

HUDSON COMMUNITY FIRST NEWSLETTER



UPCOMING EVENTS

October 21

Meghan Barlow
McDowell
1:30 & 6:30pm

November 2

Ready, Set, Relax

November 3

Tanner Clark
HMS @ 7:00pm

November 12

Career Panel
HHS @ 7:00pm

December 5

Holiday Shoppe &
Community Craft Fair
10am – 1pm @ East Woods

February 18

Career Panel
HHS @ 7:00pm

February 23

Hudson Police Dpt
HMS @ 7:00pm

February 26

Toast to Hudson
Gala Fundraiser
Lake Forest Country Club
6:30pm

A LETTER FROM THE DIRECTORS

Welcome back to another school year! This year, Hudson Community First continues to focus on a question at the heart of many conversations: How can we be more connected to one another?

And when we say connected, we aren't talking about technology. We're talking about real, human-to-human connection. The kind that happens when we sit together, talk face to face, listen intentionally, enjoy a shared experience, and are fully present with one another.

Those connections are vital, particularly for young people. While fewer than half of U.S. high school students reported feeling close to people at school during the pandemic, researchers found students who did say they felt connected were significantly less likely to report poor mental health, persistent sadness or hopelessness, and suicidal thoughts or behaviors.

Connection matters.

It matters between parents and children, caregivers and children, students and their peers, teachers and students, and among the adults who surround and support our young people every day. That idea is at the core of Hudson Community First. Connection runs throughout the 40 Developmental Assets that guide our work. Assets such as family support, positive family communication, a caring school climate, adult role models, positive peer influence, youth programs, and bonding to school all have something fundamental in common: relationships.

This year, we want to be even more intentional about strengthening those relationships. Our 2026–2027 programming.... (continued)



A LETTER FROM THE DIRECTORS - CONTINUED

(continued) will create opportunities throughout the year to support the developmental assets that help young people feel known, supported and part of something larger than themselves. From bonding to school and positive adult role models to caring, service to others, responsibility, and reading for pleasure, each month's programming gives families another opportunity to strengthen the connections that help children thrive.

We're also excited to partner with the Hudson City School District in a new way by focusing on connectedness among district staff. When teachers, administrators and staff members feel connected to one another, supported by their colleagues and part of a strong community, that feeling ripples outward into classrooms, hallways and relationships with students.

Our goal is simple: more connected adults create more opportunities for connected kids, and connected kids are more likely to thrive.

Throughout this school year, we hope you'll join us in looking for small opportunities to connect. Put down the phone and have the conversation. Attend one of our events. Invite someone along. Ask the extra question. Listen to the answer. Get to know a teacher, a neighbor, another parent, or one of your child's friends.

Supporting our children doesn't necessarily happen through one big initiative....

It happens one connection at a time.

Warmly,

Jennifer Fisher & Laura Jones

Directors, Hudson Community First



**HUDSON
PRESCHOOL
PARENTS**

Friends of Hudson Parks (FOHP) is partnering with Hudson Community First and Hudson Preschool Parents to create a "Children's Guide to Hudson Parks." Please help us by completing this [SHORT SURVEY](#) with your child. By completing this survey, your child's name will be entered into a raffle to win a gift card to a local merchant!



EXECUTIVE BOARD

Marietta Marquart, President

Alisa Wright, Vice President &
Secretary

Lynn Krapf, Treasurer

CO-DIRECTORS

Jennifer Fisher
jfisher90@yahoo.com

Laura Jones
joneslau@windstream.net

VOLUNTEER BOARD

Looking to get more involved in the community? We are always happy to have more members as part of our volunteer board. Volunteer Board members assist with various events and programs throughout the year. Contact a director for more information.

Great Grape Escape

AN EVENING OF CONNECTIONS

At Hudson Community First, this year's focus on connectedness is about creating more opportunities for people to come together, strengthen relationships and feel part of the community around them. On September 30, the annual Great Grape Escape brought that theme to life with a sold-out evening at The Wine Mill.

Guests gathered for a relaxed night of conversation, live acoustic music, delicious food and, of course, wine. The Wine Mill served an impressive selection of small bites and an assortment of fall-inspired desserts. Four wine pairings were featured throughout the evening, with non-alcoholic options also available.

