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# The Wayne County Partnership

Issue # 109

May 4, 2023



**FLX PRIDE**

SATURDAY JUNE 10TH 12P-8P  
35 LAKE FRONT DR, GENEVA, NY 14456

FOR MORE INFORMATION  
CONTACT [LGBTQ@FCSFL.ORG](mailto:LGBTQ@FCSFL.ORG)



**FLX Pride** is back IN-PERSON this year! We're bringing back everything you've missed from FLX Pride these past few years. Want to get involved in Pride Planning? Reach out to [lgbtq@fcsfl.org](mailto:lgbtq@fcsfl.org)!

[Click here for a Vendor Application](#)

[Click here for a Sponsorship Packet](#)

**2023 Let's Talk About Health**  
**Caring for Older Adults in Rural New York**



*A VIRTUAL CONFERENCE FOR HEALTHCARE PROFESSIONALS AND CAREGIVERS*



Please join us for our  
**VIRTUAL CONFERENCE FOR  
 HEALTHCARE PROFESSIONALS  
 & CAREGIVERS**

Don't miss out on this special event!

**Friday, May 19<sup>th</sup> - 8:30am-3:45pm**

Deluxe swag bag mailed to first 100 people who register and attend.

**COST**

\$10 for those who register for Continuing Education Units (CMEs, CEUs). **FREE to all others!**



For more information, contact:  
**tsblasio@alz.org** or call **585-358-4953**

Conference information/registration can  
 be found at link below or scan code:

<https://cvent.me/IL8kEB>



This program is sponsored in part by grants from the NY State Department of Health and HRSA Health Resources and Services Administration

Co-sponsored by:



**2023 Let's Talk About Health: Caring for Seniors in Rural New York**

Online via Zoom

May 19, 2023 8:30 AM-3:45 PM

This activity is jointly planned and hosted by the **Finger Lakes Geriatric Education**

**Center, The Alzheimer's Association Rochester/Finger Lakes Chapter, Ithaca College Gerontology Institute, Lifespan of Greater Rochester, and the Western New York Rural Area Health Education Center (WNY R-AHEC).** All organizations receive funding from HRSA, have specified a rural focus to our educational programs, and have provided input on the agenda, speakers, promotional materials and format  
At the conclusion of this activity, participants should be able to:

- Identify health insurance options for non-citizens in rural areas
- Describe three types of social connection that impact health in later life
- List three ways ageism impacts health of older adults in rural areas and ways to prevent it

**ACCREDITATION:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Rochester School of Medicine and Dentistry and the Alzheimer's Association, Ithaca College Gerontology Institute, Lifespan of Greater Rochester and WNY Rural Health Education Center. The University of Rochester School of Medicine and Dentistry is accredited by the ACCME to provide continuing medical education for physicians.

**CERTIFICATION:** The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 5.75 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

New York State Social Work Continuing Education University of Rochester Medical Center, Center for Experiential Learning is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0005.

This course has been approved for 5.75 contact hours.

Attendance for the full day is required (no partial credit can be awarded).

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ATTENTION WAYNE COUNTY PARENTS! YOU'RE INVITED!




JOIN US ON THURSDAYS  
FROM 10AM-12 NOON  
PARK PRESBYTERIAN CHURCH  
110 MAPLE COURT,  
NEWARK, NY 14513

MEET WITH CERTIFIED LACTATION COUNSELORS  
WHO SUPPORT FEEDING CHOICES!  
MEET OTHER PARENTS AND SOCIALIZE! SNACKS PROVIDED!

FOR MORE INFORMATION, PLEASE CONTACT  
KYRA YON: 315-907-2991 OR SUSAN SHEETS: 315-946-5686




An outreach of Healthy Families of Wayne County,  
Finger Lakes Community Action a division of WCAP, Inc.

**Babies Etc.** formerly Baby Café, is up and running to help families with breastfeeding and other feeding choices. Also, this is a time to socialize with other parents of babies and for the sharing of information. Snacks are always a must!



**Finger Lakes Coalition of Farmworker Serving Agencies  
Outreach Worker Conference**

**Tuesday, June 6, 2023  
8:30 a.m. – 3:30 p.m.  
Belhurst Castle  
4069 West Lake Road  
Geneva, NY 14456**

**This year's conference includes sessions on the following topics:**

Farmworker Labor Benefits  
New York State Fair Labor Practices  
Situation at the Northern Border  
Shared Perspective from a Former Farmworker  
Healthcare for Aging Agricultural Workers  
Issues & Rights on Farmworker Housing  
Agency Breakout Session  
Brief Presentations by Coalition Agencies  
Networking Lunch

**Who should attend this training:**

- New agency staff, as well as seasonal and veteran outreach workers.
- Anyone interested in networking with other agencies that serve with farmworkers.
- Organizations that have contact with the farmworker population and need more information about community resources.

