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The fourth Partnership meeting of 2023 is right around the corner! We are gathering at the BOCES Conference Center in Newark Wednesday, August 2nd, from 9 - 10:30 am, with an additional 30 minutes afterwards for informal networking between attendees.

There are lots of amazing things happening in Wayne County due to the diligence and consistent hard work of our Partners! Come and learn a few highlights.

Please let us know you're coming by registering at the **[Connection to Learning](#)**.

Registrants will receive the meeting agenda and updates in advance of the meeting.

## IMPORTANT PARTNERSHIP UPDATE!

### **Thank you, Margi Taber!**


Margi is stepping down as Partnership Co-Chair. She has taken a position with an exceptional regional entity, and we look forward to working with her in that new position.

### **Welcome Ed Hunt!**

Ed will be the Interim Wayne Partnership Co-Chair

Ed started his career as a case manager in the Rochester area in the mid-1980s, often serving the deaf community. Over the years, he advanced into administration at Rochester Rehabilitation Center, where he worked for nearly 15 years. He moved on to the Wayne County Mental Health Department in 2007 in his role as Deputy Director. He has been a direct part of growing the agency with the goal of meeting the needs of individuals and families residing in the county. His work has included the direct involvement in the expansion of the school-based satellite clinics into every school district in the county as well as the Williamson BOCES and the FLCC Newark campus, the attainment of a \$4 million-dollar federal expansion grant through Substance Abuse and Mental Health Services Administration (SAMHSA), along with numerous other state-level grants. He was appointed by our State Senator, Pamela Helming, to sit on her Children's Mental Health Services taskforce, he was involved in the development of the 60-unit Lakeview apartment project in Macedon, known as Woodland Commons. He has been directly involved in countless other achievements at local, regional and state levels. In addition to his role as the deputy director of the county mental health department, he has also served Wayne County as the county compliance officer since 2019.

AUGUST 2023
VOLUME 18



# YOUR HEALTH MATTERS


Wayne County Community Health & Wellness News

*A Note From the Nurse's Office:*

"On a hot summer day, nothing tastes as refreshing as a cool glass of water. Water doesn't just taste good- it also helps your body maintain a proper temperature, helps keep your joints moving smoothly, protects your spinal cord, and helps your body move waste out of your systems. Water is also naturally calorie-free, helping with weight control. The best way to make sure you drink enough water is to bring a refillable water bottle everywhere you go. It will save money and is better for the environment too! Aim to drink enough so that you do not feel thirst- thirst is an indication that dehydration has already happened. Stay cool and healthy- drink more water."



**Canadian wildfires are impacting our Air Quality in Wayne County.**

Do you know what is safe?




<b>0-50 = GOOD</b> Little/No Risk	It's a great day to be outside!
<b>51-100 = MODERATE</b> May be risk for sensitive.	Go outside, but sensitive people may want to shorten activities.
<b>101-150 = Unhealthy for sensitive groups.</b>	OK to be outside, but sensitive people should limit outdoor activities.
<b>151-200 = UNHEALTHY for all.</b>	Reduce outdoor activities. Sensitive groups should consider being active indoors.
<b>201-300 = Alert! VERY UNHEALTHY for all.</b>	Avoid long/intense outdoor activities. Sensitive groups-Avoid being outdoors.
<b>301-500 = Warning! Emergency Condition. HAZARDOUS for all.</b>	Everyone should avoid all outdoor activity.

\*Sensitive groups/groups include children, teens, older adults, pregnant women, and anyone with heart or lung issues.

Learn more:  
  
<https://www.airnow.gov/app/>


**DO ALL 4**  
To Protect Your Skin this Summer!




1. Stay in the \_\_\_\_\_, especially between 10am & 4pm, when the sun is the strongest
2. Wear a wide-brimmed \_\_\_\_\_ that shades your face and neck
3. Wear \_\_\_\_\_ that cover your skin- long sleeves and long pants are best.
4. Put on \_\_\_\_\_ Every day- SPF 30 or higher- Reapply every 2 hours or after exercising/swimming.

REPRODUCED BY NICHOLE J. JONES © 2019/21

**Strawberry Rhubarb Smoothie**


**Ingredients:**  
 2 cups chopped Rhubarb (fresh or frozen)  
 2 cups 100% apple juice  
 1 cup water  
 1/2 cup sliced strawberries (fresh or frozen)  
 1/2 cup sugar


**Directions:**  
 Wash rhubarb with soap and water.  
 Peel Rhubarb, wash juice and wash in a large juicer. Cook until the rhubarb is very soft, about 3-5 minutes.  
 Peel Rhubarb into large pieces.  
 Refrigerate until cool, about 20 minutes.  
 Stir a few times while cooling.  
 Place Rhubarb mixture into a blender.  
 Add strawberries and sugar.  
 Blend until smooth.