While the food and wine were certainly highlights, the heart of the evening was the opportunity to connect. Friends caught up, new conversations began and guests had a chance to simply enjoy being together in a warm and welcoming setting. In a season that can often feel busy and over-scheduled, evenings like this remind us how valuable it is to make time for genuine, face-to-face interaction.

Adding something new to this year's event, Lyd's Links was on-site offering permanent jewelry. Owner and HHS graduate Lydia Redd generously donated \$10 from every bracelet purchased back to Hudson Community First. We are grateful to Lydia for sharing her talents with our guests and for giving back to HCF in such a thoughtful way.

The always-popular raffle added another element of fun, with guests taking home Mah Jongg tiles, bottles of wine, gift cards, fall décor and more. Hudson Community First extends a special thank-you to Marietta Marquart, Katie Madio, Lisa Canterbury, Michele Bogniard, Kathy Sizemore, and Mary Beth Miller for generously donating raffle items.

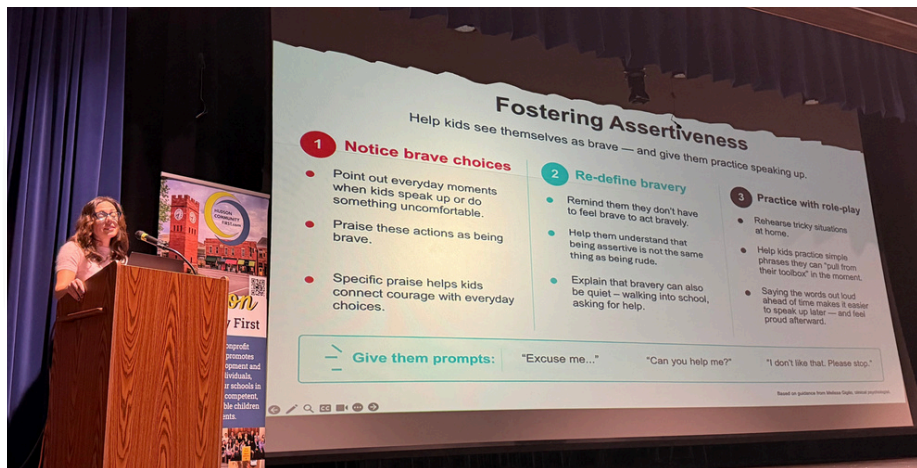
The Great Grape Escape is more than an evening out. It highlights adults coming together to create a caring neighborhood where community values youth. These are developmental assets of support and empowerment at work.

Thank you to everyone who joined us and helped make this year's Great Grape Escape such a special evening.



Speaker: Melinda Wenner Moyer

Science-Based Strategies for Raising Terrific Kids



On October 5, Hudson Community First welcomed science journalist and author Melinda Wenner Moyer for the first program in this year's Community of Care Speaker Series.

Her presentation explored a question many parents know well: How do we prepare our children for a world that can sometimes feel overwhelming without trying to protect them from every difficult experience?

Moyer shared that the idea for her book grew out of questions that were keeping her awake at night. Were her children resilient enough? How could she help them become critical thinkers? Was she letting them watch too much YouTube?

Those worries are familiar to many parents today. Moyer noted that parental anxiety is high, and when we are afraid for our children, our instincts often tell us to protect more, shelter more and control more. But that may not always be what children need.

As Moyer interviewed researchers across a wide range of fields, she began hearing remarkably similar messages about what helps children grow into capable, resilient and emotionally healthy adults. Sometimes, constructive parenting means knowing when to step in. Just as importantly, it means knowing when to step back.

Throughout the evening, Moyer organized those lessons around three simple ideas: **Listen. Prepare. Comfort.**

"Notice whose discomfort you are fixing!"

Listen More Than You Lecture: Before correcting, advising or persuading, get curious.

Moyer emphasized that one of the most powerful things parents can offer their children is the experience of truly being heard. Good listening begins with attention, but that does not always mean sitting face-to-face for a serious conversation. For some children, eye contact can feel intense. A conversation in the car, while taking a walk or while doing something together may make it easier for them to open up.

Listening also means showing that we are genuinely trying to understand. Ask follow-up questions. Reflect back what you are hearing. Resist the urge to immediately correct the facts or offer a solution.

