

June 2025 Safety Corner: Protecting Our Community, One Step at a Time

At Community Action of Orleans & Genesee, safety is at the heart of everything we do—whether it’s weatherizing homes to create healthier living environments, shaping young minds through Head Start programs, or keeping our office running smoothly. Every team member plays a role in fostering a safe and productive environment, and staying vigilant ensures we can continue serving those in need.



Staying Safe in Weatherization - Our weatherization team faces unique challenges while improving homes for families. Here are three key safety reminders:

- **Wear Proper Protective Gear** – Whether working with insulation, tools, or electrical components, using gloves, masks, and safety goggles is a must.
- **Practice Ladder & Tool Safety** – Always ensure ladders are stable, and tools are used correctly to prevent accidents.
- **Watch for Hazards in Homes** – Be mindful of electrical wiring, mold, or unstable flooring while inspecting and upgrading homes.

Safety in Head Start Classrooms - Creating a safe and nurturing environment for children is essential. Here are some key safety practices:

- **Maintain a Clean & Organized Space** – Keeping classrooms clutter-free helps prevent trips and falls.
- **Stay Alert & Supervise** – Children are full of energy, so active supervision reduces risks.
- **Emergency Preparedness** – Know the protocols for fire drills, severe weather, and health emergencies.

Office Safety – A Safe Work Environment for All - Whether answering calls, coordinating programs, or handling paperwork, office employees play a vital role in keeping operations running smoothly. Here’s how we can stay safe in the office:

- **Ergonomic Awareness** – Adjust chairs, desks, and computer screens to prevent strain and discomfort.
- **Fire & Electrical Safety** – Keep walkways clear, avoid overloaded power strips, and know where emergency exits are located.
- **Health & Wellness** – Keep workspaces clean, wash hands regularly, and take breaks to reduce stress and fatigue.

By working together and prioritizing safety across all areas of our agency, we can continue making a positive impact on the families we serve. If you have ideas or concerns about safety in our programs, don’t hesitate to share—we’re stronger when we support each other!

Stay safe, stay proactive!

**SUPPORT
UNDERSTAND
EMPOWER**

Post-Traumatic Stress Disorder (PTSD) affects millions of individuals each year, including many in our own communities. June is National PTSD Awareness Month – a time to raise awareness, reduce stigma and support those living with the effects of trauma.

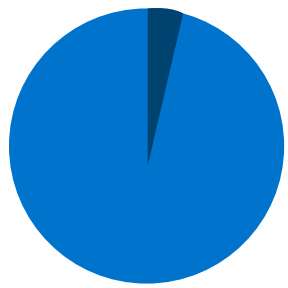
PTSD can result from a variety of traumatic experiences, including military service, accidents, natural disasters, or personal assaults. It's important to recognize the signs – such as flashbacks, anxiety and emotional numbness and to encourage open conversations about mental health.

As part of our commitment to wellness and safety, we are offering “Lock and Talk” kits. These kits include resources for safe firearm and medication storage, as well as information on how to talk about mental health and suicide prevention with loved ones. They are a practical step toward creating safer environments and supporting those who may be struggling.

If you or someone you know is experiencing symptoms of PTSD, please reach out to a mental health professional. You are not alone, and help is available. Let's work together to foster a culture of compassion, understanding and support.

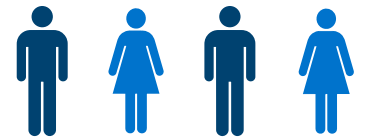
WHAT IS PTSD?

Posttraumatic stress disorder, or PTSD, is a mental health concern that some people develop after they see or experience a traumatic event.



6%

of the U.S. population will have PTSD at some point in their lives.



What it's like to have PTSD may be different for everyone. There are four types of PTSD symptoms.