**IN THIS ISSUE:**

- Note from the Nurse's Office
- Understanding Air Quality
- Protect Your Skin
- Recipe of the Month
- Beat The Heat
- Upcoming Events
- COVID-19 Data

Partnership with  **Cancer Services Program**  
 dedicated to your ongoing, ongoing care and support.

Partnership with  **Cornell Cooperative Extension**

Partnership with  **WAYNE COUNTY Community Schools**

The August issue of Your Health Matters is no available. [Click here](#), or on the image above, to view and download the newsletter.

# Operation SAVE

## An Introduction to Suicide Prevention

Join us to learn how to SAVE a life:

- Veteran suicide data overview
  - Signs of a mental health crisis
  - How to use the SAVE model to respond to someone in crisis
  - How to reduce risk of self harm
- August 28<sup>th</sup> at 10:30 AM at Newark Library 121 High St
  - September 7<sup>th</sup> at 12:30 PM at Clifton Springs Library 4 Railroad Ave
  - September 15<sup>th</sup> at 1 PM at Williamson Library 6380 State Route 21
  - September 20<sup>th</sup> at 11 AM at Seneca Falls Library 47 Cayuga Street
  - September 25<sup>th</sup> at 11 AM at Macedon Library 30 West Main Street
  - September 28<sup>th</sup> at 10:30 AM at Wadsworth Library in Geneseo

*Presented by Ashley Smith, LCSW*

**VA** |



U.S. Department of Veterans Affairs  
Veterans Health Administration  
VA Finger Lakes Healthcare System

September is suicide prevention month. Come learn how to help those in crisis and keep your home safer. Crisis line materials and gun locks will be available to take home free of charge. Multiple dates and locations!

Please share this newsletter with your colleagues and anyone else who might find this information useful!

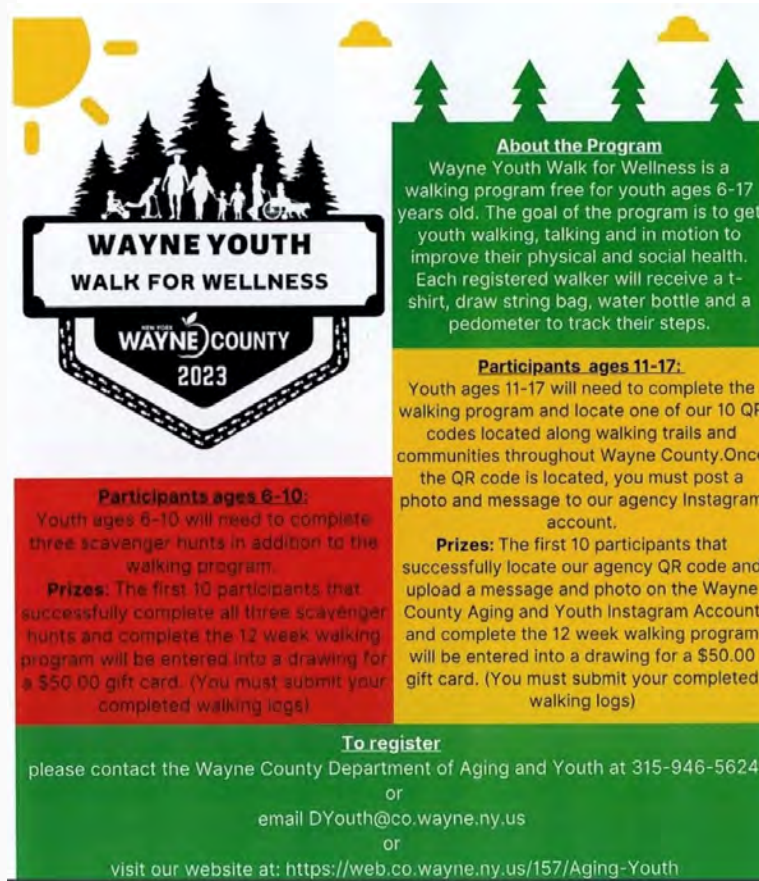




ALZ Connected is a free online community for everyone affected by Alzheimer's or another dementia. Visit [alzconnected.org](http://alzconnected.org) to join today!

ALZConnected®, powered by the Alzheimer's Association®, is a free online community for everyone affected by Alzheimer's or another dementia, including: People with the disease, Caregivers, Family members, Friends, and Individuals who have lost someone to Alzheimer's.

[Click here](#),



**WAYNE YOUTH WALK FOR WELLNESS**  
WAYNE COUNTY 2023

**About the Program**  
Wayne Youth Walk for Wellness is a walking program free for youth ages 6-17 years old. The goal of the program is to get youth walking, talking and in motion to improve their physical and social health. Each registered walker will receive a t-shirt, draw string bag, water bottle and a pedometer to track their steps.

