



Imperial Moth\_ Eacles imperialis



# Portage Park District

August 2019 Newsletter

## Training opportunity

### iNaturalist Training Workshop

Portage Park District hit a big milestone this summer! We surpassed **1,000 documented species** listed in iNaturalist. What's iNaturalist, you ask? It's a smartphone nature app that connects over 750,000 scientists and naturalists worldwide to record and share plants and animals around us.



Join us in September to learn how to record and share your observations while visiting our park properties. The data that you collect can help us better understand what is living in our parks and can help you learn more about our natural world!

**iNaturalist Workshop - September 18, 6:30-7:30 p.m.**  
2241 Ravenna Rd. (just before Towner's Woods)  
Kent, OH 44240

[Register here](#)

Please download the app on your smartphone before arriving at the workshop.

[IPHONE - App Store](#)  
[ANDROID - Google Play](#)

[Green Portage](#)

## This Issue

[Training Opportunity](#)

[Green Portage](#)

[Things to do](#)

## Upcoming programs

### Lichen Walk

Sept 4, 6-7:30 p.m.

### Brimfest Parade

Sept 14, 9-11 a.m.  
Volunteer hikers needed

### iNaturalist Workshop

Sept 18, 6:30-7:30 p.m.

### Ravenna Balloon A-Fair

Sept 21, 7:30-10:30 a.m.  
Volunteer hikers needed

Register for events and programs [here](#).

Click the image below to visit our website to download a program flyer.

## Park Rx creates connections with people and nature

**Author: Andrea Metzler, Public Engagement Coordinator**

For many, spending time in nature can be just what the doctor ordered. This spring, I learned just how important it was to help our community members make connections and encourage one another to spend more time outdoors. Many are aware that it would be beneficial to our mental and physical health to be more active, but some find it hard to carve out the time. In fact, studies are proving that time in nature will help a person in several ways. In a study published June 2019, it was noted that those people who spent

**at least 120 minutes a week in nature saw a boost in their physical and mental health** (White, Mathew P.

(2019) Spending at least 120 minutes a week in nature is associated with good health and wellbeing). "Spending time in, or living close to, natural green spaces is associated with diverse and significant health benefits. It reduces the risk of type II diabetes, cardiovascular disease, premature death, and preterm birth, and increases sleep duration." (University of East Anglia. "It's official -- spending time outside is good for you."

ScienceDaily. ScienceDaily, 6 July 2018.)



This is where the Portage Park District Park Rx program comes in. The program is a "prescription for health", engaging participants in new ways to spend time outside and learn more about healthy lifestyles. [Read more here.](#)

### Things to do

#### August activities

As we gear up for our Fall program calendar, we don't want to forget all the great programs occurring in August. Here are just a few highlights:

#### August 8, 6-7:30 p.m. - Stream Exploration

Join Jen and discover some of the amazing organisms living in a high quality headwater stream. [Register here](#)

#### August 18, 10 a.m.-12 p.m. - Butterfly Hike with Cleveland Museum of Natural History

Judy Semroc and Larry Rosche from Cleveland Museum of Natural History will identify and teach us about our native butterflies. [Register here](#)



Please register for events at portageparkdistrict.org or call 330-297-7728

**PORTAGE PARK DISTRICT**

### Upcoming events

#### Volunteer Orientation

August 7, 5:30 p.m.  
Anyone interested in volunteering is encouraged to attend this one hour orientation.

[Register here..](#)

#### Like us on Facebook



#### Follow on Twitter



## **August 21, 6-7 p.m. - Wild Hike Wednesday**

Wander through the park to observe and discover the natural treasures along this limestone trail. Meet in the parking lot. [Register here](#)

## **August 27, 6-7:30 p.m. - Summer Insect & Wildflower Walk**

Join us for a closer look at our pollinating neighbors and their favorite foods. Nets and observation containers will be available for use. All collected insects will be released.

[Register here](#)

## **Wild Hikes Challenge 2019 - Year of the Pollinators**

This year, we celebrate pollinators for the essential role they play in supporting life, and recognize the need to promote pollinator health across the landscape.



To participate, just walk, hike, skip, jog, run or stroll on 8 of the following trails before December 31st to earn a hiking staff (1st year) and/or a 2019 Wild Hikes medallion. Forms can be downloaded [here](#).

Portage Park District | 330-297-7728 | [admin@portageparkdistrict.org](mailto:admin@portageparkdistrict.org) |  
705 Oakwood Street, Suite G-4 | Ravenna, OH 44266

Visit our website | [portageparkdistrict.org](http://portageparkdistrict.org)

Copyright © 2017. All Rights Reserved.