

Employee Newsletter

December 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:

The holiday season is once again upon us. These are joyous times for many and for others, a time of stress, anxiety, and depression. At the same time there is much uncertainty in our country and across the globe. It can be challenging to keep our own spirits up let alone be the beacon of light that we work to be for our community.

As we navigate through these uncertain times, I want to take a moment to acknowledge the incredible work each of you does every day. In times of change and uncertainty, our mission becomes even more vital. Your dedication to our community action agency is a beacon of hope and resilience. Our strength lies in our unity and our unwavering commitment to making a difference. Each act of kindness, every effort to support our community, and all the moments of compassion you show are powerful reminders that we can overcome any obstacle together.

On a positive note, I am excited about the opportunity the 1115 Medicaid waiver will provide for our agency. This gives us an opportunity to better participate in increasing wellness in our community. The role we play in addressing health related social needs has been recognized, and this program will give us an opportunity to be compensated for this important work. Stay tuned for information as this develops.

As we approach the holiday season, let us keep our focus on what truly matters: family, community, and lifting each other up. This is a time to celebrate the bonds we share and to renew our commitment to helping those in need. Your hard work and dedication are the foundation upon which we build a brighter future for everyone.

Happy Holidays!

I wish you all a joyous holiday season filled with love, peace, and happiness. May you find time to relax and enjoy the company of your loved ones. Let us enter the new year with renewed hope and determination to continue our mission of service and support.

It is often said that the only thing that is certain, is change. Remember, hope is a powerful force. It inspires us to keep moving forward, even when the path is uncertain. Let us keep hope alive in our hearts and continue to focus on our shared goals of family, community, and raising people up. Together, we can create positive change and make a lasting impact.

Whether you celebrate Hanukkah, Christmas, Bodhi Day, Posadas Navidenas, or other special events, please take time to count blessings and enjoy family and friends.

Happy Holidays! *Renée*



EMPLOYEE OF THE MONTH

Rachael Escobar

Rachael has shown outstanding work ethics and proves to be a good role model to our other volunteers . Rachael has covered for Staff vacations and sick days with professionalism and grace. Rachael is o huge asset to our program. She continues to volunteer 6 hours a day everyday, every week.

Rachael started on exercise class and encouraged participants to be active and healthy. Rachael continues to do Christmas sign ups and does a great job at getting gifts for each child according to their wants and needs. We could not do what we do here without Rachael.

Rachael is working hard putting info into Impower so that we have correct info for each participant.



Seasonal Affective Disorder

As the days grow shorter and the weather turns colder, some of us might start feeling a bit down. This could be due to Seasonal Affective Disorder (SAD), a type of depression that occurs at a specific time of year, usually in the winter. Symptoms can include fatigue, depression, hopelessness, and social withdrawal. December is Seasonal Affective Disorder Awareness Month.

If you think you might be experiencing SAD, here are a few tips that might help:

Get as much natural sunlight as possible: Try to spend time outside during daylight hours, even if it's just a short walk.

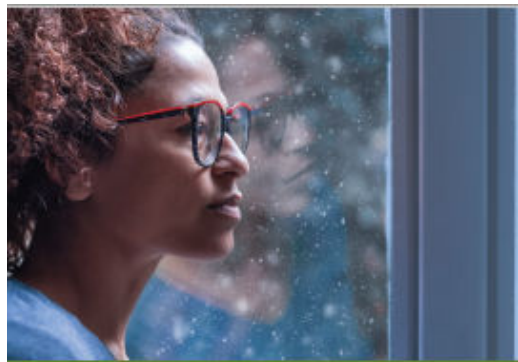
Exercise regularly: Physical activity can boost your mood and energy levels.

Maintain a regular sleep schedule: Consistent sleep can help regulate your body's internal clock.

Consider light therapy: Special light boxes can mimic natural sunlight and may help alleviate symptoms.

Remember, it's important to take care of your mental health. If you need support, don't hesitate to reach out to a healthcare professional. Let's look out for each other and make this winter a little brighter!

Feel free to share your thoughts or any tips that have worked for you!



Seasonal Affective Disorder

From the NATIONAL INSTITUTE of MENTAL HEALTH

What Is seasonal affective disorder?

