



Community Action of Orleans & Genesee Employee Newsletter

March 1, 2026

A few words from Renee

Dear Team,

As we step into March, I want to take a moment to share important updates about our agency's funding and the work ahead.

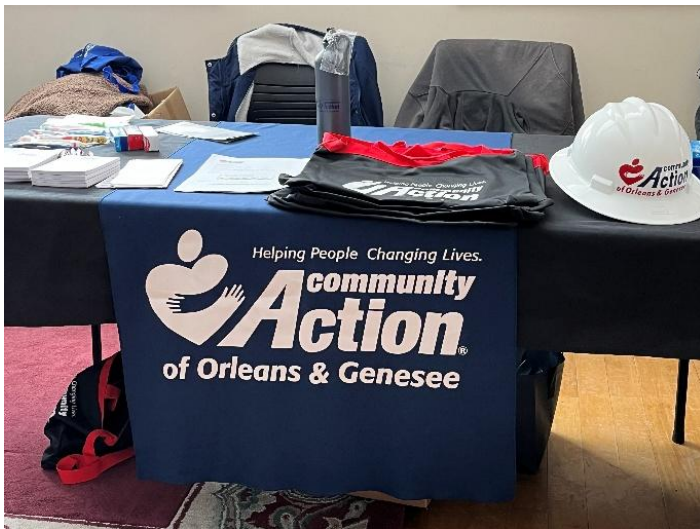
As you are aware, we had a brief government shutdown between January 30th and February 3rd. Our programs and funding were not impacted. Following the brief shutdown, Congress passed a Continuing Resolution (CR) that funds federal programs through September. This means that the Community Services Block Grant (CSBG), Head Start, and other essential funding streams are now stable throughout the remainder of the federal fiscal year. While a CR is never a long-term solution, it does provide enough certainty for us to continue planning ahead, supporting families, and advancing our mission.

Although the CR gives us breathing room, we remain actively engaged with state and national partners to advocate for stable, long-term funding. During March, I will be traveling to Capitol Hill in Washington, DC to continue advocating for our funding. As you know, Community Action agencies across the country play a vital role in reducing poverty, strengthening families, and building more resilient communities—and predictable funding is essential to that mission.

In other news, in March, there are a couple of exciting fundraisers that will increase our capacity for providing assistance to members of our community. Please visit our Sharepoint or website to get details on the bowling and cornhole events.

Happy Spring and
Thank you for being....Part of the Solution
Renée

On January 29, 2026 Jeff Atwell and Melinda Daniels attended the Orleans County Resource Fair. Mackenzie Jenks, Shelcy Plueckhahn, Taryn Moyle and Alishia Foss also had tables as well. There were over 30 vendors and 65 community member participants. We had a chance to discuss and promote our agency and programs.



