

The Wayne County Partnership

Issue # 126

May 2, 2024



The next meeting of the Partnership is Wednesday, May 8, 2024, from 9 am until 12 pm at the **WFL-BOCES Conference Center** (131 Drumlin Court, Newark).

For the past few months, we have been identifying and collecting information on formal practices our Partners employ to address the needs of the people we serve. We now have a good-sized list and we will begin the work of analyzing and assessing those practices to see what is working well, what has not worked well, and what we can learn from each other's experiences.

It is very important that ***your agency*** has a voice in this conversation!

Please let us know that you are coming by **registering here**. The list of registrants is used to generate the pre-filled sign-in sheets, so by registering in advance, you save yourself a lot of time at the check-in table!



WARE Presents Anti-Racism Workshop for Educators

**Anti-Racism Educational Change Workshop
August 19-23, 2024**

Instructors:

- **Jim Wood, Ed.D.** (Founding member and former President of WARE)
- **Minister Earl Greene** (Director of Racial and Social Justice, Family Engagement & Equity at the University of Rochester Medical Center / Children's Institute of Rochester and current President of WARE)
- **Danielle Ohlson** (English and Multicultural Studies teacher, Newark High School)

Email: [Jim Wood](mailto:Jim.Wood@ware.org) **Phone:** 585-967-8687

Workshop Meeting Time: Monday, Aug. 19 - Thursday, Aug. 22, 2024, from 8:00 AM to 4:00 PM. and Friday, Aug. 23, 2024, from 8:00 AM to noon.

Location: TBD

Workshop Goal: This course follows a job-imbedded model for improvement and change. The goal is for each participant to finish the workshop with a framework for an implementable plan to challenge elements of institutional racism within their locus of control be it classroom, school, or district. There will be follow-up sessions during the 2024-2025 school year to discuss progress on participants' plans. The meeting dates for the follow-up sessions will be mutually scheduled by the last day of the workshop on August 23, 2024.

Workshop Overview: The **Anti-Racism Educational Change Workshop** is designed to provide an opportunity for practicing teachers, administrators, and staff members to broaden their understanding of how structural, institutional, and individual racism operates

in schools and society. The workshop will:

- Provide an historical review of how racism has operated in our nation and schools.
- Provide an historical review of how racism has impacted non-White students in schools.
- Show examples of how oppressed people in America have grappled with racism and consistently succeeded in our nation and schools.
- Review and analyze challenges that non-White students experience in schools today.
- Explore techniques schools and teachers employ to develop institutional cultures where quality race relations exist, and students of color and their peers thrive.
- Develop participants' skills in negotiating cultures other than their own.
- Build participants' capacities to facilitate conversations on racial justice.

The goal of the workshop is for each participant to develop implementable anti-racism instructional lessons and activities to challenge elements of institutional racism within their locus of control.

The workshop is part of WARE's *Anti-racism Professional Development Project*.



Master Gardener **PLANT SALE Saturday, May 11th**
8:30 am to 11:30 am

Plants are from local nurseries & Master Gardeners' private collections:

- ☑ Vegetables
- ☑ Herbs
- ☑ Perennials/Annuals
- ☑ Woody plants.
- ☑ Priced to sell quickly

Cornell Cooperative Extension
1581 Rt. 88 N.
Newark, NY 14513
www.ccewayne.org

Quantities are limited and not for resale.
Proceeds support the Wayne County Cornell Cooperative Extension Community Horticulture Program.

CCE Wayne is hosting a pancake breakfast 8:30 - 11:00 am (4-H) and **plant sale** 8:30 - 11:30 am (Master Gardeners) on May 11. The breakfast is \$12 at the door or \$10 pre-sale. Contact **Ryan Kincaid** for tickets.



Well, THAT Was Embarrassing!

As many of you know, the Partnership launched **our new website** at the beginning of this year. Along with the new layout and improved functionality, changes also came to some of our fundamental processes.

Like subscribing to this newsletter....

So, if you signed up to receive this newsletter weeks (or months) ago, and this is the first issue you're seeing, I apologize for the delay. Welcome to our readership! We're so glad you're here!

Never take anything for granted. Especially where a new website is involved!

Submit your items for this newsletter at **www.waynepartnership.org/newsletter**. It's easy!



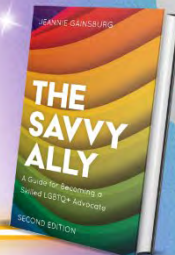
CCE Wayne is hosting Gardening and Cooking Camp July 22-26. [Click here](#) for more information.