Many people go through short periods when they feel sad or unlike their usual selves. Sometimes, these mood changes begin and end when the seasons change. Many people feel "down" or have the "winter blues" when the days get shorter in the fall and winter and feel better in the spring when longer daylight hours return.

Sometimes, these mood changes are more serious and can affect how a person feels, thinks, and behaves. If you have noticed significant changes in your mood and behavior when the seasons change, you may be experiencing seasonal affective disorder (SAD).

In most cases, SAD symptoms start in the late fall or early winter and go away during the spring and summer, known as winter-pattern SAD or winter depression. Other people experience depressive symptoms during the spring and summer months, known as summer-pattern SAD or summer depression. Summer-pattern SAD is less common.

What are the signs and symptoms of SAD?

SAD is a type of depression characterized by a recurrent seasonal pattern, with symptoms lasting about 4–5 months out of the year. The signs and symptoms of SAD include those associated with depression as well as disorder-specific symptoms that differ for winter-pattern versus summer-pattern SAD.

Not every person with SAD experiences all the symptoms listed below. Learn more about signs and symptoms of depression at www.nimh.nih.gov/depression.

Symptoms of depression can include:

- Persistent sad, anxious, or "empty" mood most of the day, nearly every day, for at least 2 weeks
- Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down

- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment
- Thoughts of death or suicide or suicide attempts

For winter-pattern SAD, additional symptoms can include:

- Oversleeping (hypersomnia)
- Overeating, particularly with a craving for carbohydrates, leading to weight gain
- Social withdrawal (feeling like "hibernating")

For summer-pattern SAD, additional symptoms can include:

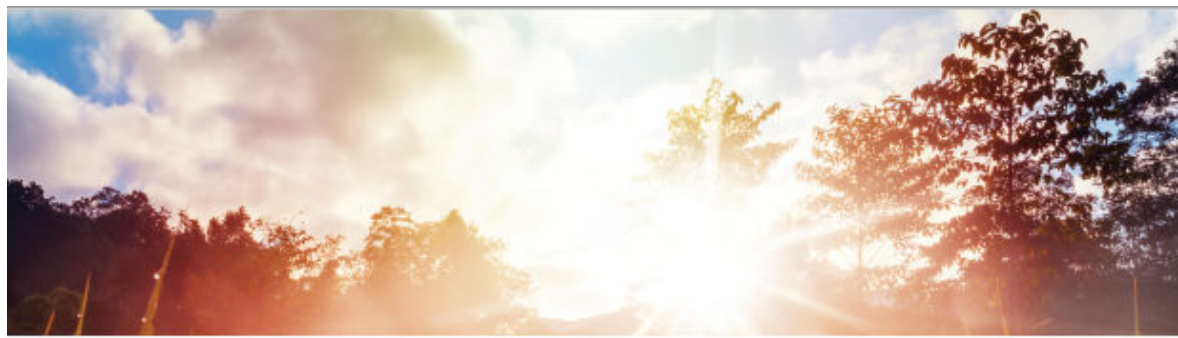
- Trouble sleeping (insomnia)
- Poor appetite, leading to weight loss
- Restlessness and agitation
- Anxiety
- Violent or aggressive behavior

Winter-pattern SAD should not be confused with "holiday blues"—feelings of sadness or anxiety brought on by stresses at certain times of the year. The depression associated with SAD is related to changes in daylight hours, not the calendar, so stresses associated with the holidays or predictable seasonal changes in work or school schedules, family visits, and so forth are not the same as SAD.

The National Institute of Mental Health (NIMH) has information on ways to get help and find a health care provider or access treatment at www.nimh.nih.gov/findhelp.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide and Crisis Lifeline at 988 or chat at 988lifeline.org. In life-threatening situations, call 911.

The Substance Abuse and Mental Health Services Administration has an online tool to help you find mental health services in your area at <https://findtreatment.gov>.



How is SAD diagnosed?

If you or someone you know is showing symptoms of SAD, talk to a health care provider or a mental health specialist about your concerns. They may have you fill out a questionnaire to determine if your symptoms meet the criteria for SAD.

