

# Agency Newsletter

March 1st 2024

## Community Action of Orleans and Genesee

*Our mission:: To provide services, with dignity and respect, that help people become self-sufficient*

Hello Team:

I hope everyone is doing well! Did you know that this year marks the 60th anniversary of Community Action? It all started in January of 1964 when President Lyndon B. Johnson spoke these words:

*“Unfortunately, many Americans live on the outskirts of hope—some because of their poverty, and some because of their color, and all too many because of both. Our task is to help replace their despair with opportunity.*

*This Administration today, here and now, declares unconditional war on poverty, in America. I urge this Congress and all Americans to join with me in that effort.*

*It will not be a short or easy struggle, no single weapon or strategy will suffice, but we shall not rest until that war is won. The richest Nation on earth can afford to win it. We cannot afford to lose it.”*

Later that year, President Johnson signed the Economic Opportunity Act which became the initial funding source for what are now Community Action Agencies which connect millions of individuals and families to greater opportunity, transforming their lives and making our communities—and our nation—stronger. In 2020, a year impacted by the COVID-19 pandemic, Community Action served over 9.5 million people (26% of the 37.2 million Americans in poverty, according to 2020 Census data)<sup>1</sup>. Of these, over 3.1 million were children under the age of 17 and over 2.1 million were adults over the age of 55.

Last year our agency, which turns 60 on October 11th, 2025, assisted 4,021 individuals across Genesee and Orleans County. You should all be proud of the work we do to continue to fight President Johnson’s War on Poverty.

In other news, we just completed our annual fiscal audit. I am grateful for our amazing Finance Team and the hard work they put into completing this. They are making great strides to improve and facilitate our fiscal processes.

Finally, as you may know, our policy allows me the option to designate one additional holiday closure of the agency each year. This year, Independence Day falls on a Thursday. What better way to celebrate the holiday than a nice long summer weekend? With that, I am declaring Friday, July 5th, 2024, an agency holiday. Thank you for your commitment to our agency and the communities that we support. I hope you can enjoy this extra time off with friends and family.

*Be Part of the Solution!*

*Renée*

Community Action  
of  
Orleans & Genesee

# EMPLOYEE OF THE MONTH DEBBIE ROTHMUND

Debbie Rothmund from the Eastern Orleans Community Center (Holley Center) has been chosen as our Employee of the Month for March 2024.

Debbie already has a tremendous amount of responsibility in her role as the Coordinator at the Center. Debbie has a number of volunteers and one 10 hour per week assistant. Volunteer participation is lower than normal and her assistant has been out of work since December 26th.

Debbie has carried on with the day to day business at the Center, all while dealing with unexpected events such as facilitating volunteer pick-up of food donations (so the Center could remain open), learning a new security system, dealing with the increase in food insecure customers, and utilizing a second hand stove that wasn't sufficient for large meal preparation.

Debbie's work ethic and commitment to the customers is remarkable.

Debbie you are truly appreciated daily.

Thank you for all your hard work!

**March 2024**





## Don't let winter put a freeze on your fitness routine

Colder temps and fewer daylight hours can send us into hibernation during the winter months. Decreased physical activity can lead to a domino effect of unhealthy habits and side effects, such as fatigue, depression, stiff muscles and poor sleep.

Instead of hiding out until spring, now is the time to incorporate some cold-weather activities into your daily fitness routine. The following ideas can help you lose weight or maintain a healthy weight while working your muscles in new ways:

