COMMUNITY ACTION OF ORLEANS AND GENESEE
EMPLOYEE NEWSLETTER

Our mission:

To provide services, with dignity and respect, that help people become self-sufficient

Hello Team:

As we "MARCH" along into 2023, as always, we have many good things going on. During the last week of February, we had our first Food Rx: Stone Soup Success class graduation. This was so exciting!! We already have the next two classes filled. In case you need a reminder, we are partnering with Cornell Cooperative Extension in this program. The goal of the program is to educate and enable participants to make healthy food choices. They start a series of classes and upon graduation, receive a kit full of portable cooking tools. Next year we will add the ability for medical providers to "prescribe" healthy food prescriptions which are vouchers that can be used at local farm markets and grocers. This program is near and dear to my heart so it is very exciting to see it thrive.

In other health related news, Jeanette Worsley has been asked to present our own Axis of Care program at the upcoming Region 2 Community Action Symposium. Jeanette has done a great job working with our healthcare partners to offer mobile health events across Orleans county. Way to go Jeanette!

We are making progress on our Main Street Store name change contest and have a final list that will be presented to a committee that will choose a winner. Also, wait until you hear about the exciting program that our Main Street Store Manager, Cassie Eagle, is coordinating to help students get ready for prom!! Stay tuned!!!

Congratulations to Ricky Standish for being our first Employee of the Month! Ricky is always willing to help out wherever needed even when sometimes the work that needs to be done is not so pleasant. Ricky…we are so proud that you are part of our team!

Just a reminder, it is everyone's responsibility to ensure that we protect our agency and customer information. Cybercrime and Ransomware are a constant threat and often times companies like non-profits are looked at as easy targets. It is critical that we are aware of the red flags and be very careful about what we click. C&H PC is stepping up tests and many of you have noticed and questioned suspicious emails. Great job! But…we have had a good number of people who have clicked on links or even worse, sent requested information. It only takes one mistake to let a bad actor into our computer systems.

Here are some Cyber Security Tips from [Cybint Solutions | Cybersecurity Education](#)

1. Clicking Without Thinking Is Reckless
Just because you can click, doesn't mean you should. Remember, it can cost you a hefty sum. Malicious links can do damage in several different ways, so be sure to inspect links and ensure they're from trusted senders before clicking.

2. Use Two-Factor Authentication
It's important to have a strong password, but it's even more imperative to have two-factor, or multi-factor, authentication. This method provides two layers of security measures so if a hacker can accurately guess your password, there is still an additional security measure in place to ensure that your account is not breached.

3. Look Out for Phishing Scams

With over 3 billion fake emails sent daily, phishing attacks are some of the greatest cybersecurity threats as they are very easy to fall for. In a phishing attack, a hacker will pose as someone that the recipient may be familiar with to trick them into opening a malicious link, divulging important credentials, or opening software that infects the recipient's system with a virus. The best way to be on the lookout for phishing scams is by avoiding emails from unfamiliar senders, look for grammatical errors or any inconsistencies in the email that looks suspicious, and hover over any link you receive to verify what the destination is.

4. Keep Track of Your Digital Footprint

When you monitor your accounts, you can ensure you catch suspicious activity. Can you recall everywhere you have online accounts and what information is stored on them, like credit card numbers for easier payments? It's important to keep track of your digital footprint, including social media, and to delete accounts you're not using, while ensuring you set strong passwords (that you change regularly).

5. Keep Up with Updates

Software patches can be issued when security flaws are discovered. If you find these software update notifications to be annoying, you're not alone. But you can consider them the lesser of two evils when weighing up rebooting your device versus putting yourself at risk for malware and other types of computer infection.

6. Connect Securely

Cyber security tips about this have been dished out by nearly every tech expert under the sun, but many still don't follow this advice. You might be tempted to connect your device to an unsecured connection, but when you weigh the consequences, it's not worth it. Only connect to private networks when possible, especially when handling sensitive information.

7. Secure Your Mobile Device

Security doesn't end at your desktop. It's important to get into the habit of securing your presence through your mobile device as well. Use strong passwords and biometric features, ensure you turn off your Bluetooth, don't automatically connect to any public Wi-Fi, and download with caution.

8. Beware of Social Engineering

When hackers can't find a security vulnerability, they'll attack in other ways. Enter social engineering. This type of attack is more of an attack on the mind of the user, rather than on the device, to gain access to systems and information. Especially with the information publicly available online and over social media, cyber criminals come up with creative ways to dupe users.

9. Back-Up Your Data

These days, storage doesn't cost much. There's no excuse not to have a backup of important data. Back it up on a physical location and on the cloud. Remember, malicious threats and hackers don't always want to steal your data, but sometimes the end-goal is to encrypt or erase it. Back it up to have an ultimate recovery tool.

I strongly encourage everyone to take advantage of the free training resources provided by NYSCAA.

Community IT Cybersecurity Training for Nonprofits **https://nyscaalearn.org/enrol/index.php?id=94**
I've Been Hacked! Now What? **https://nyscaalearn.org/enrol/index.php?id=65**
Phishing and Social Engineering Essentials **https://nyscaalearn.org/enrol/index.php?id=26**

Thank you for choosing to be a part of the Community Action Team! You all make Genesee and Orleans County a better place to live.

