

# Employee Newsletter

November 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:

Tuesday, November 5<sup>th</sup> is Election Day! I want to take a moment to remind each of you about the profound importance of voting. Our work is rooted in the belief that every individual has the power to make a difference. This belief extends beyond our daily efforts and into the civic duty we all share, the act of voting.

Voting is more than just a right; it is a powerful tool for change. It is the cornerstone of our democracy and a direct way to influence the policies and leaders that shape our communities. Each vote contributes to the collective voice that determines the direction of our society. There are potential policy amendments that could profoundly impact our agency and key programs. It is critical that we educate ourselves with information and make thoughtful decisions.

As employees of a Community Action Agency, we understand the challenges and needs of our community better than most. By voting, we ensure that our voices, and the voices of those we assist, are heard. Whether local elections, state elections, or national elections, every vote counts and every election matters.

In other news, if you have been with the agency for a while, you may remember NEAR training that I presented a couple of year ago at our in-service. NEAR stands for neuroscience, epigenetics, Adverse childhood experiences, and resilience. This training explores the physiological as well as emotional impacts of traumatic experiences in childhood and how this impacts not only these individuals as adults...but potentially also their descendants. It is a fascinating topic that focuses on helping us understand how to help people who have experienced trauma, and how to build resilience and minimize the adverse effects. I will be presenting this topic at the Head Start staff development day event as well as a virtual session on Wednesday, November 20<sup>th</sup> and 2:30 pm. I will be sending more information in the NEAR (get it?) future on how to enroll. Please discuss with your manager before enrolling to ensure we have adequate staff coverage. If you do take this training, I ask that you complete an online course evaluation upon completion. I will send a link, via email, when I send the additional information about the training session.

Thank you for all that you do!

*Be Part of the Solution!*

*Renée*



# EMPLOYEE OF THE MONTH

Nichole is our Emergency Service Assistant at the Albion office. The recent staffing challenges left Nichole responsible for handling the case load for both Albion and Batavia while I tried to cover when and where I could. She handled each and every customer with nothing but dignity and respect. She stepped up to handle the additional responsibilities of the food pantry operations in both counties. Through the entire hiring process to fill the vacancies on our team, Nichole remained steady and ensured our services continued seamlessly. Nichole is deserving of the Employee of the Month! Thank you for your dedication and determination.





## Harvest Holiday Baskets

The harvest season is a time of abundance and gratitude, where families and communities come together to celebrate the fruits of their labor. This period is marked by the gathering of crops, signaling the end of a season and the beginning of a time of reflection and appreciation. Families often unite to share in the joy of a bountiful harvest, preparing feasts that are rich in tradition and flavor. These communal gatherings foster a sense of togetherness and connection, as individuals come together to share stories, laughter, and the warmth of companionship. The harvest feast becomes a symbol of unity, reminding us of the importance of supporting one another and cherishing the bonds that hold us together. In this way, the harvest is not just a celebration of produce, but a celebration of community and the enduring spirit of togetherness.

Community Action is offering income eligible families to apply for our annual Harvest Basket Giveaway.



**Baskets will include: A turkey, traditional side dishes and a seasonal produce box.**



**Sign ups end on Friday, November 15th**

For Harvest Holiday Basket sign ups contact

**Shannon Harris**

**585-589-5605 ext. 405**

**sharris@caoginc.org**





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**Sign ups end on Friday, November 8th**