- **Hit the slopes.** Downhill skiing and snowboarding are great ways to torch calories this winter. Skiing also targets your thighs, calves, core and arm muscles, making it a great full-body workout. Before heading downhill, try some dynamic movements first, like squats, leg swings and cross-body reaches. This will help get your muscles limber and ready to go.
- **Try the trails instead.** If you prefer a flatter course with a slower pace, cross-country skiing may be a better choice. Depending on your weight and how fast you go, you may burn 400-900 calories per hour. This activity recruits the same muscles as downhill skiing, plus your triceps, biceps, hips, glutes and back muscles as well!
- **Shovel snow.** We all probably need to do this at some point anyway, so instead of dreading the shovel, think of it as your cardio and strength workout for the day. To stay safe, be sure to bend at your knees, lift straight up and do not throw the snow over your shoulder, especially if the snow is heavy and wet. By clearing your driveway and sidewalks, you can burn significant calories.
- **Winter walking.** If you are looking to increase your calorie burn, just step out into the cold for your walk. Your body needs extra energy to keep your core temperature warm, which burns more calories. And if you are chilly, it may prompt you to pick up your pace. Be sure to wear shoes or boots with good traction to avoid slipping and try to choose routes that are free of ice.

Other fun ways you and your family can stay physically active over the next couple of months include sledding (climb your way to the top to work your glute muscles and get your heart pumping), snow shoeing (move across the deep snow while working your legs) and ice skating (test your balance and grace while improving your endurance, strength and stamina).

Don't let a little frost keep you from feeling your best. Bundle up in some warm clothes and try out a few of these ideas to keep your body strong and heart healthy this winter.



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# March



# 2024

## Sales Calendar

131 S. Main Street, Albion, New York  
(585) 589-1430

**Store Hours :**

Wednesday : 11 AM – 4 PM (DONATION DOOR 11 AM – 3 PM)

Thursday : 11 AM – 5 :30 PM (DONATION DOOR 11 AM – 3 PM)

Friday : 11 AM – 5 :30 PM (DONATION DOOR 11 AM – 3 PM)

Saturday : 10 :30 AM – 3 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<sup>1</sup> Furniture 15% off	<sup>2</sup> Games and Puzzles .25
<sup>3</sup>	<sup>4</sup>	<sup>5</sup>	<sup>6</sup> FILL-A-BAG PANTS \$10	<sup>7</sup> FILL-A-BAG SHIRTS \$10	<sup>8</sup> FILL-A-BAG KIDS CLOTHES \$10	<sup>9</sup> FILL-A-BAG DVD/CD/Cassette \$10
<sup>10</sup>	<sup>11</sup>	<sup>12</sup>	<sup>13</sup> BOGO Shoes	<sup>14</sup> Electronics 15% off	<sup>15</sup> Small Appliances 15% off	<sup>16</sup> BOGO Dishes
<sup>17</sup>	<sup>18</sup>	<sup>19</sup>	<sup>20</sup> Lamps 30% off	<sup>21</sup> Furniture 20% off	<sup>22</sup> Craft Section 50% off	<sup>23</sup> Winter Jackets 50% off
<sup>24</sup>	<sup>25</sup>	<sup>26</sup>	<sup>27</sup> BOGO Glassware	<sup>28</sup> Salt and Pepper Sets 15% off	<sup>29</sup> Plasticware 30% off	<sup>30</sup> Personal Care Items 15% off
<sup>31</sup>						



# Main Street Corner

— Thrifts, Gifts and More —

Young Entrepreneurs Program

Presents

## “STARTING YOUR OWN

## BUSINESS 101”

with Kristine Rudgers from S.B.D.C.



EMAIL:

[CHEALY@CAOGINC.ORG](mailto:CHEALY@CAOGINC.ORG)

TO REGISTER

**March 20th, 2024**

**3 PM - 5 PM**

New Date!

### What to expect

- ✓ A 2 hour in-person class with Kristine Rudgers and Cass Healy
- ✓ Discuss the SBDC Blueprint to Success
- ✓ Create a Business Model Canvas and learn how it works
- ✓ Opportunity to work directly with Kristine to work on your small business.



131 S. Main Street, Albion, New York  
(585) 589-1430



# March 2024!



YOUR MISSION FOR THE MONTH:

JOIN THE U.S. FOOD AND DRUG ADMINISTRATION (FDA) IN RECOGNIZING NATIONAL NUTRITION MONTH!