**What you will learn:**

- Insights into conducting effective outreach to farmworkers and growers.
- Presentations on current issues affecting farmworkers.
- The wide variety of services available to migrant & seasonal farmworkers in the region.

**Registration fee \$40.00**

**Lunch and refreshments included**

*The mission of the Finger Lakes Coalition of Farmworker Serving Agencies is to facilitate information exchange, advocacy, and collaboration among agencies that serve agricultural workers, assisting this population in overcoming barriers to services.*

Registration is now open for the annual **Outreach Worker Conference** hosted by the **Finger Lakes Coalition of Farmworker Serving Agencies** at Belhurst Castle in Geneva on June 6th. Information about the event is available on the registration form. The cost for attendance this year is \$40.

**Coming in May:**

May 10 - Full Partnership Meeting & Rural Mental Health Symposium, 9 am - 1 pm  
May 18 - Family & Community Workgroup, 10 - 11 am



May 25 - Wayne Wellness Workgroup, 2:30 - 3:30 pm


MEDQUEST CAMP

## ROCHESTER REGIONAL HEALTH

Newark-Wayne Community Hospital

# Newark-Wayne Community Hospital's 2023 MedQuest Camp

**Registration fee: \$25.00**




Offered to incoming 9th through 12th grade students

Newark-Wayne Community Hospital is offering a day camp for High School students to experience the opportunities available in healthcare. If you enjoy math and science, come and have fun while learning through one-on-one and hands-on activities overseen by a variety of health care professionals from your community!

By spending the day at Newark-Wayne Community Hospital & DeMay Living Center students can see how each profession interacts and works with others to deliver very good care.

Lunch and snacks will be provided.

Group size is limited!  
First Come, First Served  
Limited to 20 students.



**For More Information Contact:**

Holly Kolstad DNP RN-BC ONC  
Dena Chapman MSN RN-BC NHDP  
Newark Wayne Community Hospital  
Affiliate of Rochester Regional Health  
1200 Driving Park Avenue  
PO Box 111  
Newark, New York 14513

Dena.chapman@rochesterregional.org  
Holly.Kolstad@Rochesterregional.org

**Newark-Wayne MedQuest Camp — Registration Fee: \$25.00 — Registration Deadline July 28, 2023**

Return the completed registration form and fee to:  
**Holly Kolstad/Dena Chapman/Nursing Education Team**  
P. O. Box 111 1200 Driving Park Ave Newark, NY 14513

(Checks should be made payable to: **Newark Wayne Community Hospital**)

Student Name: \_\_\_\_\_  Male  Female Birth Date: \_\_\_\_\_

Grade as of Fall 2022 \_\_\_\_\_ Name of School: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Street City State Zip

Please check the careers that interest you (please check all that apply)

Laboratory  Nursing  
 Rehab Services (Physical/Occupational Therapy)  
 Dietary/Nutrition  Provider  Radiology

First come , first serve, so apply now!

**Newark-Wayne Community Hospital** is offering a day camp for High School students to experience the opportunities available in healthcare. If you enjoy math and science, come and have fun while learning through one-on-one and hands-on activities overseen by a variety of health care professionals from your community! By spending the day at Newark-Wayne Community Hospital & DeMay Living Center students can see how each profession interacts and works with others to deliver very good care. Lunch and snacks will be provided.

MAY 2023

VOLUME 17

# YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



### A Note From the Nurse's Office:

Asthma is one of the most common diseases of childhood. It affects the lungs and causes repeated episodes of wheezing, difficulty breathing, chest tightness and coughing. Asthma is a chronic disease, meaning if your child has asthma, they have it all the time but they will only have symptoms when something bothers their lungs. Asthma attacks can happen when someone with asthma is exposed to triggers such as environmental factors or allergens, dust, or tobacco smoke. Asthma can be controlled by avoiding triggers, understanding the signs of an attack, and following instructions and medications as prescribed by your doctor or medical professional.

**Currently, 410,000 New Yorkers are living with Alzheimer's disease, and more than 546,000 family and friends are providing care.**

Serving the cities of Corning, Elmira and Rochester, and their surrounding counties, the Alzheimer's Association Rochester Finger Lakes Region Chapter is here to help. We provide free education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, healthcare professionals and families. We are also committed to advocating for the needs and rights of those facing Alzheimer's disease and all other dementia, and advancing critical research toward methods of treatment, prevention and, ultimately, a cure. Visit [alz.org/rochesterny](http://alz.org/rochesterny) to learn more.

It's getting warmer and greener & the sun is setting later.