Reliving or re-experiencing the event

- Nightmares
- Flashbacks
- Triggers



Hyperarousal or being on guard

- Being jittery or overly alert
- Difficulty sleeping or concentrating
- Feeling angry or irritable



Avoidance

- Avoiding Crowds
- Avoiding certain smells, sights, or sounds
- Avoiding talking or thinking about the event



Negative changes in beliefs and feelings

- Losing interest in things you used to enjoy
- Feeling guilty or ashamed
- Unable to trust others

Do you have PTSD Symptoms?

- Answer 5 questions to see if your thoughts and feelings are related to PTSD: www.ptsd.va.gov/screen
- Learn about and compare effective treatment options using the PTSD Treatment Decision Aid: www.ptsd.va.gov/decisionaid
- Explore the National Center for PTSD website for information, videos, and tools to help manage PTSD: www.ptsd.va.gov

National Center for
PTSD
POSTTRAUMATIC STRESS DISORDER

VA



U.S. Department
of Veterans Affairs

8 WAYS TO MANAGE PTSD SYMPTOMS



GET TREATMENT

PTSD Treatment works! Compare options with the PTSD Treatment Decision Aid:

www.ptsd.va.gov/decisionaid/



PRACTICE MINDFULNESS

Reduce stress and improve well-being with Mindfulness Coach:

www.ptsd.va.gov/mobile/mindfulcoach_app.asp



LIMIT ALCOHOL USE

Get support and cut back on drinking. Try VetChange:

www.ptsd.va.gov/mobile/VetChange_app.asp



IMPROVE YOUR SLEEP

Get better quality sleep and tools to get your sleep back on track with Insomnia Coach:

www.ptsd.va.gov/mobile/insomnia_coach.asp



BUILD COPING SKILLS

Learn about and manage symptoms that often occur after trauma with PTSD Coach:

www.ptsd.va.gov/mobile/ptsdcoach_app.asp



PLAN SOMETHING ENJOYABLE

Find and schedule activities that can help improve your mood with PTSD Coach Online tools:

www.ptsd.va.gov/apps/ptsdcoachonline



CONTROL ANGER

Manage your temper and get support with the AIMS online program:

www.veterantraining.va.gov/aims



HEAR FROM VETERANS

Watch and read real stories of life with PTSD from Veterans who have been there:

www.ptsd.va.gov/aboutface/





It's not too late...
CALL NOW to get a
HEAD START in school for
your Young Child.

ALBION, BATAVIA & MEDINA

HEAD START

**Has full-day openings
for children under 5
in the upcoming school year.**

**FUN & EDUCATIONAL PROGRAM
WARM, NURTURING TEACHERS
HEALTHY MEALS & SNACKS**

**HEALTH & DEVELOPMENTAL SCREENINGS
RESOURCES & SUPPORT FOR PARENTS**

FREE

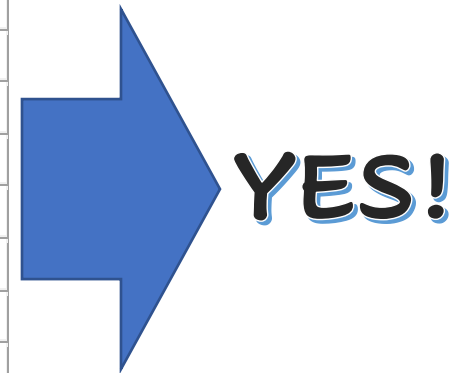
Albion: (585)589-7097
Batavia (585)343-5917
Medina (585)798-2261

DO WE QUALIFY?

Food Stamps / TANF / SSI? – YES!
Foster Child? – YES!
Homeless? – YES!

Family Size	Gross Income*
2	\$27,495
3	\$34,645
4	\$41,795
5	\$48,945
6	\$56,095
7	\$63,245
8	\$70,395

* a limited number of over-income children may be enrolled.