The goal is not necessarily to agree with every interpretation. It is to communicate: **Your experience matters to me. Your perspective matters.** Sometimes the most productive response is simply another question.

Prepare More Than You Protect

One of Moyer's most reassuring messages was that mental health does not mean feeling happy all the time. Healthy children will experience disappointment, embarrassment, frustration, sadness, and fear. The goal is not to eliminate those emotions, but to help children develop the skills to navigate them. (continued)

(continued) And skills require practice.

Moyer described resilience as a kind of “mastery of one’s environment”. Children cannot develop that sense of mastery without opportunities to try things for themselves, struggle a little, solve problems, and discover that they can handle difficult situations.

Moyer encouraged parents to ask a different question: What will help my child become the adult I want them to be, not simply make this afternoon go more smoothly?

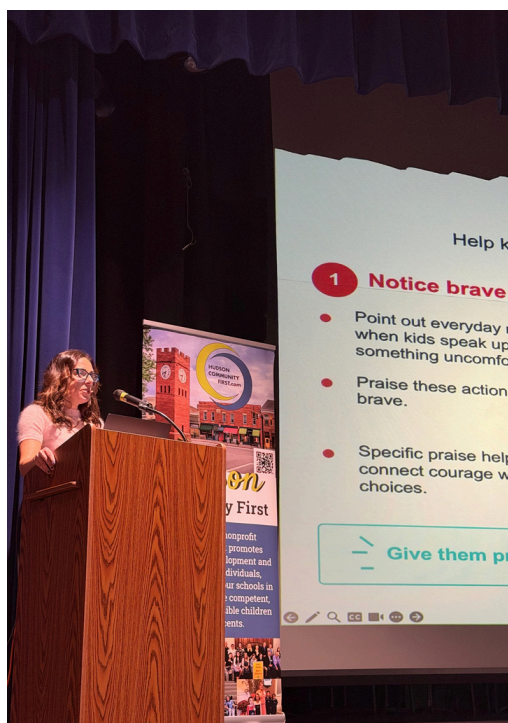
The message was simple: We cannot build resilience for our children. We can give them opportunities to build it themselves.

Comfort More Than You Chide

When children are upset, many of us instinctively try to make the feeling disappear. Moyer encouraged parents to resist the immediate urge to minimize, reassure or fix. Instead, begin by validating the emotion. Validation does not mean agreeing with everything a child believes, nor does it mean accepting inappropriate behavior. As Moyer put it, **feelings are welcome, but not all behaviors are welcome.**

The goal is to help children recognize what they are experiencing and learn that emotions, even uncomfortable ones, can be managed. Learning to recognize emotions also has benefits beyond self-regulation. Children who better understand their own feelings can become more compassionate toward what others may be experiencing.

Moyer also encouraged parents to teach **self-compassion**, particularly when children are disappointed in themselves. Self-compassion does not mean making excuses or avoiding responsibility. It means responding to yourself with the same humanity you might offer a friend.



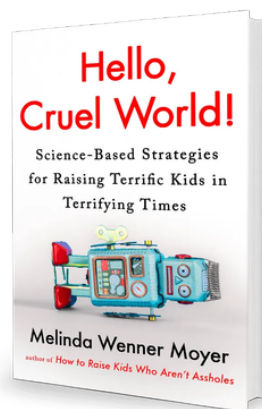
She offered three simple steps: 1) Notice; 2) Normalize; and 3) Be Kind.

Parents need that same compassion. Children are always watching how adults respond to their own mistakes and struggles. If they constantly hear us criticizing ourselves, they may learn to do the same.

In fact, Moyer shared that conflict followed by healthy repair can strengthen relationships. Strong families are not families without mistakes or disagreements. They are families that know how to reconnect afterward.

Parenting in a complex world can make it feel as though we should always be doing more to protect our children. Moyer’s message offered another possibility. Sometimes the most powerful thing we can do is listen closely, step back long enough for our children to discover what they can handle, and remind them that difficult feelings and imperfect moments are not signs that something has gone wrong.

They are part of growing up.



**Pick up
Moyer’s books
at The Learned
Owl!**





Feed Your Inner Hippie.™

READY, SET, RELAX PHOTO CONTEST!

November 2 is Ready, Set, Relax, a day with no homework and no school activities, giving Hudson families intentional time to slow down and enjoy being together.

