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The logo features a stylized starburst or snowflake shape composed of blue and purple geometric lines and circles.

# Greater Falls CONNECTIONS

*A Monthly Community Newsletter*

Volume 1 | July 2023



*On June 11, community members gathered at the train station to greet Amtrak passengers to share the town's PRIDE celebrations. Thanks to all of those who came out! It was a great event.*

## **Saying goodbye to Deb**

On June 1, Deb Witkus, who had been with GFC for about 13 years, transferred to HCRS to continue to focus more on her work with Intentional Peer Support. We are sad to see her go, but are happy that we'll still be able to partner through her work with Friends For Change and help to create a healthier community. We wish Deb the best of luck with her role and thank her for all her

## What are Adverse Childhood Experiences?



Adverse Childhood Experiences (ACEs) are one of the key indicators of future mental and physical health problems. Those with an ACE score at three or above are likely to face a number of challenges throughout their lives, which can include chronic health conditions (obesity and strokes); health risk behaviors (smoking and substance misuse); social outcomes (unemployment and lack of health insurance); and mental health conditions (depression and substance use disorder). ACEs can be passed down from generation to generation. For more information on ACEs, click [here](#).

## We have Narcan

GFC has received a new shipment of Narcan to share with community partners and residents. Having Narcan on hand can help people who are overdosing on an opioid. If you would like to get some Narcan, please reach out to Ginger at 802-463-9927 or [ginger@greaterfallsconnections.org](mailto:ginger@greaterfallsconnections.org). Residents can stop by the office located in Parks Place from 10 a.m. to 4 p.m., Monday to Friday. Please reach out to us if you or your organization are interested in receiving training on how to use Narcan. If you are currently experiencing an emergency situation, please call 9-1-1.

## New Facebook page for events

GFC created a new Facebook page to share information about upcoming events in the area. This is a great place to check out if you're looking for something to do. Please like the page so that you can see the amazing things going on in and around Bellows Falls. Click [here](#) to access the page.

## The Feed with GFC

Ginger and Neil recently appeared on The Feed, a local program on FACT-TV, to talk about the agency, upcoming events, and how you can become involved with GFC. You can watch the recording [here](#).

## Bellows Falls celebrated PRIDE month

For the first time, the Bellows Falls community celebrated PRIDE month in a huge way. There were events throughout June including classic LGBTQIA+ movies at the Bellows Falls Opera House, a whistlestop event with Amtrak, a banner in the downtown area, lights on the bridge, a T-Dance, display about Andrews Inn, and a dance party. It was fabulous getting to meet many members of the local LGBTQIA+ community and share lots of fun PRIDE swag with folks at the movie nights and dance. We look forward to creating and participating in more events like this as PRIDE is every day.



## Ready to give up smoking?

If your New Year's resolution to give up smoking or vaping is not going as well as you hoped, cessation classes can help get you going or stay on the path and provide support with patches, gum, and a teacher that understands the struggle. You can register for classes at

## Seeking responses for LGBTQIA+ survey

At Greater Falls Connections (GFC), we are here to work alongside LGBTQ+ folx and their allies to create a welcoming space in the Bellows Falls area. In order to do that, we need to know what the LGBTQ+ community needs and wants. Please fill out as much as you feel comfortable sharing. This survey is for members of the LGBTQ+ community in the Greater Rockingham area (including Bellows Falls, Rockingham, Saxton River, Athens, Westminster, and Grafton) and Springfield. The survey is open to LGBTQ+ folx of all ages. To take the survey, click [here](#).

## Make a donation to support our work

By donating to GFC you will help sustain our work throughout the Greater Bellows Falls area. We provide community building and substance use prevention for youth, young adults, and families. We work with community partners in Windham and Windsor counties, the schools, community members, and families. If you would like to help support us by becoming a GFC Guide, you can start a sustaining donorship today! To find out more or make a donation, click [here](#).



# UPCOMING EVENTS

## GFC Annual Meeting and Community Potluck BBQ planned

We will be holding our Annual Meeting and Community Potluck BBQ on **Monday, July 10, starting at 6 p.m.** at Parks Place (44 School St. in Bellows Falls). Everyone in the Windham Northeast Supervisory Union community who supports our work is invited to attend. Enjoy a marvelous array of food created by fellow community members, learn more about our organization, and vote during our annual meeting.

During the meeting, the director will give an overview of the past year and future plans, new and returning Advisory Board members will be voted on, and there will be a vote on the proposed changes to the vision, mission statement, and bylaws (check out the changes [here](#)). There will also be door prizes! For more information, call Ginger at 802-463-9927 ext. 212.

## Join us for a Chamber Mixer

Stop by Parks Place for a Great Falls Chamber of Commerce Mixer on **Thursday, Aug. 17, from 5:30-7 p.m.** Meet the new director and other new staff members as well as members of the

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more information, please reach out to Deb at the Chamber at 802-463-4280.



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