

PORTAGE PARK DISTRICT

Monthly Newsletter



The PORTAGE Hike and Bike Trail, Franklin Connector

November 3 | 2022

Greetings!

We'd like to take this opportunity to say thank you for sharing your feedback in the October newsletter! Many individuals took the time to vote for our trail name and offer suggestions in our Park Rx survey.

Don't forget to finish up your Spicebush hunt! We've extended the deadline for another week to give you time to finish this fun activity. As winter begins to approach, you'll find a mix of virtual and in-person programs to suit your nature needs. Find all programs on our [Things to Do page](#).

In the Parks

Park Rx Partners Help us Grow

In addition to offering recreation access and nature education, Portage Park District (PPD) is dedicated to offering programs and partnerships as a part of the [Community Health Improvement Plan \(CHIP\)](#) organized by Portage County Health District.

PPD partners with several local health partners to

offer programming that focuses on nature's ability to improve your overall health and wellness. Partners include: UH Portage Medical Center, Portage County Health District, Sequoia Wellness, KSU, and WildMed at NEOMED.

WILDMED Presents: What to pack in your First Aid Kit.

Join our next Park Rx program with partners from NEOMED's WildMed group on **November 5**. WildMed will talk about essential items to pack in your first aid kit and take a hike at Trail Lake.

[Register here.](#)

More great programming coming to Park Rx!

Hello! My name is Kayla Marker, I graduated from Kent State University in 2021 with a Bachelor's in Psychology and Criminology and Justice Studies with a minor in Forensic Anthropology. In December, I will graduate with my Master of Public Health. Since January 2019, I have worked with the Center for Public Policy and Health at Kent State University developing and implementing mental health training, programming, and more. I love being outdoors and visiting our parks which led me to volunteer with the Portage Park District helping to create programming for Park Rx. There is a great deal of research out there that supports the connection between being outdoors and its benefits on mental health. We have very exciting programs in the works, and I am very excited to share them with you!

Look for Park Rx self-guided hikes soon!



Check out our new Field Bags!

Portage Park District was recently gifted backpacks from the [Portage Park District Foundation](#).

These backpacks were used to create Field Bags for use by our education team. Field Bags feature activity guides and materials to allow patrons to explore and learn while they visit the park at their own pace. Currently, visitors are able to learn about insects or native birds by using the Field Bags during their visit. The Insect Field Bag sports

a magnifying glass, observation jar, and net, as well as activities to learn about the parts of an

insect. The Bird Field Bag utilizes child-sized binoculars, a field guide, and interactive exercises to help families engage with the wildlife at the parks. Look for our Park Pop-ups to check out a Field Bag and enhance your visit!

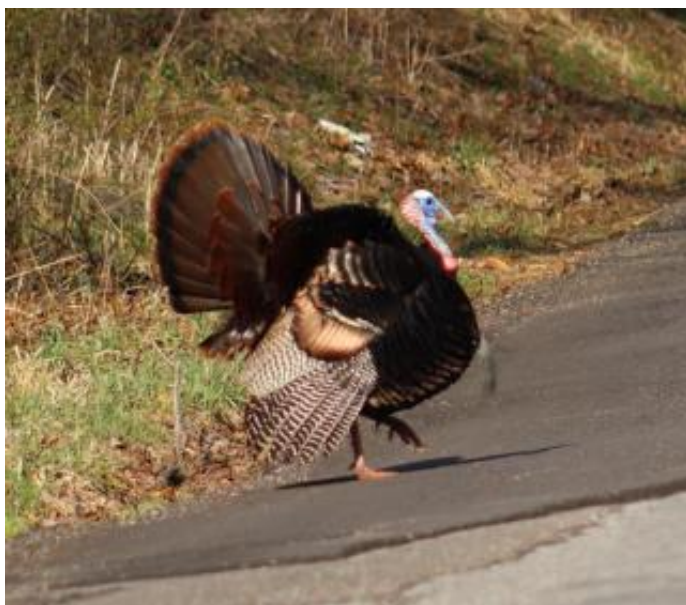
We have a Trail Name Winner!

Our new trail name at Dix Park is official! The **Bunting Trail** was named by YOU!

With a total of 129 votes out of 198 total votes, the Bunting Trail was the clear winner. Thank you for taking the time to help us name this wonderful new path!



Upcoming Programs



Wild About Turkeys (Virtual Program)

Our native wild turkey (*Meleagris gallopavo*) is a fun animal to spot when visiting your Portage Parks. Learn more about these large birds and their comeback as a species in Ohio. See why Ben Franklin thought they should be our national bird!

This virtual program allows you to join in from the comfort of your own home. [Register to receive a zoom link.](#)

Try our [self-guided hikes](#) at Trail Lake Park and Seneca Ponds!

All programs and events can be found on our [Things to Do page](#). Make sure you check out all the great ways to engage with nature!

Our education programs require registration - this helps us keep an optimal staff to participant ratio. Join us and learn about the natural world around us.

Upcoming Senior Hikes:
[Senior Hike - November 3](#)
[Senior Hike - November 17](#)

Visit our [YouTube channel](#).



Owlbert's Adventures: Hibernation Hype -

Have you ever wondered what our wildlife does to get through the winter? Children and families will engage in hands-on learning activities in our new Nature Play Area! This program is designed for children ages 3-6, parents/guardians and siblings are welcome to join in!

[Register here.](#)



WHC: Double Credit Hike -

Are you just getting started on your Wild Hikes Challenge? Almost finished, but would like to wrap it up before the snow flies? Then join us for a Double Credit Hike to count **two hikes for the price of one!** We will be hiking along the crushed limestone ADA Meadow Trail at Morgan Park, a staff and visitor favorite!

[Register here.](#)



Park Updates and FAQ-

Join Andrea Metzler and Becca Rodhe for live updates on YOUR Portage Parks! We will share park news and upcoming events, and answer your questions. Please register to receive a zoom link to participate from the comfort of your own home.

[Register here.](#)



Wild Hikes Challenge

Reward Pick-Ups

**11/3 Administrative
Offices**

**11/16 Administrative
Offices**

Register to attend

Wild Hikes Challenge

To participate, download your [Wild Hikes form](#), and complete hikes before December 31st to earn a hiking staff and/or a 2022 Wild Hikes medallion. Dogs can earn rewards too!

Wild Hikes reward pickups are scheduled for November. Visit our [Things to Do page](#) to register for these events.

Visit our website