Hudson Community First wants to see how your family spends the day! Snap a photo of your kids or family enjoying Ready, Set, Relax and add it to the comments on our November 2 Facebook post for a chance to win a \$25 Peace, Love and Little Donuts gift card.

Jennifer and Laura will draw a winner on Tuesday, November 3, and the winner will be announced on Facebook. We can't wait to see how Hudson families relax, reconnect and enjoy the day together!



WORLD SMILE DAY STARTED WITH A TUNE!



What better way to begin the morning than with school spirit and exceptional music?

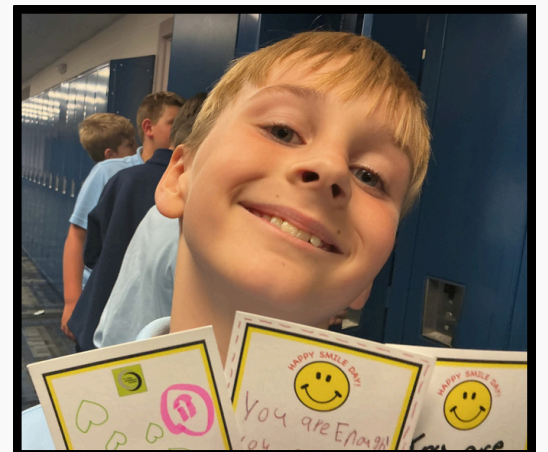
On World Smile Day, the morning routine at Hudson Middle School was transformed into an energetic celebration thanks to the incredible talents of our 8th grade and HHS band students. Their performances brought a fantastic wave of energy to the entire school campus, setting a vibrant tone for the day ahead.

In addition to the wonderful music, students received a special morning greeting from representatives of the HCF and their Youth Board, who were on campus to welcome everyone with enthusiastic smiles and help kick off the day on an incredibly positive note.

This spirit of joy spread across other local campuses as well. At Hudson Montessori, learners were greeted with welcoming smiles by WRA students. Meanwhile, at Seton Catholic, World Smile Day was marked by providing smiley face notecards to fourth-grade students, who wrote heartfelt affirmation notes to encourage their peers.

HCF Youth Board truly made the day special by visiting several schools throughout Hudson distributing smiley face bookmarks, stickers, and balloons.

To conclude the celebration, cake was provided to all schools as a gesture of appreciation for their ongoing support.



BRINGING THE ENERGY: JIM "BASKETBALL" JONES INSPIRES OUR EXPLORERS & CRUSADERS

The energy at EWIS & Seton was electric recently as the Explorers and Crusaders welcomed acclaimed motivational speaker and author Jim "Basketball" Jones for a high-octane, interactive school assembly! Known across the country for his dynamic presentation style, Jim brought a powerful blend of inspiration, joy and practical life lessons directly to our students.

Jim is not your typical guest speaker. Utilizing music, dance and a captivating array of basketball tricks, he kept the entire room completely engaged while weaving in vital messages about character and mindset. His unique "whole brain" approach focuses on teaching core values like perseverance, kindness and hard work, helping students understand that obstacles are just opportunities to grow. Drawing from his own personal journey of overcoming learning adversities as a child, Jim shared a deeply resonant message with our students: failure isn't the end—it's just a stepping stone to success.

It was an unforgettable day that left both students and staff feeling incredibly motivated. A huge thank you to Jim "Basketball" Jones for bringing such meaningful inspiration and spirit to our school community! You can learn more about his programs and books by visiting the official [Jim Basketball Jones Website](https://www.jimbasketballjones.com).



A MAGICAL "HOCUS POCUS" NIGHT AT FIRST & MAIN GREEN



A huge shout-out to the **Hudson Community First Youth Board**, who was out in full force collaborating into making this Screen on the Green event an absolute success!

The First & Main Green was buzzing with activity, and our incredible youth volunteers helped to bring the magic to life for local families. They dedicated their time and energy to running a Hocus Pocus-themed scavenger hunt, doing face painting, leading games, and engaging beautifully with our community.

Thank you **Youth Board** for your hard work, leadership, and fantastic community spirit—you truly made it a night to remember!



WHAT CHANGES WHEN YOU TURN 18?

On October 1, Judge Lisa Coates spoke with Western Reserve Academy seniors about the rights and responsibilities that come with becoming a legal adult.

