



**QUITTING IS HARD.**

**INCREASE your chance of success by:**

**Using medicine** that helps with the physical dependence.

**AND**

**Getting support** for the mental and emotional struggle.

**TALK to your doctor**

Most insurances cover medicine to help you quit if you have a prescription

**CALL**  
1-866-NYQUITS  
(1-866-697-8487)

**TEXT**  
a quit coach:  
(716) 309-4688

**MEET ONLINE**  
URMC is offering a free 6 week Zoom program led by trained quit experts designed to support you on your journey. Look up: "Commit to Quit! URMC" or scan the QR code

**Your BEST chance to quit for good.**

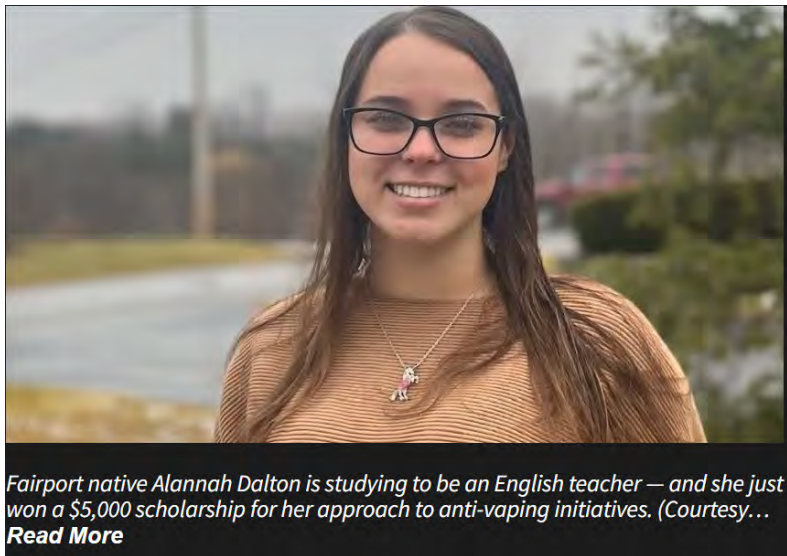
Counseling Medications

Did you know:

1. One in four Wayne County adults are smokers.
2. One in five 12th graders in Wayne County use vapes.
3. Smoking is the leading cause of preventable disease, disability, and death in the U.S.
4. No matter how it's delivered, nicotine is harmful for youth and young adults. E-cigarettes typically contain nicotine as well as other chemicals that are known to damage health.

Quitting is hard, but there is help available. The more resources you use to quit, the better your chances of staying tobacco-free.

1. Data Source: NYS Expanded Behavioral Risk Factor Surveillance System, data as of December 2020.
  2. Data Source: Wayne County School Summary Report, Evalumetrics Youth Survey, 2021.
  3. Source: Centers for Disease Control and Prevention (CDC). Smoking and Tobacco Use. 2022.
  4. Source: U.S. Surgeon General. Know the Risks. 2023.
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ROCHESTER, N.Y. (WROC) — When Fairport native Alannah Dalton was in high school, most of her friends vaped.

“They had the juul [...] what a lot of people people called the ‘starter,’” she said. “The one that kind of targeted a younger demographic first.”

17 at the time, Dalton said that because it was around her constantly, it seemed safe enough. She recalled kids she knew whose parents would buy them things like juul pods and e-cigarettes.

**Read More**

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Winter weather has arrived just in time for a Winter Festival! Stop over to Blockhouse Diner and the Village Park in Clyde on Sunday to enjoy the family fun!

Saturday- Community Dinner at the United Methodist Church- Free! All Welcome!  
Sunday- The Blockhouse Diner presents the Winter Festival in Clyde on 2/26! Fun for the whole family! Games and Activities in the Village Park! Taste a wine slushi! Listen to DJ music by JT Entertainment! Search for Eye Rocks! Get a Chair Massage by Faithful Body Works! Order your meal at the Blockhouse Diner and purchase from the Bake Sale for dessert! Stop in at the diner to register your prize-winning chili for Chili Cook-off!

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The **Foster Grandparent Program** of **Finger Lakes Community Action** is looking seniors ages 55 and over who are interested in volunteering with Wayne County School Districts. Seniors must commit to volunteering fifteen hours a week & will earn a non-taxable stipend of \$4.00 an hour and mileage to and from their home to their volunteer site at .65 a mile. Please contact Gregory Peck, Director at 315-333-4155 ext 3316.

The Wayne County Partnership is a consortium of 52 agencies, districts, and organizations who all share common goals: strengthening families, building communities, and helping individuals live their best possible lives.

A colorful poster for a 'Live Your Best Life Wellness Expo'. The text includes: 'Live Your Best Life Wellness Expo', 'Thursday April 27th 9 am-12 pm', 'LCC' (Lyons Community Center), 'Lyons Community Center 9 Manhattan St Lyons, NY', and a list of free services: 'Free: Health Screenings, Education &amp; Support, Research Options, Activities &amp; Speakers'. The poster also features logos for Finger Lakes Community Schools, Public Health Wayne County, NY, and Wayne County, and two circular images of healthcare professionals.

There is still room for more vendors (presenting organizations) at the upcoming Wellness Expo. Visit the event's [Facebook page](#).



Virtual Mental Health First Aid and Virtual Youth Mental Health First Aid classes are available. Click on the images, above, to view details on each course.

Visit the [Wayne County Connection to Learning](#) to view dates and times and to register.



March 2023 will hold Trybe's SIXTH Veteran's Cohort. Group therapy known as a "cohort" is at no cost to veterans and is held for three hours at the same time, on the same day, each week. Expect to meet outdoors each day and to think outside the box. All Trybe programs utilize Outdoor Skills, Clinical Theory, and Sensory Integration to help manage the effects of stress, anxiety, depression or trauma. Coping skills such as mindfulness, self awareness, distress tolerance, and resiliency are offered as a "set of tools" to apply as needed through difficult moments. Veterans are welcomed to engage at a level that feels comfortable to them and are always supported by multiple staff in the field during group sessions. All veterans are welcome regardless of age, race, rank, cultural background, or sexual orientation.

Please reach out to [Info@TrybeEcotherapy.com](mailto:Info@TrybeEcotherapy.com) or call 585.678.1313 for more information.





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

Free and open to all Wayne County Residents.  
Pre-registration not required.  
10:00 AM until food gone.

January	February	March
10 (Tues.)	14 (Tues.)	7 (Tues.)
20 (Fri.)	15 (Wed.)	10 (Fri.)
25 (Wed.)	22 (Wed.)	21 (Tues.)
31 (Tues.)		22 (Wed.)

All these distributions will be held at the Lyons Transportation facility  
70 Clyde Road, Lyons

So we don't get in the way of school buses and snowplows, please do not arrive before 9:00 AM!

There are still four drive-through food distributions this winter! All events will be held at the Lyons Transportation facility.

## Partner Spotlight



**Evalumetrics Research** has provided planning, research, and evaluation services to numerous school and community-based youth development, substance abuse, traffic safety, and violence prevention programs for over 40 years. Evalumetrics works with a variety of primary and archival data sets to conduct detailed needs assessments, develop outcomes-based plans, and design evaluations for numerous initiatives.

Evalumetrics Research collects and analyzes data from all eleven Wayne County school districts biannually and compiles the Evalumetrics Youth Survey(EYS) report that we use to rate our efforts in the county.

To view past EYS reports, visit <https://www.waynepartnership.org/evalumetrics-youth-survey>

## 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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