Send us a
message:



Helping People. Changing Lives.
community
Action
of Orleans & Genesee

Eastern Orleans Community Center

June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Hot Turkey Sand Mashed Potatoes Carrots/Corn Fruit Salad</i>	3 <i>Tuna Sand. Mac. Salad Chips Cookies</i>	4 <i>Chili Garden Salad Biscuits Cake</i>	5 <i>Egg Salad Sand. Soup/Crackers Chips Pears</i>	6 <i>Spaghetti with Meat Sauce Garden Salad Garlic Bread Peaches</i>	7 <i>June Fest</i>
8	9 <i>Chicken Stuffing Bake Biscuits/Butter Garden Salad Pears</i>	10 <i>Homemade Potato Soup Biscuits Chips/Crackers</i>	11 <i>Father's Day Meal Hot dogs/Hamburgers Home fries/ Beans Macaroni Salad</i>	12 <i>Chicken Salad Sandwich. Soup Chips/Crackers Applesauce</i>	13 <i>Staff Inservice Center Closed</i>	14
15 <i>Father's Day</i>	16 <i>Cheesey Chicken over Rice Garden Salad Peaches</i>	17 <i>Hot Ham & Cheese Bean Soup Chips Cake</i>	18 <i>Shepherds Pie Biscuits Garden Salad Fruit Salad</i>	19 <i>Juneteenth Center Closed</i>	20 <i>Center Closed</i>	21
22	23 <i>Spanish Rice Corn Garden Salad Biscuits/Butter Pears</i>	24 <i>Homemade Chicken Soup Salad Chips/Crackers Cookies</i>	25 <i>Cheese Omelet Hash Browns Breakfast Sausage Toast Mandarin Oranges</i>	26 <i>Hot Dog/Bun Baked Beans Tator Tots Carrots</i>	27 <i>Sloppy Joes Mac Salad Green Beans Peaches</i>	28
29	<i>Cheese Burger French Fries Green Beans Peaches</i>					

6/6 Elderwood presentation

6/11 Father's Day Meal

6/18 SNAP Cooking Class @ 10:00 am

BINGO, M,W,F, @ 12

6/27 Neighborhood Legal Project @ 11am

*** Food Giveaways on Mon, Wed, & Fri @ 10:30am**

75 Public Square PO Box 206
Holley NY 14477
585-638-6395

Milk, coffee or water provided with meals
A \$2.00 donation is appreciated but not required
Menu is subject to change due to availability of



June

2025

Sales Calendar

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)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Glassware 50% off	4 BOGO Dishes	5 BOGO shoes	6 30% off Glassware	7 50% off furniture
8	9	10 50% off Hand Bags/ Purses/ Backpacks	11 Electronics 30% off	12 Jewelry 50% off	13 Closed In-Service Staff Training	14 Closed- Strawberry Fest
15	16	17 Sport Equipment and apparel 30% off	18 50% off Kids clothing/ Shoes	19 Closed- Juneteenth	20 Closed- Agency Holiday	21 ALL CLOTHING 50% off
22	23	24 Misc Section 30% off	25 Luggage cases 30% off	26 20% off Small Appliances	27 All Water bottles and plastic drinkware .50	28 Any Home Décor 20% off
29	30					

Contact Information

Call: 585-589-1430

Text: 585-640-1329

Email: mainstreetthriftstore@caoginc.org

Facebook: Main Street Corner Thrifts, Gifts and More

ACHIEVE MORE IN JUNE



BED ROTTING

WHAT IS IT?

When your feeling low ITS EASY TO DO LESS
& THE LESS YOU DO, THE WORSE YOU FEEL

The cycles of low mood and inactivity like bed-rotting might
feel like self-care at first

BUT IF IT BECOMES YOUR GO-TO, IT CAN LEAD TO:

- DISRUPTED SLEEP • SOCIAL WITHDRAWAL • ANXIETY
- DEPRESSION • FOMO

ALL OF WHICH CAN MAKE YOUR MOOD WORSE.

The Solution? BALANCE.

WHILE RESTING HAS ITS PLACE, REAL RELIEF

COMES FROM HEALTHY HOBBIES THAT GIVE
YOU A SENSE OF PURPOSE.

