

# EXPRESSIONS

## Maumee Valley Guidance Center Newsletter

### Maumee Valley Guidance Center Launches FOX Wellness Program

*A wellness program for Veterans Across the Four Counties*



Maumee Valley Guidance Center (is proud to announce the launch of the FOX Wellness Program, a comprehensive initiative designed to

support the mental, emotional, and overall well-being of veterans living in Defiance, Henry, Fulton, and Williams Counties.

The FOX Wellness Program is built around eight dimensions of wellness, recognizing that true health extends beyond clinical care. The program provides veterans with access to individualized support and resources that promote resilience, connection, and long-term stability.

“Veterans in our communities have made tremendous sacrifices,” said Dawn Miller, CEO of Maumee Valley Guidance Center, “The FOX Wellness Program is our commitment to *(continued on page 2)*”



**Maumee Valley Guidance Center**  
**1-800-569-3980**  
**[maumeevalleyguidancecenter.org](http://maumeevalleyguidancecenter.org)**

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**5,000 STUDENTS EDUCATED**

**DONATIONS**



Service locations:

Defiance: 211 Biede Avenue

Bryan: 910 E. Maple Street

Napoleon: 1325 Woodlawn Avenue

Wauseon: 1190 N. Shoop Avenue

## Maumee Valley Guidance Center Launches FOX Wellness Program (continued)

ensuring they have access to the support they deserve—support that is accessible, respectful, and tailored to their unique experiences.”

Through the FOX Wellness Program, veterans can access:

- Individual support and coaching to navigate challenges
- Community connection opportunities
- Education and tools focused on whole-person wellness
- Assistance navigating resources and benefits

The program is designed to reduce barriers to care and ensure that veterans feel supported at every stage of their journey.

“Many veterans face challenges that can feel isolating,” added Rachelle McDonald, Program Manager, “This program reinforces a simple but powerful message: you don’t have to carry it alone.”

Maumee Valley Guidance Center offers a full spectrum of services designed to support veterans in Northwest Ohio. As a VA Community Care provider and STAR Behavioral Health provider, MVGC ensures veterans have access to high-quality, coordinated medical and mental health care, including services covered through Tricare. Through the Supportive Services for Veteran Families (SSVF) grant, the agency provides housing assistance, case management, and stability resources for veterans and their families facing housing challenges. MVGC also offers EMDR therapy specifically for veterans, addressing trauma and service-related mental health needs. Most recently, the FOX Wellness program was launched to promote holistic well-being, resilience, and community connection for veterans, further strengthening MVGC’s commitment to supporting those who have served.

Veterans and their families in Defiance, Henry, Fulton, and Williams Counties are encouraged to learn more about the FOX Wellness Program by contacting Rachelle McDonald, Program Manager, at 419-782-8856.



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## SAMHSA’s 8 Dimensions of Wellness

SAMHSA’s 8 Dimensions of Wellness offer a holistic approach to health, emphasizing that wellness involves more than just physical health, particularly for those recovering from mental health or substance use disorders.



Wellness is more than just physical health — it is a balanced combination of many aspects of life that work together to support overall well-being. The 8 Dimensions of Wellness provide a helpful framework for understanding how different areas of life influence mental, emotional, and physical health. For Veterans, focusing on these dimensions can help strengthen resilience, improve quality of life, and support successful transitions during and after military service.

## STAFF ANNIVERSARIES

**May:**

- Katie Shaffer (10)
- Linda Pavel (9)
- Natalie West (7)

**August:**

- Chase Shinnars (6)
- Harley Shock (4)
- Shannon Richardson (4)
- Sarah Hoffer (2)
- Beth Shaffer (1)
- Sabryn Camp (1)

**June:**

- Karen VonDeylen (8)
- Dashaun Davis (1)
- Bruce Jones (1)
- Charity Leady (1)

**September:**

- Jenny Hoeffel (14)
- Lauri Whiteford (14)
- Kim Vogel (2)

**July:**

- Dawn Miller (18)
- Misty Gomez (9)
- Chelsea Bunnell (8)
- Lisa Hudson (2)
- Ashlee Johnson (1)

**October:**

- Monica Lowe (5)

*Thank you*

## Managing Your Mental Health This Spring

As the days get longer and the weather begins to warm, spring is often seen as a time of renewal and fresh starts. While many people welcome this seasonal shift, it's important to recognize that spring can also bring unexpected challenges to our mental health.

### Why Spring Can Feel Overwhelming

After months of winter, spring can create pressure to feel happier, more productive, or "back to normal." For some, this shift can increase feelings of anxiety, stress, or even depression. Changes in routine, increased social expectations, and disrupted sleep patterns can all play a role.

For those who experience seasonal mood changes, spring can sometimes trigger irritability or restlessness rather than relief.

### Tips to Support Your Mental Well-Being

- **Ease Into Change:** You don't have to overhaul your life overnight. Start small, whether it's opening the windows, taking a short walk, or adjusting your routine gradually.
- **Get Outside:** Natural light and fresh air can have a powerful impact on mood. Even 10-15 minutes outside each day can help boost energy and improve overall well-being.
- **Stick to a Sleep Routine:** Longer daylight hours can throw off sleep schedules. Try to go to bed and wake up at consistent times to support your mental and physical health.
- **Manage Expectations:** It's okay if you don't feel instantly energized or motivated. Give yourself permission to move at your own pace without comparison.
- **Stay Connected:** Spring can bring more social opportunities, but connection does not have to mean overcommitting. Reach out to a friend, family member, or support system in ways that feel comfortable to you.
- **Prioritize Self-Care:** Simple habits like staying hydrated, eating balanced meals, and taking breaks can make a big difference in how you feel day to day.

*(continued on page5)*



MORE THAN  
**5,000**  
 STUDENTS

educated on the signs of depression and suicide and the importance of supportive adults through the Signs of Suicide program during the 2025-2026 school year!



## Managing Your Mental Health This Spring (continued)

### When to Seek Support

If you notice persistent feelings of sadness, anxiety, irritability, or difficulty managing daily responsibilities, you are not alone, and support is available.

Talking to a mental health professional can help you navigate seasonal changes and build strategies that work for you.

Spring doesn't have to mean pressure for a complete reset. Instead, think of it as an opportunity for gentle growth, small changes, and renewed focus on your well-being. Remember to take time to care for your mental wellness, connect with others, and seek support if you need it. Reaching out for help is a sign of strength, and no one has to navigate difficult times alone. Wishing you a happy, healthy, and hopeful spring season!

— Maumee Valley Guidance Center

### Donations:

Amvets Post 1991: \$1000  
Peace Corp donation: \$300  
NAMI Four County: Purchased participant books for Mental Health First Aid

