

Community Action of Orleans and Genesee Employee Newsletter

February 2025

Our mission:: To provide services, with dignity and respect, that help people become self-sufficient

Hello Team:

As we welcome a new year, I want to take a moment to reflect on all that we've accomplished together and share my gratitude for your hard work and dedication. The impact you've made in our community is remarkable, and it's a testament to your passion and commitment to our mission at Community Action of Orleans and Genesee.

Yet, as we pour so much of ourselves into serving others, it's vital to remember this simple truth: We cannot fill the cups of others if our own cups are empty. Self-care is not a luxury—it's a necessity. It's what enables us to continue to do this meaningful work with energy, compassion, and resilience.

In this spirit, I'd like to offer some tips and reminders to help prioritize your well-being as we step into 2025 together:

1. Embrace Healthy Boundaries

It's easy to feel responsible for everything and everyone, but setting boundaries is crucial for maintaining balance. Learn to say "no" when your plate is full, and take regular breaks during the day to recharge. Remember, you can serve others better when you also take care of yourself.

2. Prioritize Rest and Recovery

Sleep and downtime are essential. Aim for consistent sleep patterns and make time to unwind, even if it's just a few minutes of quiet reflection each day. Rest isn't a sign of weakness; it's an investment in your overall health and productivity.

3. Stay Active and Nourished

Physical activity, even a short walk, can help boost your mood and energy. Additionally, fuel your body with nutritious foods and stay hydrated. These simple steps can make a big difference in how you feel throughout the day.

4. Connect and Communicate

Our strength lies in community—not just with those we serve, but among ourselves as colleagues. Take time to share with and listen to one another. If you need help, reach out. We're all part of a supportive team that's stronger together.

5. Make Time for Joy

Don't forget to prioritize activities that bring you happiness. Whether it's a hobby, spending time with loved ones, or simply enjoying a good book, moments of joy recharge our spirits.

6. Utilize Available Resources

Remember that Community Action offers resources to support your well-being. Take advantage of wellness programs, mental health resources, and employee assistance services. Don't hesitate to explore what's available to you.

As we move forward into this new year, let's commit to a culture where self-care is respected and encouraged. By taking care of ourselves, we not only improve our own lives but also strengthen the impact we have on our community.

Thank you for all you do. Here's to a year filled with health, joy, and continued success—together.

Be Part of the Solution

Renée





Your Feedback Counts: Share Your Perspective on Personal and Community Health in This Survey!

English: <https://www.surveymonkey.com/r/GOWCHA2025>

Spanish: <https://www.surveymonkey.com/r/GOWCHA2025Espaol>

Additional Information:

The Health Departments and Hospitals in Genesee, Orleans, and Wyoming Counties are **seeking to schedule Community Conversations** with willing groups to learn what they feel are the greatest health concerns in their community as well as their thoughts on how these can be addressed. I would love to hear from any and all groups who would be willing to participate in these conversations. **These group conversations are for any group, youth ages 13 and up to our senior populations. They last about one hour and can be done any time of the day or day of the week.**

Everyone's input is important!! Please let Sherry Bensley know if you or your group would be interested or if you have ideas of where we could conduct these conversations within your community. **Sherry's contact info. is Sherry.Bensley@geneseeny.gov**



Celebrate American Heart Month This February

[Heart disease](#) is the leading cause of death for men and women in the United States. Most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, or being a smoker or overweight. Having multiple risk factors increases your risk of heart disease. The good news is that there's a lot we can do to prevent it.

Connecting with Others is Good for Your Heart

Research shows that people with close relationships at home, work, or in their community tend to be healthier and live longer. One reason, according to the National Heart, Lung, and Blood Institute (NHLBI), is that we're more successful at meeting our health goals when we work on them with others. Feeling connected with others and having positive, close relationships benefit our overall health, including our blood pressure and weight. Having people in our lives who motivate and care for us helps, as do feelings of closeness and companionship.

Lifestyle Tips

Here are some facts, how-to tips, and resources to inspire you to join with others, even if you can't be physically together, to improve your heart health. Follow these [lifestyle tips](#) to protect your heart.

- ☑ Be more physically active.
- ☑ Maintain a healthy weight.
- ☑ Eat a nutritious diet.
- ☑ Quit smoking.
- ☑ Manage stress.
- ☑ Get 7-9 hours of quality sleep.
- ☑ Track your blood pressure, cholesterol, and blood sugar numbers.

Celebrate American Heart Month This February

Move More

Invite family, friends, colleagues, or members of your community to join you in your efforts to be more [physically active](#):

- Ask a colleague to walk “with you” regularly, put the date on both your calendars, and text or call to make sure you both get out for a walk.
- Get a friend or family member to sign up for the same online exercise class, such as a dance class. Make it a regular date!
- Grab your kids, put on music, and do jumping jacks, skip rope, or dance in your living room or yard.