Students learned about voting, jury service, contracts, renting, credit, employment and driving laws, along with the legal consequences of underage drinking, fake IDs, distracted driving, and OVI offenses.

Judge Coates stressed the importance of thinking before you act and reminded students that some choices can have lasting consequences, especially in the age of social media.

The presentation gave seniors practical, real-world guidance as they prepare for greater independence after high school.



Judge Lisa Coates
Stow Municipal Court



**DON'T FORGET TO MARK
YOUR CALENDARS FOR
THESE UPCOMING
EVENTS! HOPE TO SEE
YOU THERE!**



STUDENTS AND PARENTS ARE INVITED

CareerPANEL

THURSDAY, NOVEMBER 12 • 7:00 P.M.
HUDSON HIGH SCHOOL MEDIA CENTER

ENGINEERING ✓	FRANK SWETERLITSCH Automation Engineering Manager Swagelok HHS Class of 2009
FASHION DESIGN & MERCHANDISING ✓	JENNY SMAS Private Label Design & Packaging Lead Crest Mills HHS Class of 2003
INSURANCE EXECUTIVE ✓	CHRIS MIKOLAY Senior Vice President National Interstate Insurance Company HHS Class of 1995
LAWYER ✓	ALEXANDRA WRIGHT Associate Roetzel & Andress HHS Class of 2016
NON-PROFIT MANAGEMENT ✓	BRIAN BATTAGLIA Director, Skilled Trades Education Program Great Trail Council, Scouting America HHS Class of 1994



Hudson Community First is a nonprofit organization that promotes positive youth development.
Visit our website at
www.hudsoncommunityfirst.com





Community OF CARE



More Info

WEDNESDAY, OCTOBER 21ST @ 1:30 PM OR 6:30 PM
MCDOWELL EARLY LEARNING SCHOOL

Growing Friendships:

Understanding and Supporting Young Children's Social Development

Friendships are an important part of early childhood, but young students are just learning what it means to be a friend. This talk will help parents understand:

- the typical development of young friendships
- which qualities and skills help children to make and keep friends
- how to help their children navigate social challenges

Dr. Barlow will explore:

- how friendships develop in preschool and kindergarten
- the types of conflict frequently seen in early elementary school friendships
- common strategies for resolving conflicts at this age

Dr. Barlow will discuss how individual factors like a child's ability to self-regulate impacts their social skills and what parents can do to help them improve these skills. Further, Dr. Barlow will offer parents guidance regarding their role in helping their children navigate friendships including when to step in and help solve the problem and when to step back.



Meghan Barlow, Ph.D. is a founding member of Barlow & Adams Behavioral Health where she is passionate about providing excellent clinical care to children and adolescents who are experiencing emotional, behavioral, or developmental challenges. Meghan uses a cognitive behavioral approach to therapy and a variety of evidence based therapeutic interventions in treatment. She presents regularly to professionals and parents on topics including ASD, anxiety, and behavior problems.

Community Partners



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All HCF programming is funded through our annual fundraiser and personal donations. We invite you to donate TODAY.





Community OF CARE



More Info

TUESDAY, NOVEMBER 3 @ 7:00 PM HUDSON MIDDLE SCHOOL HOW "ONE SECOND OF STRENGTH" CAN HELP YOU BE A BETTER PARENT

Nationally recognized motivational speaker Tanner Clark inspires and encourages parents to better connect with their children by finding their "One Second of Strength" to help overcome distractions that keep us from a life of satisfaction and happiness. He provides specific guidance on how to be a more present parent, the importance of face-to-face connections and how to help your child recognize their value and reach their inner potential.



Tanner Clark has spent nearly 10 years working with young people and teens, learning from them and helping them feel loved and valued. Tanner has spoken to thousands of students about finding their "One Second of Strength" to help them set aside their digital devices, reconnect in real life, and embrace their self-worth to reclaim their happiness. A featured guest on news programs and podcasts, he is a TEDx speaker and the host of the "One Second of Strength" Podcast.

Community Partners



HUDSON | MONTESSORI
SCHOOL



Seton
Catholic
School



WRA



STATE OF MIND
HUDSON

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CLEVELAND ELECTRIC LABORATORIES
Thermocouples & Sensing Solutions since 1920