

<u>WELLNESS</u>





RISE TOGETHER - OCT. 10, 2023

SPOTLIGHT ON DE&I

NATIONAL HISPANIC HERITAGE MONTH HIGHLIGHTS

On Saturday, Sept. 16, our department participated in the Latino Heritage Parade for the first time. Our department was also present at the festival, which took place at City Hall. If you have an Instagram account, check out this <u>reel</u> <u>highlighting both the parade and the ensuing festival</u> to get a glimpse of this great event.

Additionally, attend tonight's reception for Art from the Day of the Dead Festival! This free event will take place at the Priscilla R. Tyson Cultural Arts Center (139 W Main St., 43215) from 6:00-7:30 p.m. You'll get a chance to see some of the Hispanic artists who are right here in our backyard.

Ongoing and Upcoming Celebrations

• Breast Cancer Awareness Month (October): An annual international health campaign organized by major breast cancer charities to increase awareness of the disease and raise funds for research into its cause, prevention, diagnosis, treatment and cure. It was founded in 1985 in partnership between the American Cancer Society and the pharmaceutical division of Imperial Chemical Industries.

- Indigenous Peoples' Day (Oct. 9): Celebrates and honors indigenous American peoples and commemorates their histories and cultures. In the United States, it's held on the second Monday in October, and is an official city and state holiday in various localities.
- World Mental Health Day (Oct. 10): An international day for global mental health education, awareness and advocacy against social stigma. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries.
- Spirit Day (Oct. 19): Annual LGBTQ awareness day observed on the third Thursday in October. It began in 2010 in English v rash of widely publicized bullying-related suicides of gay school students. Observers wear the color purple as a visible sign of support for LGBTQ youth.

Cultural Celebrations Around Town

- <u>Reception: Art from the Day of the Dead Festival</u>: Tuesday, Oct. 10, 6-7:30 p.m. at the Priscilla R. Tyson Cultural Arts Center (139 W Main St.,43215)
- Latino Heritage Month Art Show 2023: Friday, Oct. 13, 6-9 p.m. at Wild Goose Creative (188 McDowell St., 43215)

NEWS AND INFORMATION

CELEBRATE CAPRA ACCREDITATION AT THE ALL STAFF MEETING

Tomorrow, our achievement of CAPRA accreditation will be officially announced. Come celebrate this honor at the All Staff Meeting:

> Wednesday, Nov. 1, 11:30 a.m. – 2:30 p.m. Lou Berliner Sports Park 325 Greenlawn Ave.

<u>Get more details about the day</u>. If you haven't already, please RSVP as soon as possible to let us know you're attending, and to indicate if you have any dietary requests.

Senior Wellness Jamboree A Success

On Friday, our department hosted the Senior Wellness Jamboree at Franklin Park Adventure Center. Over 200 attendees signed up to participate in a walk, chair and standing exercises, line dancing, yoga and tai-chi, among other things.

Thanks to everyone who volunteered and helped organize the event!

10/13/2	2023					
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8	9	10	11 ●	12 •	13	14 •
15 •	16 •	17 •	18 •	19 •	20	21 •
22	23	24 •	25 •	26 •	27 •	28 •
29 •	30 •	31 •	1	2	3	4

October 3

All day

YOUTH BASKETBALL LEAGUE REGISTRATION

All day

FRIDAY NIGHT FRIGHTS REGISTRATION

All day

THE SKY'S THE LIMIT: QUILT TRANSFORMATION EXHIBITION

All day 🗂

MOBILE PRODUCE MARKETS

October 13 @ 3:00 pm - 5:00 pm 🗂

FREE MOBILE PRODUCE MARKET - BARNETT

October 13 @ 3:00 pm - 5:00 pm 🗇 FREE MOBILE PRODUCE MARKET - FAR EAST

October 13 @ 6:00 pm - 8:00 pm

"THE SKY'S THE LIMIT: QUILT TRANSFORMATION" EXHIBIT ARTIST RECEPTION

SHARE YOUR THOUGHTS!

What's your favorite cool weather activity?	Watching horror 2.0% Carving pumpkins 6.0% Apple picking 4.0% Building a b
<pre>kfrancisapr@gmail.com Switch account Solve the state So</pre>	Watching the leav 28.0%
* Indicates required question	
What's your favorite cool weather activity? *	Hibernating - I
O Apple picking	
O Building a bonfire	
O Watching the leaves change	
O Watching horror movies	
O Carving pumpkins	
O Hibernating - I don't like cool weather!	
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LEADERSHIP UPDATE

STAFF SPOTLIGHT

HAWA DIAKITE

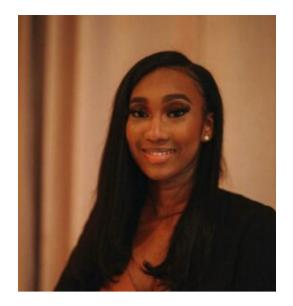
She/Her/Hers

Section

Management Analyst 1-Fiscal

Length of Employment

3 months



What's your favorite aspect of Columbus Recreation and Parks?

Doing work that has a positive impact on our community and all of the amazing people that I get to work with.

What's your favorite project that you have worked on? Getting a chance to help with the budget.

What is your favorite ice cream flavor? Cookies and Cream

What is your favorite book or movie? My most recent favorite is Everything Everywhere All at Once

What is one piece of advice you have? Be kind and embrace every opportunity to learn something new.

Nominate A Coworker for the Staff Spotlight

Fill out this form to nominate a coworker. They will be notified that they were nominated in order to answer spotlight questions.

				ARCHIVE		
2023 2022						•
NATURE <u>Nature</u>	WELLNESS Wellness	CREATIVITY <u>Creativity</u>	COMMUNITY <u>Community</u>	FACILITIES <u>Facilities</u>	THE CITY OF COLUMBUS RECREATION AND PARKS	

<u>Educational</u>
<u>Gardens</u>
Nature
<u>Preserves</u>
<u>Outdoor</u>
<u>Recreation</u>
Parks
Pollinator
<u>Gardens</u>
Trails

<u>Urban Forestry</u>

<u>CoGo Bike</u> Food and <u>Arts</u> <u>Priscilla R.</u> **Therapeutic Recreation** Visual Arts

<u>Athletics</u>

<u>Share</u>

<u>Fitness</u>

and Updates <u>Programs</u> <u>Aquatic</u> <u>Centers</u> **Facilities** Events <u>Centers</u> <u>Dog Parks</u> <u>Nature</u> <u>Preserves</u> <u>Parks</u> <u>Rentals</u> **Facilities**



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