



National Alliance on Mental Illness

The **National Alliance on Mental Illness (NAMI)** provides support, education, and advocacy to individuals and families of all cultural backgrounds who are living with mental illness. Our local branch, in Rochester, offers supports for nine different populations, including mothers of children with mental illness, families, friends, and individuals who care about persons with mental illness, and those grieving from the effects of suicide or addiction.

Check out their available resources at <https://www.namiroc.org/support-groups>



Family Counseling Service of the Finger Lakes is excited to offer additional groups into the community.

The Oath of Self Reflection works to build healthy social skills through the therapeutic application of table top role playing games like Dungeons and Dragons. Group members will also learn healthy regulation and communication skills.

If there is enough interest, additional groups can be developed in additional community areas of interest to limit barriers to access to services.

Click here, or on the image, above, for more information.



February is American Heart Month. For the month of February, **SOAR** is, once again, partnering with **Faithful Body Works** to encourage us all to show ourselves some care by playing **Self- Love BINGO!** Get the [game board here](#) or you can pick up hard copies in Clyde from Faithful Body Works, SOAR, the C-S Public Library, or in Savannah at Rose's Quickstop. Once you achieve BINGO, email a photo of your gameboard to faithfulbodyworks@gmail.com with your name to be entered into a drawing. Winners will be drawn on March 1, 2023.

Save the date for these community events.

2/13: Red Cross Blood Drive, Clyde Volunteer Fire Department, call to schedule an appointment, 1pm- 6pm,

2/15: Rochester Regional Health Mobile Mammography, Brick Corner Senior Independent Living, Savannah, 10-3:30pm

limited appointments available

2/14, 2/15, and 2/22: Foodlink Distribution at Lyon's Transportation Facility, 10am

Volunteer opportunities- feel free to reach out to Amy:

Wayne County 4H is looking for volunteers to help judge presentations

the Wayne County Partnership is always happy for new volunteers to help with monthly food distributions

Live Your Best Life

Wellness Expo

Thursday

April 27th

9 am—12 pm



Lyons
Community Center
9 Manhattan St
Lyons, NY



Free:

Health Screenings
Education & Support
Research Options
Activities & Speakers

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

Visit <https://www.waynepartnership.org/newsletter> to subscribe or to submit your article to this newsletter.



FEBRUARY 2023



YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News

VOLUME 14

IN THIS ISSUE:

A Note From the Nurse's Office:
February is American Heart Month! ❤️

Heart disease is the leading cause of death in the US, but there are ways to reduce your risk! Some risk factors include: high blood pressure, diabetes, high cholesterol, smoking, and obesity.

Ways to improve your heart health include:

- Eat a healthy diet and maintain a healthy weight
- Quit smoking and excessive alcohol use
- Exercise regularly
- Manage your health conditions appropriately with your medical practitioners

Heath from the Nurse's Office

Heart Attack Signs & Symptoms

Children's Dental Health Month

Eating Disorder Support

Signs and Symptoms of a Heart Attack

For Men and Women

For Men notice the symptoms of a heart attack call 911 immediately



44% OF PEOPLE WITH AN EATING DISORDER DO NOT KNOW WHERE TO SEEK HELP.

For eating disorder support, call or text: (800) 931-2237

If you are in a crisis and need help immediately, text "NEDA" to 7474741



February is National Children's Dental Health Month!

Healthy smile tips from The American Dental Association:

- Brush your teeth TWO times a day with fluoride toothpaste
- Clean between your teeth with floss at least once a day
- Eating a healthy diet and limiting sugary foods and drinks helps prevent cavities
- Drink lots of water
- See a dentist twice a year for prevention and treatment



1 in 12 teens in America experience teen dating violence

Dating abuse includes physical abuse, sexual abuse, psychological abuse, and stalking.

Visit LoveIsRespect.org for more information, support, and resources if you or a loved one is struggling with dating violence.