How much is enough? Aim for at least 2½ hours of physical activity each week — that’s just 30 minutes a day, 5 days a week. In addition, do muscle-strengthening exercises 2 days a week. Can’t carve out a lot of time in your day? Try doing 10 minutes of physical activity at least three times a day. NHLBI’s [Move More](#) fact sheet has ideas to get and keep you moving.

Aim for a Healthy Weight

Find someone in your friend group, at work, or in your family who also wants to reach or maintain a healthy weight. (If you’re overweight, even a small weight loss of 5–10 percent helps your health.) Check in with them regularly to stay motivated. Agree to do healthy activities, like walking or cooking a healthy meal, at the same time, even if you can’t be together. Share low-calorie, low-sodium recipes. Check out NHLBI’s [Are You at Healthy Weight?](#) fact sheet.

Eat Heart-Healthy

We tend to eat like our friends and family, so ask others close to you to join in your effort to eat healthier. Follow NHLBI’s [Dietary Approaches to Stop Hypertension \(DASH\)](#) eating plan. Research shows that, compared to a typical American diet, it lowers high blood pressure and improves cholesterol levels. Find delicious recipes at NHLBI’s [Heart-Healthy Eating](#) webpage. more likely to quit if their spouse, friend, or sibling does. Social support online can help you quit. All states have quit lines with trained counselors — call 1-800-QUIT-NOW (1-800-784-8669). You’ll find many free resources to help you quit, such as apps, a motivational text service, and a chat line at [BeTobaccoFree.hhs.gov](#) and [Smokefree.gov](#). If you need extra motivation to quit, consider those around you: Breathing other people’s smoke, called secondhand smoke, is dangerous. Many adult nonsmokers die of stroke, heart disease, and lung cancer caused by secondhand smoke.

Manage Stress

Managing stress helps your heart health. Set goals with a friend or family member to do a relaxing activity every day, like walking, yoga, or meditation, or participate in an online stress-management program together. Physical activity also helps reduce stress. Talk to a qualified mental health provider or someone else you trust.

Improve Sleep

Sleeping 7–9 hours a night helps to improve heart health. De-stressing will help you sleep, as does getting a 30-minute daily dose of sunlight. Take a walk instead of a late afternoon nap! Family members and friends: remind each other to turn off the screen and stick to a regular bedtime. Instead of looking at your phone or the TV before bed, relax by listening to music, reading, or taking a bath.

Track your Heart Health Numbers, Together

Keeping a log of your blood pressure, weight goals, physical activity, and, if you have diabetes, your blood sugar will help you stay on a heart-healthy track. Ask your friends or family to join you in the effort. Check out NHLBI’s [My Heart Health Tracker](#).

Independent Health Wellness Tip — Winter 2025

Make your New Year's resolution stick this year

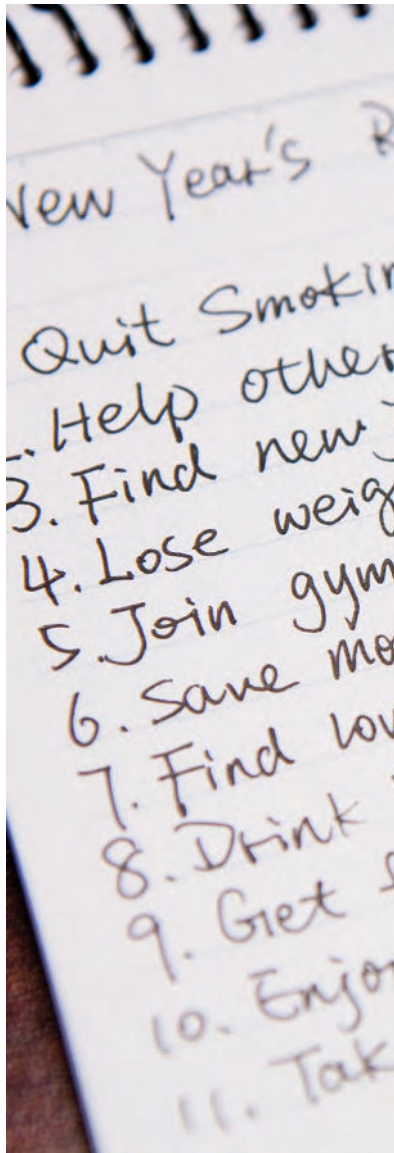
Now that the holidays are behind us and a new year has begun, you may be feeling the need to get back into the groove with your usual healthy habits. Or maybe you've never really tried to make a change before, but you feel that now is the time to take some positive steps toward good health.