--300 Calories

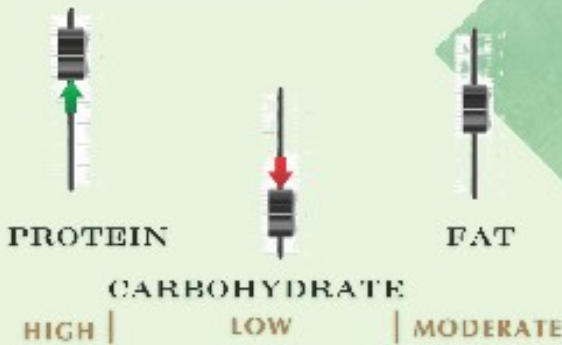
VS

4oz salmon is equal to one donut

--300 Calories



DIAL PROTEIN UP AND ENERGY DOWN



SMOKED SALMON ONE POUND 500 CALORIES	9 EGG OMLETTE ONE POUND 550 CALORIES	BOILED POTATOES ONE POUND 300 CALORIES	GREEK YOGURT ONE POUND 250 CALORIES

How much you eat, is completely dependent on **WHAT** you eat. By focusing on food choice and intentionally eating higher protein foods, your food consumption naturally decreases

**DOUGHNUTS**  
0.8 POUNDS  
1600 CALORIES

OR

**POTATO CHIPS**  
0.5 POUNDS  
1600 CALORIES

**DOWNLOAD**



DOWNLOAD THE **P-E DIET** APP TO MEET YOUR PROTIEN INTAKE GOALS



# Worried about a Loved One?: Firearm Safety for Suicide Prevention Workshop

March 18, 2024

5:00PM-6:00PM

Hoag Library

134 S. Main St. Albion, NY



This event is open to the public  
and free to attend

**E-mail [Sara.Andrew@va.gov](mailto:Sara.Andrew@va.gov) to register by March 15, 2024**

- Empowering family members and loved ones to talk about firearm safety for suicide prevention
- Learn more about firearms, safe storage, and how to have the conversation

## Presenters:

- Scott Wilson- Superintendent, Orleans County Sheriff's Office, Corrections Division
- Sara Andrew, LCSW- Community Engagement and Partnership Coordinator, Suicide Prevention, VA WNY Health Care System

This workshop is not an endorsement of any organization's position on firearms





## ALBION EMERGENCY SERVICES WALK - IN HOURS

409 East State Street, Albion, NY

<b>Tuesday</b>	<b>9am - 4pm</b>
<b>Thursday</b>	<b>9am - 4pm</b>
<b>Friday</b>	<b>9am - 12pm</b>

Alternate times are available  
**BY APPOINTMENT ONLY**  
**(585) 589-5605**





## NEW EMERGENCY SERVICES WALK-IN HOURS Batavia

<b>Tuesday</b>	<b>9am - 4pm</b>
<b>Thursday</b>	<b>9am - 4pm</b>
<b>Friday</b>	<b>9am - 12pm</b>

Alternate times are available  
**BY APPOINTMENT ONLY**  
**585-343-7798**  
**ddodge@caoginc.org**

## Food Distribution

Municipal Parking Lot  
165 South Platt Street, Albion, NY 14411



**9:00 AM - until gone**

(Due to traffic issues, please do NOT line up prior to 7:30 AM!!)

**Family information is required.** In order to keep the distribution coming to our community we have to report on those served.

### 2024 Scheduled Dates:

All are Mondays

- \* January 22nd
- \* February 12th
- \* March 11th
- \* April 15th (note new date!)
- \* May 13th
- \* June 10th



**Next Event, Save-the-Date**



Questions: Please call (585) 589-5605 x 117.






# Get in-person tax help and **FILE FOR FREE!**

Tax Department employees will walk you through your income tax returns, step-by-step, as you complete your own tax return. It's quick and easy! We'll help you prepare and e-file your income tax return at a location near you.

In partnership with **Hoag Library**, sessions are available on Mondays from 10:00am to 5:00pm in the **Curtis Room**. You must pre-register and schedule an appointment. For information, a list of necessary documents, or to schedule a session, contact us at **585-589-4246** or in person at the reference desk.