**Participants ages 6-10:**  
Youth ages 6-10 will need to complete three scavenger hunts in addition to the walking program.  
**Prizes:** The first 10 participants that successfully complete all three scavenger hunts and complete the 12 week walking program will be entered into a drawing for a \$50.00 gift card. (You must submit your completed walking logs)

**Participants ages 11-17:**  
Youth ages 11-17 will need to complete the walking program and locate one of our 10 QR codes located along walking trails and communities throughout Wayne County. Once the QR code is located, you must post a photo and message to our agency Instagram account.  
**Prizes:** The first 10 participants that successfully locate our agency QR code and upload a message and photo on the Wayne County Aging and Youth Instagram Account and complete the 12 week walking program will be entered into a drawing for a \$50.00 gift card. (You must submit your completed walking logs)

**To register**  
please contact the Wayne County Department of Aging and Youth at 315-946-5624  
or  
email [DYouth@co.wayne.ny.us](mailto:DYouth@co.wayne.ny.us)  
or  
visit our website at: <https://web.co.wayne.ny.us/157/Aging-Youth>

The Department of Aging and Youth is offering a free walking program to improve physical and social health in our youth.

[Click here](#), or the image above, to register.



Here to help

Finger Lakes Community Action, Advocacy for Community Empowerment in Lyons, NY is now offering CORE: Empowerment Peer Support Services to Adult 21+ that reside in Wayne County. CORE service members require **HARP (Health and Recovery Plan)** eligibles with **Medicaid** and **Medicare Health Insurance**.

If you know of someone with mental health and/or substance abuse diagnosis that is looking for individualized support to help develop their own goals, create strategies for self-empowerment, demonstrate that recovery is possible and assist them in their recovery to help them get back to feeling them again. They can contact a peer provider through Finger Lakes Community Action to see if they qualify.

**Click here** to download an informational brochure.

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**Rochester Regional Health** is offering a **C.N.A. training program**. This is an excellent opportunity available in Monroe, Wayne, and Ontario Counties that offers paid training and placement into one of our five Long Term Care facilities.

Trainees will receive a \$1,500 stipend, paid in three bi-weekly installments.

Participants who successfully complete the program and accept a placement immediately will receive a \$3,000 signing bonus.

**Click here** to apply to the program.

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# **BOWL IN THEIR SHOES**

**Family Counseling Service of the Finger Lakes**  
*Help Support Domestic Violence Survivors*

**SATURDAY, August 19, 2023**

Location: Roseland Bowl  
4357 Recreation Drive  
Canandaigua, NY 14424  
Time: 3pm- 7pm

**34 TEAMS -  
4-PERSONS  
TEAM ONLY**

**Cosmic Bowling, Music,  
Food, 50/50, Raffle  
Baskets, Door Prizes  
Prize for 1st, 2nd & Last  
place**

**Registration:  
\$40 Per  
Person  
Non- Bowler  
Fee: \$20**

**FOR MORE INFORMATION:  
WWW.FCSFL.ORG OR CALL: (315) 830-1490  
To Register a Team, Please Email:  
cbraham@fcsfl.org**



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**Family Counseling Service of the Finger Lakes Inc.** is holding a Bowling fundraiser to help support victims of domestic violence through our Domestic Violence Program.





Foodlink and the Wayne County Partnership bring you the following 2023 food distribution events:

## July

- 12 (Wed.) Walworth Town Complex, 3600 Lorraine Drive, Walworth
- 14 (Fri.) Red Creek Jr./Sr. High School, 6574 South Street, Red Creek
- 17 (Mon.) Wayne BOCES Technical & Career Center, 4440 Ridge Road Williamson
- 19 (Wed.) W-FL BOCES Conference Center, 131 Drumlin Court (Vienna Street-side parking lot), Newark

## August

- 9 (Wed.) Shady Brook Plaza, 4500 NYS Route 414, Rose
- 11 (Fri.) Huron Town Barns, 10880 Lummisville Road, Huron
- 16 (Wed.) W-FL BOCES Conference Center, 131 Drumlin Court (Vienna Street-side parking lot), Newark
- 29 (Tues.) Red Creek Jr./Sr. High School, 6574 South Street, Red Creek

## September

- 8 (Fri.) Clyde Fire Department, 15 Ford Street, Clyde
- 19 (Tues.) Myers Hospital Campus, 6692 Middle Road, Sodus
- 20 (Wed.) W-FL BOCES Conference Center, 131 Drumlin Court (Vienna Street-side parking lot), Newark
- 29 (Fri.) Savannah Fire Department, 1770 NYS Route 89, Savannah

Free and open to all Wayne County Residents.

Pre-registration not required.

**10:00 AM** until food gone.

Please do not arrive at site before 9:30 AM

Drive-through food distributions continue through the summer. We've been getting a good mix of produce.

# Partner Spotlight



The Partner Spotlight is your opportunity to introduce your agency, share exciting updates, or brag about your brilliant successes. Please submit your organization's profile to [www.waynepartnership.org/newsletter](http://www.waynepartnership.org/newsletter) and indicate that you would like your submission to be for the Partner Spotlight.

**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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