CONTACT US

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Main Street Corner

*— Thrifts, Gifts and More —***ADDRESS**131 South Main Street,
Albion NY 14411

MARCH 2026

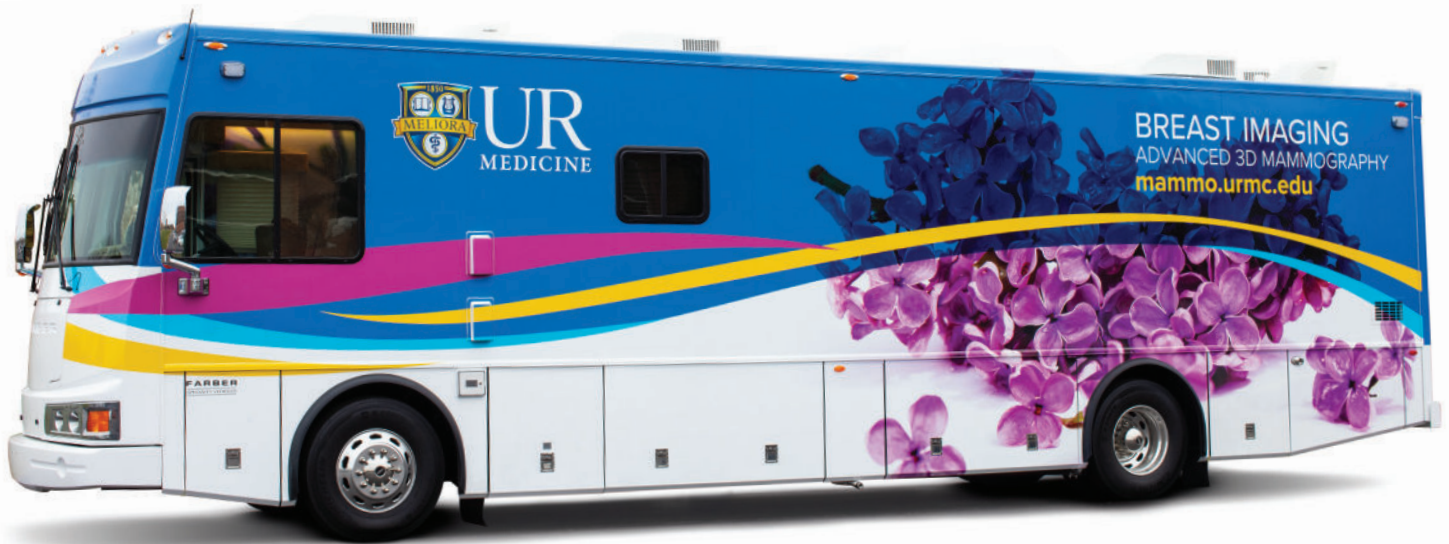
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED 1	CLOSED 2	20% OFF PHOTOS/FRAMES/ART 3	BOGO ALL CDS/CASSETTES 4	BOGO KIDS SHOES 5	BOGO ALL KIDS CLOTHING 6	50% OFF PERSONAL CARE ITEMS 7
CLOSED 8	CLOSED 9	50% OFF ALL PARTY SUPPLIES 10	30% OFF MISCELLANEOUS SECTION 11	BOGO BOARD GAMES/PUZZLES 12	BOGO ALL WOMENS CLOTHING 13	CLEARANCE CLOTHING ALL .25 EACH 14
CLOSED 15	CLOSED 16	20% OFF ENTIRE KITCHEN SECTION 17	30% OFF FURNITURE 18	50% OFF WINTER COATS/JACKETS 19	BOGO ALL MENS CLOTHING 20	BOGO GLASSWARE 21
CLOSED 22	CLOSED 23	BOGO WINTER BOOTS 24	60% OFF PUNCH BOWLS AND CUPS 25	20% OFF PLASTICWARE 26	BOGO ALL WINTER CLOTHING 27	50% OFF STORE WIDE 28
CLOSED 29	CLOSED 30	20% OFF INFANT/BABY ITEMS 31				

STORE HOURS

Sunday/Monday - Closed
 Tuesday: 11a - 4p
 Wednesday: 11a - 4p
 Thursday: 11a - 5:30 p
 Friday: 11a - 5:30 p
 Saturday: 10:30a - 3p

DONATION HOURS

Sunday/Monday - Closed
 Tuesday: Appointment Only
 Wednesday: 11a - 3p
 Thursday: 11a - 3p
 Friday: 11a - 3p
 Saturday: Appointment Only



MOBILE MAMMOGRAPHY VAN

Bringing Breast Screenings to:

Hoag Library

UR Medicine has teamed up with: Hoag Library
to bring in-office quality mammograms directly to us.

Screening Appointments Available:

134 South Main St., Albion, NY 14411

Location

Friday, March 27, 2026, 10am to 2:30pm

Date & Time

This is a great opportunity for women ages 40+ to receive crucial breast care with the same technology and quality of care you'd get in the office but in a friendly and convenient location. The process is quick and easy, and **it could save your life.**

Schedule your screening appointment now.

Call 1-844-870-0002 or email mammovan@urmc.rochester.edu.