- Use on-site computers, or your own laptop, tablet, or mobile device.
- You only need basic computer skills and an active email account.
- If you earned \$79,000 or less in 2023, you qualify.
- Safe and secure online tax software.



February							March							April								
				1	2	3					1	2					1	2	3	4	5	6
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13		
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20		
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27		
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30						

■ Sessions available Mondays from 10:00am to 5:00pm.



## Tax Help

can be found at our local Libraries.

**Orleans County - Hoag Library**

**Genesee County - Richmond Memorial**

Be sure to schedule a session.



# Get in-person tax help and **FILE FOR FREE!**

Tax Department employees will walk you through your income tax returns, step-by-step, as you complete your own tax return. It's quick and easy! We'll help you prepare and e-file your income tax return at a location near you.

In partnership with **Richmond Memorial Library**, sessions are available on Thursdays from 9:30am - 4:30pm. You must pre-register and schedule an appointment. For information, a list of necessary documents, or to schedule a session, contact Richmond Memorial Library at **585-343-9550 (ext 3)**.

- Use on-site computers, or your own laptop, tablet, or mobile device.
- You only need basic computer skills and an active email account.
- If you earned \$79,000 or less in 2023, you qualify.
- Safe and secure online tax software.



February							March							April								
				1	2	3					1	2					1	2	3	4	5	6
4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13		
11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20		
18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27		
25	26	27	28	29			24	25	26	27	28	29	30	28	29	30						

■ Sessions available Thursdays, from 9:30am to 4:30pm.

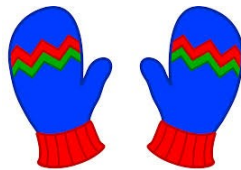


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(585) 589-1430

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Friday : 11 AM – 5 :30 PM (DONATION DOOR 11 AM – 3 PM)  
Saturday : 10 :30 AM – 3 PM

We are accepting donations of Prom items.  
Specifically looking for suits, tux, ties.



Our Mitten Box is on the Sharing Table in front of the store and we are working to keep it filled each day. If you have any hats, gloves, scarves you would like to donate let us know!



# Are you a Caregiver?



**Please join us for a weekly  
Respite Care Program!**

*Find us on Facebook at: Caregiver's Revitalize - Orleans County, NY*



**1<sup>st</sup> & 3<sup>rd</sup> Thursdays from 1 - 4 p.m.  
Albion at Christ Church Episcopal  
26 S. Main St. Albion, NY 14411**

**Please use PARK STREET ENTRANCE ONLY.**



**2<sup>nd</sup> & 4<sup>th</sup> Thursdays from 1 - 4 p.m.  
Community Action's Eastern  
Orleans Community Center  
75 Public Square. Holley, NY 14470**

**We're offering:  
Organized  
activities,  
support, and  
respite for  
caregivers with  
supervision for  
those they care  
for.**

**This program  
is free to all  
caregivers in  
Orleans County.**

**Email: [Caregiversrevitalize@gmail.com](mailto:Caregiversrevitalize@gmail.com)**

**Phone: 585-209-9151 or 585-209-3416**

**Please email or call for more information, to register your  
care recipient or for volunteer opportunities.**







## WINTER COAT DRIVE

5073 Clinton St Rd | Batavia, NY

Community Action in Batavia is in need of new and used winter coats in all sizes and genders.

We are in particular need of kids coats.

No broken zippers, broken buttons, rips, or stains.

We also accept clothing for kids and adults all year.



**Coats are still available for those in need!**

Tuesday/Thursday 9am-4pm, Friday 9am-12pm

To schedule a donation or to receive services:  
585-343-7798 x114 | [ddodge@caoginc.org](mailto:ddodge@caoginc.org)



## Attention Genesee County Residents:

Genesee County Seeks Public Input for Website Enhancement

Genesee County invites residents to participate in a survey to enhance the county website: <https://www.co.genesee.ny.us/>. The goal is to improve user experience and relevance to community needs.

