

Community Action of Orleans & Genesee

August 1, 2026 Employee Newsletter

News from Renee

Dear Team,

Today, I am writing to you from VanDetta Stadium in Batavia, where Brett Sobieraski is spending Day 3 of his extraordinary 400-mile run benefiting our agency. As I watch him circle the track lap after lap, I am reminded of the perseverance, resilience, and dedication that define both this challenge and our organization. Brett's willingness to push beyond what most of us would think possible is a reflection of the same spirit our staff demonstrate every day when serving our community.

This past weekend, Brett began an incredible journey to raise funds and awareness for our agency. His challenge is simple in concept but extraordinary in execution: run **55 miles a day for seven consecutive days**, followed by a final 15-mile run, for a total of **400 miles in eight days**. His goal is to raise **\$20,000** to support CAOG during a time when nonprofits are facing significant funding challenges and uncertainty.

On Day 1 at Albion High School, Brett completed 55 miles, or 220 laps around the track, despite extreme heat and several downpours. On Day 2 in Lyndonville, he accomplished another 55 miles, bringing his total to 110 miles before arriving in Batavia this morning for Day 3.

What makes this challenge especially meaningful is that it is about far more than running. It is about community, compassion, and a shared commitment to helping others. Throughout the first two days, supporters have joined Brett on the track, walking, running, cheering, and demonstrating what can happen when people come together behind a common purpose.

Brett chose our agency as the beneficiary of this effort because he believes in our mission and the impact of our programs. He has highlighted the ways our agency helps individuals and families through Head Start, food assistance, transportation services, weatherization programs, emergency support services, and many other initiatives that strengthen our communities every day.

News from Renee continued

As of the conclusion of Day 2, the effort had already raised approximately **\$11,000 toward the \$20,000 goal**, a testament to the generosity of our community and the confidence people have in the work all of you perform each day.

I hope you take a moment to reflect on what this says about Community Action. People do not commit themselves to running 400 miles for an organization unless they truly believe in its mission. They do not donate their hard-earned dollars unless they know those dollars will make a difference. Brett's challenge shines a spotlight on our agency, but it is your daily dedication that makes people want to support us.

Every meal served. Every child prepared for kindergarten. Every family connected to resources. Every home made safer and more energy efficient. Every transportation trip. Every act of kindness and encouragement. These are the reasons our communities believe in Community Action.

On behalf of our entire agency, I want to express my sincere gratitude to Brett Sobieraski for his determination, generosity, and belief in our mission. I also want to thank each of you. Your work changes lives every day, and this remarkable community response is a reflection of that impact.

Thank you for being....
Part of the Solution
Renée

September newsletter and EOM submissions due Wednesday, August 26, 2026

HEAT STRESS

SYMPTOMS, FIRST AID, & PREVENTION

Millions of U.S. workers are exposed to heat elements in their workplace each year. Hazardous heat exposure can occur both indoors, outdoors, and across multiple industries.



702
Heat-Related Deaths
Each Year



67,000
ER Visits
Annually



50%-70%
of Heat-Related Deaths
Occur on a Worker's First
Day on the Job

HEAT ILLNESSES



Heat Stroke
Occurs when the body can no longer control its temperature. Heat stroke can cause permanent disability or death if the person does not receive emergency treatment.



Heat Exhaustion
The body's response to an excessive loss of water and salt, usually through excessive sweating.



Rhabdomyolysis
Causes the rapid breakdown, rupture, and death of muscle. When muscle tissue dies, electrolytes and large proteins are released into the bloodstream. This can cause irregular heart rhythms, seizures, and damage to the kidneys.



Heat Syncope
A fainting (syncope) episode or dizziness that usually occurs when standing for too long or suddenly standing up after sitting or lying. Factors that may contribute to heat syncope include dehydration and lack of acclimatization.



Heat Cramps
Usually affect workers who sweat a lot during strenuous activity. This sweating depletes the body's salt and moisture levels. Low salt levels in muscles cause painful cramps.

HEAT ILLNESS SYMPTOMS



Confusion



Excessive Sweating



Headache



Dizziness



Elevated Body Temperature



Fainting



Seizures



Nausea



Muscle Weakness



Muscle Cramps

FIRST AID

Never leave a worker with heat illness alone. The illness can take a rapid turn for the worse. When any signs are present, follow these steps:



Move the worker to a cool area



Use a cold compress



Provide the worker with a cooler environment and powder for areas where a rash is present



Call 911 if the worker has lost consciousness or may be experiencing a seizure

BEST WAYS TO COOL DOWN



Cold water or ice bath, if possible



Wet the skin



Place cold wet cloths on the skin



Soak clothing with cool water

PREVENTION

According to the Center of Disease Control (CDC), the gradual intensity of the heat exposure could take 1-2 weeks for workers to acclimate. Follow these five tips to prevent worker heat exposure:



Drink water every 15 minutes in hot conditions



Wear light, loose-fitted, and light-colored clothing



Take frequent breaks in a cool, shaded place



Schedule shifts earlier in the day, especially for more physically demanding projects



Create a plan for extreme heat and train workers on how to be helpful in an emergency



Roots, Rhythm & Renewal

Parents & Caregivers from
Genesee & Orleans County
of Children & Youth with
Special Health Care Needs
are invited to a FREE
restorative retreat to
breathe, reconnect, and
replenish.

Your Experience Includes:

- A welcoming, trauma-informed space with breakfast & lunch
- Gentle movement, breathwork, sound, rhythm, and creative activities to support nervous system regulation.
- Simple grounding tools you can use at home.
- Opportunities for reflection, connection, and community with others who share similar experiences.
- Free gift raffle

August 8, 2026
10am-4pm
Richmond Library
19 Ross St, Batavia NY

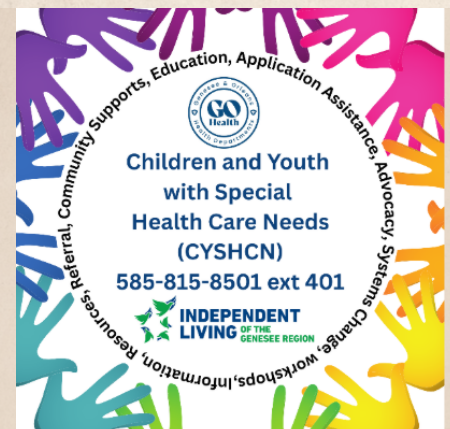


Register Now
Space is Limited



For More Information

Rebecca Batt
CYSHCN Program
Specialist
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