Whether you're looking to eat healthier foods, be more active, stop smoking or manage stress better in 2025, these tips may help you achieve your New Year's resolution:

- **Be reasonable and realistic.** Try to change just one habit at a time. You're not likely to follow a plan that makes you miserable. Choose a goal that is really important to you that you feel is attainable.
- **Focus on changing behaviors rather than reaching numbers.** Substituting fresh vegetables for chips as your evening snack is a reasonable and attainable goal. Getting to whatever number you have in mind for your goal weight may not be as easy. But sticking to your new eating behavior just might help you get there.
- **Be specific in your goals.** For instance, don't just say, "I'm going to be more active this year." Instead, write down a daily plan to include a 30-minute walk after dinner.
- **Keep those written goals and objectives visible.** We get caught up in our daily lives and it's easy to lose sight of our goals. Put them in a place where you'll see them regularly as a reminder.
- **Share your goals with a family member or friend.** Is there a "cheerleader" in your life who has always been there for you, encouraging you to keep going even when things get tough? Let that person know your plans for change so they can help you and keep you motivated.
- **Look for outside support.** For example, if quitting smoking is your goal, you may want to call the New York State Quitline at 1-866-NY-QUITS (1-866-697-8487).
- **Take it one day at a time.** Don't worry about whether you can keep up your new behavior all year. Try to do it just for today.
- **Stay positive.** Our emotions play a big part in our ability to successfully make changes. When you find negative thoughts creeping into your mind, replace them with some positive affirmations such as, "I accept myself just as I am right now" or "I'm getting healthier every day."

Remember, habits become ingrained in our lives, both the good and the bad. Change isn't easy. It takes time, perseverance and patience. If you have a setback, acknowledge it, learn from it and start over again.

You can do it!



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February SALES CALENDAR

2025

Hours

Sun/Mon : CLOSED

Tuesday : 11 AM -4 PM (Donation by appointment only)

Wednesday : 11 AM – 4 PM (Donations : 11 AM – 3 PM)

Thursday : 11 AM – 5 :30 PM (Donations :11 AM – 3 PM)

Friday : 11 AM – 5 : 30 PM (Donations : 11 AM – 3 PM)

Saturday : 10 :30 AM – 3 PM (Donations by appointment only)

Contact Information

Call: 585-589-1430

Text: 585-640-1329

Email: mainstreetthriftstore@caoginc.org

Facebook: Main Street Corner Thrifts, Gifts and More



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						50% off Photo frames
2	3	4	5	6	7	8
		BOGO DVDS	50% off Small Appliances	20% off Hand Bags/ Purses	50% off Kids toys and Equipment	30% ALL Dishes
9	10	11	12	13	14	15
		30% off Winter Jackets	BOGO Women's Cloth- ing	50% off Valentines Decor	50% off Flower Vases	30% off Furniture
16	17	18	19	20	21	22
		BOGO Men's Clothing	30% off Electronics	50% off ALL CLOTHING	20% off Personal Care/Medical Equip	BOGO Children's Clothing
23	24	25	26	27	28	
		50% off Luggage Cases	.25 SOCKS and Underwear	BOGO Shoes	.25 ALL Puzzles and Games	

FEBRUARY

ACT

Helping Youth ACT Responsibly
ACTprogram.org

Did You Know?

In 2023, agriculture specialist imported an impressive 1.15 billion cut flowers as they prepared for Valentine's Day, surpassing numbers from 2022.

Valentine's Day Word Search

W O F T I N E P I D X S
V E A F F E C T I O N U
C A N D Y R G A R N E C
A E L O W E I T O I K H
S W E E T A F E R M U O
X O X O N E T I N A O C
E L A T D T S O A D E O
A D M I R E I N F E C L
R T P I S W A N I T A A
C U L O V E G H E A R T
C E R G I R E A X S D E

VALENTINES	SWEET	ROSES	ADMIRE
HEART	CHOCOLATE	AFFECTION	FRIEND
CANDY	CARD	PINK	CUPID
NOTES	GIFTS	LOVE	XOXO

WHY SELF-CARE IS IMPORTANT

Allowing yourself to take breaks, allows you to improve focus, boots efficiency, maintain balance and prevent burnout

FOR EVERYONE!



COLD HANDS, WARM CARE WORKSHOP



CHILD CARE
RESOURCE
CENTER

On Saturday, January 25th, the Child Care Resource Center (CCRC) proudly hosted an enriching event for childcare providers from Orleans and Genesee counties. The "Cold Hands, Warm Care" workshop offered participants 6 hours of training credits focused on professional development, family engagement, and multisensory strategies.

The day provided a platform for providers to expand their skills, engage in meaningful networking opportunities, and take-home small tokens of appreciation and gratitude for their commitment to the field of childcare.

CCRC extends heartfelt thanks to the dedicated childcare providers who attended the workshop and contributed to its success. We would also like to recognize the tireless efforts of the CCRC team—Taryn, Linsey, Alishia, Terri, and Jessica—whose hard work and dedication over the years brought this vision to life.

Thank you all for making this workshop a memorable and impactful event!