The survey is accessible at this link: <https://bit.ly/GenCoWebSurvey>. Community members are encouraged to share insights to shape the future of the online platform.  
Your feedback matters!

For More Information, Contact:

Steven Falitico

Public Communications and Web Design Specialist

Genesee County, NY

Ext: 2227

Direct: 585-815-7825

[steven.falitico@co.genesee.ny.us](mailto:steven.falitico@co.genesee.ny.us)

## Two Great Opportunities available in Genesee County.

March 13th & March 27th

Please RSVP to David Dodge

[ddodge@caoginc.org](mailto:ddodge@caoginc.org)

### 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.

**Topic: Budgeting**  
**Date: March 13, 2024 Time: 1:00 PM**

**Location: Community Action of Genesee**  
5073 Clinton Street Rd, Batavia, NY  
14020

**Presenters: Christina Bucciferro**  
**Morgan Spreseter**  
585-344-1700



**RSVP to David Dodge**  
[ddodge@caoginc.org](mailto:ddodge@caoginc.org)



Explore more topics at [mtb.com/financialeducation](http://mtb.com/financialeducation).



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**Held at our Genesee County office:**

5073 Clinton Street Road, Batavia, NY

**Topic: Making Budgets Work**  
**Date: March 27, 2024 Time: 1:00 PM**

**Location: Community Action of Genesee**  
5073 Clinton Street Rd, Batavia, NY  
14020

**Presenters: Christina Bucciferro**  
**Morgan Spreseter**  
585-344-1700



**RSVP to David Dodge**  
[ddodge@caoginc.org](mailto:ddodge@caoginc.org)

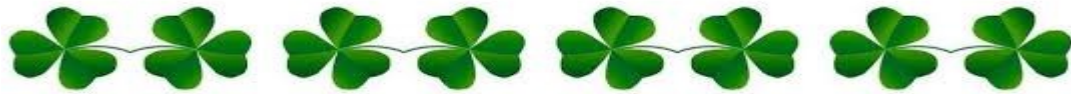


Explore more topics at [mtb.com/financialeducation](http://mtb.com/financialeducation).



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Eastern Orleans Community Center  
March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Mac-N - cheese Peas Bis-</i>	3
5	4 <i>Chili Corn/Carrots Garden Sal-</i>	5 <i>Tuna Sand- wich Chicken</i>	6 <i>Hot Turkey sand. Stuffing</i>	7 <i>Ham Sand- wich Soup</i>	8 <i>Cheese Omelet Hash Browns</i>	9 10 <i>Boutique Open 12-4pm</i>
10	11 <i>BBQ Chicken Mashed Po-</i>	12 <i>Turkey Sand Soup</i>	13 <i>ST. Pats Lunch Corned Beef</i>	14 <i>Chicken Salad Sandwich</i>	15 <i>Baked Fish French</i>	16
17	18 <i>Promote Health Chicken Stuffing Bake</i>	19 <i>Doreens Bday Taco Nacho Chips</i>	20 <i>Meatball Sub Grilled Pota- toes Green Beans</i>	21 <i>Stuffed Pepper Soup</i>	22 <i>Spaghetti With Broc- coli</i>	23 <i>Easter Egg Hunt 10am- 12noon</i>
24	25 <i>Goulash Tossed Sal- ad</i>	26 <i>Homemade Soup Biscuits</i>	27 <i>Easter Lunch Baked Ham Mashed Pota- toes</i>	38 <i>Egg Salad Sand. Soup</i>	29 <i>Tuna Noodle Casse- role</i>	39
<p><b>3/7 - Rick Entertains</b>  <b>3/8 - Fire Dept. does Blood Pressure check</b>  <b>3/13 - St. Patrick's Day Luncheon</b>  <b>3/18 - Katie's Promote Health Class 10:30am</b>  <b>3/23 - Easter Egg Hunt 10am -12pm</b>  <b>3/27- SNAP ED Cooking Class Easter Lunch</b></p>						

Milk, coffee or water provided with meals.  
A \$2.00 donation is appreciated but not required.  
Menu is subject to change, due to availability of supplies.

