ohio.gov