LETS TAKE THINGS BACK TO...

SQUARE ONE

a group facilitated by Family Counseling Service of the Finger Lakes.

WITH



GUEST ✦ JEANNIE GAINSBURG

award-winning educational trainer and consultant in the field of LGBTQ+ inclusion and effective allyship

MAY 7TH | 5:30PM

GENEVA PUBLIC LIBRARY

244 MAIN ST, GENEVA, NY 14456



Family Counseling Services of the Finger Lakes bring you an evening of inclusion and effective allyship.

MAY 2024

YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



VOLUME 27

IN THIS ISSUE:

Newsletter Survey

Note from the Nurse's Office

PRINTABLE-
Mental Health
Resources

The Emotion and
Feeling Wheel

Talking to Kids
about a Cancer
Diagnosis

Nutrition and
Stress



This newsletter is now 2 years old! Thank you for your readership and for sharing! How are we doing? **Please help us** by completing this short survey: <https://forms.gle/cvuFo7Pvkxwmh3fu5>



Mental Health & Emotional Wellness Issue



This newsletter is all about HEALTH- and that includes our mental health and emotional wellbeing. This issue is intended to provide both preventative health advice as well as information about crisis services.

Want to try something recommended by one of our YHM content creators? Try the 20-minute Meditation video link above.

A Note from the Nurse's Office:

The Mind/Body Connection



Emotional wellness is a key component of overall well-being and happiness. One important aspect of nurturing emotional wellness is by prioritizing self-care and looking after your body. This includes getting enough rest, eating nutritious foods, engaging in regular physical activity, and practicing mindfulness. When you take care of your body, you are also taking care of your mind and emotions. Remember, self-care is not selfish; it is essential for maintaining a healthy balance in your life. By making small, positive changes to your lifestyle, you can enhance your emotional wellness and cultivate a greater sense of inner peace and contentment.

For more information, visit:

<https://states.aarp.org/arizona/improve-your-mental-health-with-these-outdoor-activities>



The May issue of the *Your Health Matters* Newsletter is out. [Click here](#), or on the image above to view it.

**More Than Sad
(Parent or Educator)**

Teaches parents and educators how to recognize signs of depression and other mental health problems, initiate a conversation about mental health with their child, and get help. This program focuses on parents and guardians of teen youth.

- Offered in-person or virtual
- 90 minute course
- Specific to parents or educators

**WBHN
FREE WAYNE COUNTY
COMMUNITY TRAININGS**

To request a training:
<https://forms.gle/JRghDDPRBhBwdLR5A>

Adult Mental Health First Aid

Teaches participants how to identify, understand and respond to signs and symptoms of mental health challenges and substance use disorders.

- Offered in-person or blended
- 8 hour course
- Open to anyone

Suicide Safety for Teachers and School Staff

Emphasis is on recognizing warning signs, clarifying the referral process in place at school, and making a warm handoff.

- Offered in-person or virtual
- 60-90 minute course
- Specific to school staff

Naloxone Training

This course will teach you how to recognize the signs of an opioid overdose and administer the opioid overdose reversal drug Naloxone.

- Offered in-person
- 30-45 minute course (group), 15 minute course (individual)
- Open to individuals 18+

It's Real: Teens and Mental Health

The program raises awareness about mental health issues, how to start a conversation about mental health, the importance of self-care, and how to reach out for help.

- Offered in-person or virtual
- 45 minute course
- Specific to teens 14-18

**Talk Saves Lives
(Community or Workplace)**

Introduction to Suicide Prevention is a community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide.

- Offered in-person
- 45-60 minute course
- Open to anyone

Operation S.A.V.E.

This course that will help you act with care and compassion if you come across a Veteran who is in crisis or having thoughts of suicide.

- Offered in-person or virtual
- 45 - 60 minute course
- For anyone who knows a Veteran

To KICK-OFF Mental Health Awareness Month, **Public Health** in partnership with **Wayne Behavioral Health** and **US Department of Veterans Affairs** are pleased to share a list of current mental health trainings available FREE to the Wayne County Community! If you, your group or workplace are interested in having us provide a training, complete the form. Click on the image above to download a printable flyer. Scan the QR Code, or visit : <https://forms.gle/JRghDDPRBhBwdLR5A> to request a training.