75 Public Square  
PO Box 206  
Holley NY 14477  
585-638-6395





# *☘ Happy St. Patrick's Day ☘*

*Come join us for our  
St. Patrick's Day Lunch*

*March 13, 2024*

*11:00—12:00*

Eastern Orleans Community Center  
75 Public Sq.  
Holley, New York 14470  
(585) 638-6395



Menu Includes

Corned beef & Cabbage  
Carrots  
Biscuits  
Dessert  
Coffee  
Milk  
Punch



# Easter Luncheon



## **Holley Community** **Center**



75 Public Sq.

Holley, NY 14470

(585) 638-6395

If you have any questions

## **March 27, 2024**

*11:00 am- 12:30pm*

Ham, Mashed Potatoes and all the fixings.

Please Come and Enjoy Good Company

And

Great Food



# Easter Egg Hunt!



*When—March 23, 2024*

*Time—10:00pm— 12:00pm*

*Where—Eastern Orleans Community Center  
75 Public Square  
Holley, NY 14470*

Age Groups— 1 yr. olds to 2 yr. olds

3 yr. olds to 6 yr. olds

7 yr. olds to 10 yr. olds

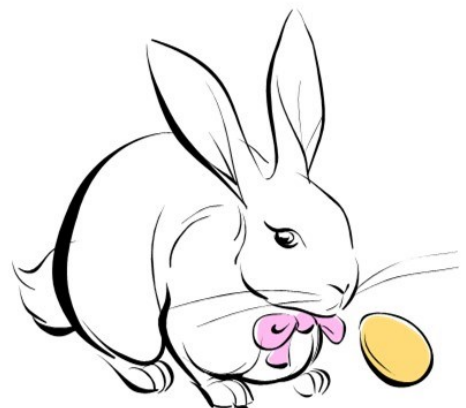
*Cookies*

*Juice*

*coffee*

*Candy Filled Eggs*

*Sponsored by: The Clarendon Lions Club*





# ORLEANS COUNTY WARMING CENTER

## What to do when it's **CODE BLUE**

**BELOW**



**32°F**

*If you need a warm place to stay and before you spend the night outside, Orleans County and their Community Partners have shelter for you.*

*When the temperature is **below 32 degrees** you can do the following:*

**--> Go to the Hoag Library, 134 S Main Street Albion**

• Monday through Thursday 8:30am-8pm

• Friday 8:30am-5pm

• Saturday 10am-2pm

*For recorded information on the warming center please call 585-895-4090*

## **Oak Orchard Community Health Center**

Warming Center Info:  
(585) 895-4090

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(585) 895-4090

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# **CODE BLUE**

## **Genesee County Procedures**

Former Governor Andrew Cuomo issued Executive Order 151 in 2016 which enacted Code Blue policies. These policies provide guidance to ensure that all homeless individuals in NY have shelter when the temperature is **32 DEGREES OR BELOW** – including windchill.

Every county has an individual Code Blue Plan. Per Genesee County's plan, placements are done through DSS. Please note that this does not eliminate the screening process DSS uses to determine the availability of other resources to meet the individual's needs.

### **During business hours**

Department of Social Services  
5130 East Main St.  
Batavia, NY 14020  
(585)344-2580

### **After hours**

Sheriff's Office  
(585)343-5000

- During business hours, 9-4 Monday-Friday, individuals can go to the Salvation Army to get out of the cold. The office may occasionally close early on Thursdays.
- During Code Blue, law enforcement will approach individuals appearing to be homeless after hours and offer a referral for shelter. If the individual accepts, Sheriff's Office will contact the DSS on-call worker.
- If an individual refuses shelter assistance during Code Blue and MH concerns are present, call Care + Crisis Helpline at 585-283-5200 and ask to speak to Genesee County on-call MH worker.
- After business hours, Sheriff's office to transport client(s) to housing placement if needed.

Updated 1/2024