**Spend the month of May outside!**

Research tells us that just 2 hours of outdoor time a week can benefit mental health of children and adults. Scan the QR code below for free, easy, family-oriented outdoor activities that you can do this month!



## DO'S AND DON'TS BEFORE YOUR MAMMOGRAM

- DO** wear a two-piece outfit
- DO** show up for your appointment
- DO** let your provider know about your medical and family history
- DON'T** wear deodorant or lotion on your underarms or breasts
- DON'T** try to schedule your mammogram while on your period
- DON'T** currently be breast feeding

**Cancer Services Program of the Finger Lakes Region** pays for breast, cervical, and colorectal cancer screenings for individuals without health insurance. Call 585-224-3070 if you need help paying for screenings and diagnostic care.

### IN THIS ISSUE:

- Note from the Nurse's Office
- Alzheimer's Disease
- Get Outside this May!
- Mammogram Do's and Don'ts
- Brain Health PSA
- Stress-Fighting Tools
- Activity of the Month
- COVID-19 Community Level
- Recipe of the Month
- Upcoming Events



The May edition of the Your Health Matters newsletter is out! Click on the image above to view it.



# Camp CanDo



**A special preview day for athletes ages 5-8  
years old! Come see what Camp Abilities  
Brockport is all about!**

**Thursday, June 29<sup>th</sup>, 2023**

**9 AM- 5 PM**



**Blind Soccer, Tandem Biking, Stand-Up Paddle  
Boarding, Goalball, & more!**

**For more information, please contact us at  
Campabilitiesbrockport01@gmail.com**

Camp Abilities Brockport is a one-week educational sports camp for children and teens who are blind, visually impaired, and deafblind. The camp is set up to provide a one-on-one instructional situation for each person, which is often on the contrary to other camps designed for people with visual impairments.

Our counselors are pooled from physical education and special education undergraduate and graduate programs across the U.S., and overseas. Since our first summer we have had more than 90 counselors per summer, and we have trained more than 2,000 future teachers in the area of sport and recreation for children with sensory impairments. Many of



our specialists are blind themselves, and serve as excellent role models for our children, some of whom have never met or socially interacted with another person who is blind.

**GET OUTDOORS & GET TOGETHER DAY**

**CELEBRATE**

**GET OUTDOORS & GET TOGETHER DAY**

FREE games, events, and guided fishing, hiking, paddling, camping, birding, archery, and MORE.

All locations will offer a selection of accessible activities; and use of adaptive equipment and demonstrations will be provided at many sites.

Celebrate New York's spectacular outdoor spaces in this inclusive one-day event at a location near you.

**SATURDAY  
JUNE 10, 2023**

For more information, visit: <https://parks.ny.gov> <https://www.dec.ny.gov> <https://opwdd.ny.gov>

Department of Environmental Conservation | Parks, Recreation and Historic Preservation | Office for People With Developmental Disabilities | Division of Veterans' Services

Get Outdoors & Get Together Day events will be held at select locations across New York on Saturday, June 10. The New York State Department of Environmental Conservation (DEC) and the State Office of Parks, Recreation and Historic Preservation (State Parks), in partnership with the Office for People With Developmental Disabilities (OPWDD) and the NYS Division of Veterans' Services, are hosting free and low-cost events to connect

people to nature and provide increased access to the outdoors. Get Outdoors & Get Together Day will bring people of all abilities, ages, identities, and backgrounds together for fun, healthful activities as part of the state's initiative to broaden the diversity of users and ensure inclusivity of access to state public lands.

At events across the state, participants will be encouraged to discover new skills and enjoy a range of introductory-level outdoor recreation activities such as fishing, nature walks and hikes, birding, archery, camping, paddling, and more. Each event will highlight ways to enjoy the outdoors safely and sustainably. All locations will offer a selection of accessible activities, and use of adaptive equipment and demonstrations will be provided at many sites, including trail and beach mobility aids, archery assist stands, arm supports for fishing, and more.

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### 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 College • Finger Lakes Community Health  
Finger Lakes Community Schools • Finger Lakes Problem Gambling Resource Center  
Finger Lakes Workforce Investment Board • FLACRA • Gananda Schools  
Geneva/Finger Lakes Salvation Army • Bryan R. Harrison, PhD • Literacy Volunteers of Wayne County  
Lyons CSD • Marion CSD • Monroe BOCES • Newark CSD • Newark-Wayne Hospital • North Rose-Wolcott CSD  
OWWL Library System • Palmyra-Macedon CSD • Person Centered Services • Real Life Counseling  
Red Creek CSD • 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 Action Program  
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. • Western New York Rural Area Health Education Center • Williamson CSD  
Youth Advocate Program



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