*** UPDATED 04/19/2024 ***

*** SITE CHANGED MAY 15 ***

Foodlink and the Wayne County Partnership bring you the following 2024 food distribution events:

April

30 (Tues.) Shady Brook Plaza, 4500 NYS Route 414, Rose

May

3 (Fri.) Huron Town Barns, 10880 Lummisville Road, Huron

10 (Fri.) Clyde Fire Department, 15 Ford Street, Clyde

15 (Wed.) **BOCES PTECH/Career Creations Campus, 1000 Technology Parkway (former Sarah Coventry buildings), Newark**

29 (Wed.) Walworth Town Complex, 3600 Lorraine Drive, Walworth

June

7 (Fri.) Myers Hospital Campus, 6992 Middle Road, Sodus

10 (Mon.) Savannah Fire Department, 1770 NYS Route 89, Savannah

17 (Mon.) Williamson Town Park, 3773 Eddy Road, Williamson

Free and open to all Wayne County Residents.

Pre-registration not required.

10:00 AM until food gone.

**PLEASE DO NOT ARRIVE AT THE
SITE BEFORE 9:15 AM**

Due to a parking lot resurfacing project at the WFL BOCES Conference Center in May, they will be unable to host our Pop Up Pantry on the 15th. We are, therefore, relocating to the **WFL BOCES PTECH/Career Creations Campus** at 1000 Technology Parkway in Newark. Please spread the word to your staff and clients and replace any old flyers with the one found in the image above.

Or visit www.waynepartnership.org/food for complete information, including volunteer opportunities, promotional materials, or food distributions in Wayne County run by entities other than the Partnership.

We are currently scheduling locations for the remainder of 2024. Stay tuned for the new schedule!

Partner Spotlight



Cornell Cooperative Extension of Wayne County Community Horticulture Program Services:

- Cornell Cooperative Extension of Wayne County Garden, Lawn, and Home landscapes monthly tips and upcoming events online newsletter. Those interested can [email us](#) to sign up to receive our e-newsletter.
- Gardening Hotline: During the growing season (April- end of October) Master Gardeners are in the office on Tuesdays and Fridays from 9 a.m. to noon for questions, to look at plant and insect samples, and for soil pH testing. Nov. 1st – end of March, we respond to questions left on our voicemail or emailed to us. People can [email questions](#) to: or leave a message on our voicemail (315) 331-8415, ext. 107
- Plant and insect samples can be brought to our office (1581 Rte. 88 North, Newark), M-F from 8:30 a.m. to 4:30 p.m. Insects should be submitted in a clean plastic container (so they won't get crushed) and plant samples in sealed plastic bags. Containers should be labeled with the client name and daytime phone number. This service is free.
- Soil Testing: Our Master Gardeners complete soil pH testing for \$3.00 per sample. We also provide soil nutrient test submission forms and instructions and can assist with completing the forms and with soil test result interpretation.
- Horticultural Presentations: Available to groups of 10 or more in Wayne County. For information on topics or to schedule a presentation, [contact us](#).
- Community and School Garden Liaison Project: We provide troubleshooting for plant problems, guidance for planting and maintenance, and seeds/plants, when available, to participating sites. Please contact us for more information.

The Partnership Is:

Arc Wayne • Catholic Charities of the Finger Lakes • Child Care Council, Inc.
Clyde-Savannah CSD • Common Ground Health • Cornell Cooperative Extension
Council on Alcoholism and Addictions of the Finger Lakes • Delphi Rise • Evalumetrics Research
Family Counseling Services of the Finger Lakes • Family Promise of Wayne County
Fidelis Care • Finger Lakes Community Action • Finger Lakes Community College
Finger Lakes Community Health • Finger Lakes Community Schools
Finger Lakes Problem Gambling Resource Center • Finger Lakes Workforce Investment Board • FLACRA
Gananda Schools • Literacy Volunteers of Wayne County • Lyons CSD • Marlon CSD
Mid-West Family and Community Engagement Centers • Newark CSD • Newark-Wayne Hospital
North Rose-Wolcott CSD • OWWL Library System • Palmyra-Macedon CSD • Person Centered Services
Real Life Counseling • Red Creek CSD • Salvation Army of Geneva and the Finger Lakes
Scarlet Thread Ministries • Sodus CSD • Survivor Advocacy Center of the Finger Lakes
United Way of Greater Rochester and the Finger Lakes • Wayne Action for Racial Equality
Wayne Behavioral Health Network • Wayne CSD • Wayne County Board of Supervisors
Wayne County Dept. of Aging & Youth • Wayne County Dept. of Social Services
Wayne County Pre-Trial Services • Wayne County Public Health • Wayne County Rural Health Network
Wayne-Finger Lakes BOCES • Wayne M.O.S.T. • Williamson CSD • Youth Advocate Program



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