Be Part of the Solution,

Renée

EMPLOYEE OF THE MONTH

Ricky Standish

Ricky Joined the facilities team in July 2022 after many years with the agency Weatherization crew. In the very short time that Ricky has been in the role, he has taken on and completed many projects that had not been attended to in quite some time. Some of the notable work projects have been the clean out of the basement in Medina, clean out of the Eastern Orleans Community Center, clean up of the basement in the Head Start Administrative building and the Main Street Store after a major plumbing issue at each site. In addition to his regular workload, Ricky is always willing to work the monthly food distribution and lend a hand to any/all employees. During the December blizzard, Ricky assured that the buildings were safe, and came out in the evening to re-set the fire alarm (more than once) in Albion. Ricky has been an excellent mentor for our Job Development volunteers. He takes the time to work with them and provide them with the skills and knowledge to complete task and prepare them for job opportunities once they are done in the program. We are fortunate to have Ricky leading the Facilities team and ensure that our sites and workspace are well taken care of. In addition to the above, Ricky exhibits flexibility and an ongoing positive attitude, even in stressful and difficult situations. He is polite and respectful and treats all with dignity and respect!

Case Management

Fuel Oil Assistance

HEAP benefits exhausted? Community Action has limited funding available to assist income-eligible residents who heat with **fuel oil**. Contact Emergency Services at (585)589-5605 to find out more.

Medicaid Re-Certification

Enrolled in Medicaid or CHIP? Pay attention to your mail! You may be required to re-certify your eligibility for benefits, or risk losing coverage as of April 1, 2023. If you have questions or need assistance with recertifying, call the Axis of Care at (585) 866–5494 to connect with an insurance specialist free of charge.

Food Pantry

SNAP emergency allotments end this month, and food prices continue to increase. If you are worried about food security, please call our office at (585) 589 – 5605 and ask about our food pantry. Delivery may be available in some circumstances.

Albion

Community Action of Orleans & Genesee — Helping People. Changing Lives.

AXIS OF CARE

OAK ORCHARD HEALTH
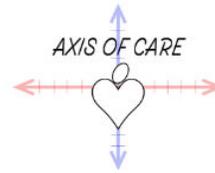
**Mobile Emergency Services
Insurance Enrollment
Healthcare & Education**

We're working together
to get you what you need, where you need it.

Look for us with the Mobile Health Unit

1st Thursday of Every Month

10AM - 12PM	KNOWLESVILLE FIRE HALL 3627 KNOWLESVILLE RD
1PM - 3PM	LYNDONVILLE PRESBYTERIAN CHURCH 107 N. MAIN ST

3rd Thursday of Every Month

10AM - 12PM	HOLLEY FIRE HALL 7 THOMAS ST.
1PM - 3PM	KENDALL FIRE HALL 1879 KENDALL RD.

Call (585) 866-5494 to register

Batavia

Build your financial confidence.

We're here to help with what's important, no matter where life takes you. With our no cost **financial wellness workshops** and M&T's Financial Education Center, you can get access to information on a variety of topics like budgeting, credit management, building wealth & retirement, and more. It's like having the expertise and knowledge of an M&T Banker anywhere you go.

March 22nd - 11:00am

Community Action
5073 Clinton St Rd, Batavia

585-344-1700 - Glen Liucci and Ashley Sutherland

M&T Bank
Understanding what's important®

A massive thank you to the Rochester Vendors Club for their food donation.

Eastern Orleans Community Center Events

Happy St. Patrick's Day

Come join us for our St Patrick's Day lunch

March 17, 2023

11:00—12:00

Menu Includes
Corned beef & Cabbage
Carrots
Biscuits
Dessert
Coffee
Milk
Punch

SPRING FEST

Ice Cream Social

March 20, 2023
1:00-3:00
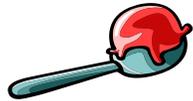
Ice Cream
Vanilla
Chocolate
Strawberry

DONATIONS GREATLY APPRECIATED!!

Candy Filled Eggs   Cookies   Coffee

Easter Egg Hunt!

When—April 1, 2023

Time—10:00am—12:00pm

Sponsored by: The Clarendon Lions Club

Age Groups— 1 yr. to 2 yr. old's
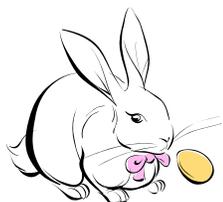
Eastern Orleans Community Center
75 Public Square Holley, NY 14470
(585)-638-6395

3 yr. to 6 yr. old's

7 yr. to 10 yr. old's

What is the difference between 988 and 911?

988 provides easy access to the National Suicide Prevention Lifeline network and related crisis resources.

911 dispatches Emergency Medical Services, fire, and police as needed.

The goal of 988 is to meet the growing suicide and mental health-related crisis care needs.

NEW YORK STATE | Office of Mental Health

988 SUICIDE & CRISIS LIFELINE

Main Street Store

March Sales

3/3: $5 Fill a Bag- Books

3/9: Furniture 30% off

3/11: Electronics 25% off

3/17 BOGO Shoes

3/22: $5 Fill a Bag- DVD/CD/Cassette

3/25: Dishes 30% off

3/30: Lamps 15% off

STAFF Incentives

ALL COMMUNITY ACTION STAFF get a 30% discount when visiting the store

PERFECT ATTENDANCE:

Those who are mentioned in the Newsletter for perfect attendance will receive a $15 credit during the month to use toward any purchase in the store!

Dates and more info for our Prom Event coming soon…….

Keep an eye out on our Facebook page for more deals, and new events!