For Harvest Holiday Basket sign ups contact

**Rachael Escobar**

**585-589-5605 ext. 601**

**[rescobar@caoginc.org](mailto:rescobar@caoginc.org)**



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**Nichole Targa**

**585-589-5605 ext. 101**

**[ntarga@caoginc.org](mailto:ntarga@caoginc.org)**





## Eastern Orleans Community Center Hours

 75 Public Square Holley, NY 14470

**Monday- Friday 8:30am to 5pm**

**Community Lunch: 11:30am- 1pm**

*Food boxes not available during lunch*

***FREE!*** Clothing available at the  
**Clothing Boutique**  
\*For eligible families\*

For emergency food after hours  
**Call Deb Rothmond at  
(585) 820-9308**





**Batavia Emergency Services  
Walk-in hours**

 5073 Clinton Street Rd. Batavia, NY 14020

**Tuesday: 9am- 3pm  
Thursday: 9am- 3pm**

**Alternate times available  
BY APPOINTMENT ONLY**

***FREE!* Clothes available**  
\*For eligible families\*

**To schedule an  
appointment  
please call (585) 589-5605  
ext 405**





## Albion Emergency Services Walk-in Hours

📍 409 East State St. Albion, NY 14411

**Tuesday: 9am- 4pm**

**Thursday: 9am- 4pm**

**Friday: 9am- 12pm**

Alternate times available

**BY APPOINTMENT ONLY**



**NEW**

**UPDATE**

late hours starting

**Wednesdays in November**

**by appointment only**

To schedule an appointment  
please call (585) 589-5605 ext  
101







*It's that time of year again!*

The holiday season is a time that beautifully encapsulates the essence of cheer, community, and support, creating a tapestry of warmth and connection. This festive period offers a unique opportunity for individuals to come together, celebrating shared traditions and forging bonds that transcend everyday life. Community events, such as local fairs, charity drives, and neighborhood gatherings, become a vital platform for people to extend a hand of support to those in need, fostering a spirit of generosity and empathy. At a time when the world can often feel fragmented, the holidays remind us of the power of unity and the impact of collective kindness. Through acts of giving, whether it's volunteering, donating, or simply offering a listening ear, we create an environment where everyone feels valued and supported. This shared commitment to uplifting one another not only spreads holiday cheer but also strengthens the foundation of our communities, leaving a lasting impression that carries beyond the season.

**Community Action is welcoming all income eligible families to join us in our annual Holiday Basket giveaway.**

**Baskets will include:**  
**Ham or Turkey, traditional sides  
and a seasonal produce box**  
\*Gifts will be included for  
eligible families with  
children.

**MEDINA RESIDENTS MAY BE ELIGIBLE FOR THE  
HOLIDAY FOOD, BUT MUST CALL MAAC FOR GIFTS**

**Sign ups end on Friday, November 15th**

For more information and to sign up please call

**Nichole Targa**

Albion/Lyndonville

**585-589-5605 ext. 101**

**[ntarga@caoginc.org](mailto:ntarga@caoginc.org)**

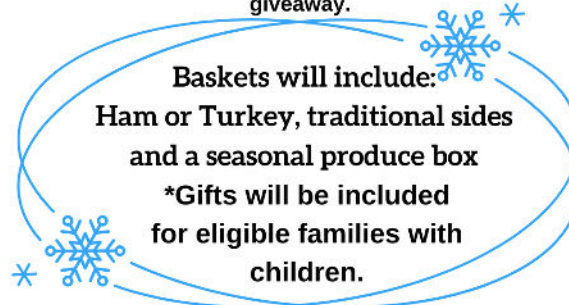




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Genesee County

**585-589-5605 ext. 405**

**sharris@caoginc.org**





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**Community Action is welcoming all income eligible families to join us in our annual Holiday Basket giveaway.**

**Baskets will include:**  
**Chicken or Turkey, traditional sides and a seasonal produce box**  
**\*Gifts will be included for eligible families with children.**

**Sign ups end on Friday, November 15th**

For more information and to sign up please call

**Rachael Escobar**

Holley/ Kendall

**585-589-5605 ext. 601**

**rescobar@caoginc.org**





# NOVEMBER

## NATIONAL CHILD SAFETY PROTECTION MONTH



Resiliency doesn't grow on trees



*Competence* not only does it play a crucial role in developing problem-solving skills, but also enriches personal growth!

WHEN ADULTS AND CHILDREN ARE BOTH GIVEN THE OPPORTUNITY OF:

- independence,
- capability,
- confidence and
- encouragement

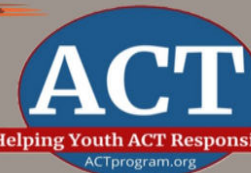


SOCIETY CAN ONLY FLOURISH

**Be patient with yourself this holiday season**

Choose Kindness.

Make good memories.





## Health benefits of quitting smoking over time.

Within minutes of smoking your last cigarette, your body begins to recover:

### 20 minutes

Your heart rate and blood pressure drop.



### 2 weeks to 3 months

Your circulation improves, and your lung function increases.



### 1-2 years

Your risk of heart attack drops dramatically.



### 5-10 years

Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.



### 15 years

Your risk of coronary heart disease is close to that of a nonsmoker.



### A few days

The carbon monoxide level in your blood drops to normal.