Visit mammovan.urmc.edu

Part of Strong Memorial Hospital



UR
MEDICINE

HAVE YOU EVER **Smoked?**

You need to meet **EDDY**
Early Detection Driven to You.



**EDDY
WILL
BE AT**

Lung cancer screening is **easy**.
And could **SAVE YOUR LIFE**.

Lung cancer screening is for people 50 or older with at least 20 years of heavy smoking.



Hoag Library
134 S Main St, Albion, NY 14411

April 20 21 2026

Find out if you're eligible, and where
EDDY will be next Roswellpark.org/Eddy
or call **1-800-ROSWELL (767-9355)**

SAFETY CORNER

Ergonomics & Workplace Safety



Creating a safe workplace goes beyond hard hats and warning signs. One of the most important — and often overlooked — aspects of workplace safety is **ergonomics**. By improving how we interact with our work environment, we can prevent injuries, reduce fatigue, and boost productivity.

What Is Ergonomics?

Ergonomics is the science of designing workspaces, tools, and tasks to fit the employee — not forcing the employee to fit the job. When workstations and job tasks align with the body's natural movements and limits, we reduce strain and lower the risk of injury.

Poor ergonomics can lead to:

- Back and neck pain
- Carpal tunnel syndrome
- Muscle strains
- Tendonitis
- Fatigue and decreased productivity

The good news? Most ergonomic risks are preventable.

Desk & Computer Workstation Safety

If you spend most of your day at a desk, small adjustments can make a big difference.

Workstation Setup Tips:

- Position your monitor at eye level and about an arm's length away
- Keep feet flat on the floor or on a footrest
- Adjust your chair so knees are at a 90-degree angle
- Keep wrists straight and elbows close to your body
- Use a headset instead of cradling the phone between your ear and shoulder

Remember the 20-20-20 Rule:

Every 20 minutes, look at something 20 feet away for 20 seconds to reduce eye strain.



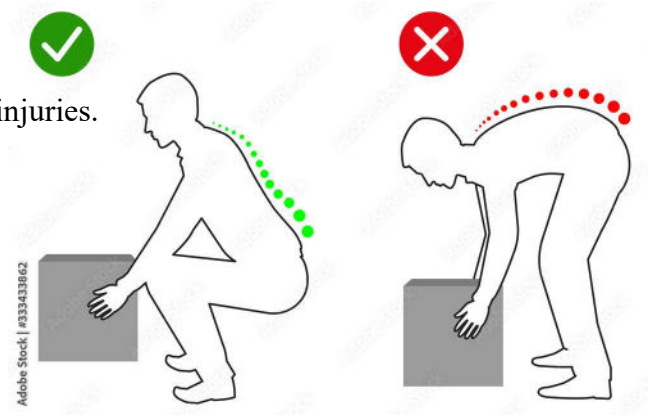
Safe Lifting & Material Handling

Improper lifting is one of the leading causes of workplace injuries.

Lift Smart:

- Size up the load before lifting
- Keep the load close to your body
- Bend at your knees — not your waist
- Avoid twisting while lifting or carrying
- Ask for help or use mechanical aids when needed

If it feels too heavy, it probably is.



Repetitive Tasks & Motion Safety

Repetitive movements can cause strain over time, even if the task seems easy.

Prevention Strategies:

- Rotate tasks when possible
- Take short stretch breaks throughout the day
- Use ergonomically designed tools
- Report discomfort early before it becomes an injury

Early reporting allows us to address small issues before they become serious problems.

Stretching & Microbreaks Matter

Short breaks increase circulation, reduce muscle tension, and improve focus.

Try incorporating:

- Shoulder rolls
- Neck stretches
- Wrist and forearm stretches
- Standing and walking breaks

Even 1–2 minutes every hour can make a difference.

Final Takeaway

Good ergonomics isn't just about comfort — it's about prevention. When we design work to support our bodies, we protect our health, reduce injuries, and create a safer, more productive workplace for everyone.

Stay aware. Adjust when needed. Safety starts with you.