WAYNE COUNTY
Community Schools

Visit <https://www.waynecountycommunityschools.org/your-health-matters-newsletter> to view past issues.



Looking for a good job with a great organization? **Cornell Cooperative Extension (CCE) of Wayne County** is hiring a full-time Community Schools Food and Fitness Educator!

The Food & Fitness Educator will assist in the assessment of wellness policies and practices of local schools, head starts, childcare and daycare centers, attend relevant community meetings, and assist in the implementation of health, nutrition, and fitness programs and activities utilizing various 4-H and CCE curriculum and other available resources. This individual will meet and plan with school representatives to ensure that they are addressing local needs and will coordinate with other CCE Wayne County staff to ensure that they are not duplicating what is already being provided to the schools. Applications will be accepted until February 16th, and can be found at the following

link: https://cornell.wd1.myworkdayjobs.com/CCECareerPage/job/New-York-State-Other/CCE-of-Wayne-County-Community-Schools-Food---Fitness-Educator---Newark--NY_WDR-00034725 If you have difficulty with the link above, you can navigate to it from our website: <https://ccewayne.org/jobs>.

Please reach out to Ryan Kincaid, 4-H Youth Development Team Leader at CCE, with any questions you may have. You can reach her at (315)331-8415, ext. 114, or **via email**.

Partner Spotlight



Finger Lakes Community Health offers a range of services and resources that aim to keep you and your loved ones healthy. In Wayne County, we are located in Newark (Newark Community Health) and Sodus (Sodus Community Health). You can learn more about our locations by visiting our website, <https://www.localcommunityhealth.com/location-map/> we are an independent healthcare facility, known as a federally qualified health center that provides:

- Primary care
- Dental care
- Behavioral Health
- Support services, and more for our community.

Our primary care services include medical care for people of all ages. We provide pediatric, adult, and geriatric care. Our medical services include preventative health (physicals, cancer screenings), lab testing, treatment, and referrals for care. We include reproductive health services as part of our routine medical care.

- Our patients come to us for help with birth control, reproductive health, annual gynecologist exams, cancer screenings, and sexually transmitted infection testing and treatment. We make it our mission to provide personal, confidential, and affordable services to everyone of all ages including LGBTQIA+ individuals, and couples. Patients may choose to only see us for reproductive health, while they have a primary care provider at another location, or see us for both reproductive and primary care.

Our dental care includes routine cleanings, X-rays, and exams. We help patients understand the importance of proper, routine dental care as a prevention tool. We also offer dental care in schools.

Our behavioral health team offers mental health assessments, substances use screening, counseling, tele psychiatry services, and psychiatric consultations and works with the primary care team to keep you well. We also offer behavioral health services in schools.

Our support services team offers assistance in navigating the complex healthcare system.

- The Care Management team provides assistance for children and adults with mental health or substance use disorders. This team can help with medical, mental health, substance use, and social service appointments. Our team connects folks to affordable housing food, clothing, and transportation.
- Our Financial advocacy team helps understand insurance options and find the best insurance for you based upon your needs.

Our Reproductive Health team provides care in partnership with the medical team for patients coming into the office. They also serve our community providing free education programs to help people of all ages make informed choices when it comes to reproductive and sexual health. Our team provides support to folks as they go through their pregnancy to help support healthy outcomes during and after pregnancy.

- Our Patient Navigation team offers assistance navigating through the healthcare system, by scheduling appointments, helping with unexpected bills, addressing transportation barriers, and providing in-person interpretation services.

We accept many insurances and also offer sliding fee services. Here at Finger Lakes Community Health, we care about every individual patient. We understand healthcare is not one size fits all and everyone needs care that meets their needs. Our team is composed of health advocates, medical, dental, and behavioral health staff, as well as financial advocates, all ready to assist you with any of your questions or concerns.

For more information on **Finger Lakes Community Health**, call any one of our Finger Lakes Community Health Centers or visit us online at www.LocalCommunityHealth.com.

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
Fidells 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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