### 1-12 months

Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) regain normal function, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.



### 10 years

Your risk of lung cancer is about half that of a person who is still smoking (after 10-15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.

Source: <https://www.cancer.org/cancer/risk-prevention/tobacco/benefits-of-quitting-smoking-over-time.html>

Learn more at [cancer.org/cancer/risk-prevention/tobacco.html](https://www.cancer.org/cancer/risk-prevention/tobacco.html) or call 1-800-227-2345 for free tips and tools.

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### In the Child Care Resource and Referral:

Alishia traveled to Albany on October 22nd through the 23rd for the Stronger Together Forum focused on the Child Care Assistance Program (CCAP) and Legally Exempt Enrollment Agency Staff

### Purpose of the forum:

- enhancing collaboration between CCAP staff and legally exempt enrollment
- Importance of legally exempt providers in the community
- Discussion on challenges faced by staff, providers, and families in child care assistance and legal exemptions
- Networking opportunities to build partnerships for ongoing support
- Key priorities for CCAP and legally exempt enrollment agencies going forward





## Wishing Tree

At Main Street Corner Thrifts, Gifts and More

Our Wishing Tree will be set up during the first week of November. This tree will hold coupons that members of our community can purchase ahead of time for us to hang on the tree that can be used by other community members who might be going through a tough time this holiday season and may need a helping hand. These coupons are for 2 pairs of socks, 1 winter jacket, \$5 toward a purchase for a gift, or \$5 toward some warm clothing in the store.

We also have the option to write a wish for the tree. After filling out a short intake so we can track the wishes, the anonymous wish will be posted to the tree and is open to be adopted by anyone. Once the gift has been brought to the store, we will contact the person who had entered it for pickup.

We did have our tree up last year and it was great to watch as the community stepped in to help each other, so this year I wanted to make it a bit easier for others to access. This year we have links so that the coupons can be purchased online for those who might not be able to make it in to the store. We will then make sure that they are all hung on our tree, and all wishes will be regularly updated to our Facebook page (again, completely anonymous). If we have extra coupons we will distribute them to other Community Action locations, and warming shelters to be given out.

### **2 Pairs of Socks**

<https://square.link/u/CBgD3sXL>

### **1 Winter Jacket**

<https://square.link/u/vixHZGF4>

### **\$5 Toward Clothing**

<https://square.link/u/oVzXAV6k>

### **\$5 Toward Merchandise/Gift**

<https://square.link/u/x3hxLAjU>

# November

2024

## Store Hours

Tuesday: 11 AM – 4 PM

Wednesday 11 AM – 4PM (Donations 11-3)

Thursday : 11 AM- 4 PM (Donations 11-3)

Friday : 11 AM – 5 :30PM (Donations 11-3)

Saturday : 10 :30 AM – 3 PM (NO DONATIONS)

Donations are Accepted by APPOINTMENT ONLY outside of donation hours,  
Please Call 585-589-1430

## Sales Calendar

| Sunday | Monday | Tuesday                                    | Wednesday                                 | Thursday                        | Friday                         | Saturday   |
|--------|--------|--|---|---------------------------------|--------------------------------|--|
|        |        |  |   |                                 | 1<br>50% FALL DÉCOR            | 2<br>BOGO Shoes                                    |
| 3      | 4      | 5<br>30% off Jewelry                       | 6<br>20% off Personal Care Items          | 7<br>15 % off Linens            | 8<br>30% off Misc. Section     | 9<br>30% off Small Appliances                      |
| 10     | 11     | 12<br>30 % off All Holiday Décor           | 13<br>15% off Glassware                   | 14<br>BOGO CD, Cassette, DVD    | 15<br>BOGO Single Dishes       | 16<br>15% off Furniture                            |
| 17     | 18     | 19<br>BOGO Kids Clothing and Shoes         | 20<br>Fill-a-bag \$20 Clothing            | 21<br>20 % off Holiday Clothing | 22<br>50% off Medical Supplies | 23<br>15% off Knick Knacks and Home Décor          |
| 24     | 25     | 26<br>.50 ALL Water Bottles and Drink ware | 27<br>Fill-a-Bag Dishes and Utensils \$10 | 28<br><b>CLOSED</b>             | 29<br><b>CLOSED</b>            | 30<br>50% off Entire Store Small Business Saturday |