To be diagnosed with SAD, a person must meet the following criteria:

- They have the symptoms of depression or the more specific symptoms of winter- or summer-pattern SAD listed above.
- Their depressive episodes occur during specific seasons (winter or summer) for at least 2 consecutive years. However, not all people with SAD experience symptoms every year.
- Their depressive episodes during the specific season are more frequent than depressive episodes experienced at other times of the year.

Who develops SAD?

It is estimated that millions of Americans experience SAD, although many may not know they have this common disorder. In most cases, SAD begins in young adulthood.

SAD occurs much more often in women than in men. Winter-pattern SAD also occurs more often than summer-pattern SAD. Therefore, SAD is more common in people living farther north, where there are shorter daylight hours in the winter. For example, people in Alaska or New England are more likely to develop SAD than people in Texas or Florida.

SAD is more common in people with depression or bipolar disorder, especially bipolar II disorder, which involves repeated depressive episodes and hypomanic episodes (less severe than the typical manic episodes of bipolar I disorder). Additionally, people with SAD tend to have other mental disorders, such as attention-deficit/hyperactivity disorder, eating disorder, anxiety disorder, or panic disorder. Learn more about these disorders at www.nimh.nih.gov/health.

SAD sometimes runs in families and may be more common in people who have relatives with other mental illnesses, such as depression or schizophrenia.

What causes SAD?

Researchers are still determining what causes SAD. Most research to date has investigated potential causes of winter-pattern SAD because it is more common and easier to study. As a result, less is known about summer-pattern SAD, and more research is needed.

Studies indicate that people with SAD, especially winter-pattern SAD, have reduced levels of the brain chemical serotonin, which helps regulate mood. Research also suggests that sunlight affects levels of molecules that help maintain normal serotonin levels. Shorter daylight hours may prevent these molecules from functioning properly, contributing to decreased serotonin levels in the winter.

Vitamin D deficiency may exacerbate these problems in people with winter-pattern SAD because vitamin D is believed to promote serotonin activity. In addition to vitamin D consumed in food, the body produces vitamin D when exposed to sunlight on the skin. With less daylight in the winter, people with SAD may have lower vitamin D levels, further reducing serotonin activity.

Other studies suggest that both forms of SAD relate to altered levels of melatonin—a hormone important for maintaining the normal sleep-wake cycle. People with winter-pattern SAD produce too much melatonin, which can increase sleepiness and lead to oversleeping.

In contrast, people with summer-pattern SAD may have reduced melatonin levels, consistent with long, hot days worsening sleep quality and leading to depression symptoms. Longer daylight hours, shorter nights, and high temperatures can also cause sleep disruptions. However, these theories have not been systematically tested.

Both serotonin and melatonin help maintain the body's daily rhythm tied to the seasonal night-day cycle. In people with SAD, changes in serotonin and melatonin disrupt normal daily rhythms. As a result, they can no longer adjust to seasonal changes in day length, leading to sleep, mood, and behavior changes.

Negative thoughts and feelings about the winter or summer and its associated limitations and stresses are also common among people with SAD (as well as others). It is unclear, however, whether these thoughts are causes or effects of the mood disorder, but they can be a useful focus of treatment.

How Is SAD treated?

Treatments are available to help people with SAD. They fall into four main categories that can be used alone or in combination:

- Light therapy
- Antidepressant medication
- Psychotherapy
- Vitamin D

Light therapy and vitamin D are treatments for winter-pattern SAD, whereas psychotherapy and antidepressants are used to treat depression in general, including winter- and summer-pattern SAD. There are no treatments specific to summer-pattern SAD.

Talk to a health care provider about the potential benefits and risks of different treatment options and which treatment is best for you. NIMH has tips for talking with a health care provider at www.nimh.nih.gov/talkingtips.



Light therapy

Since the 1980s, light therapy has been a mainstay for treating winter-pattern SAD. It aims to expose people with SAD to a bright light to make up for the diminished natural sunlight in darker months.

For this treatment, the person sits in front of a very bright light box (10,000 lux) every day for about 30–45 minutes, usually first thing in the morning, from fall to spring. The light box, which is about 20 times brighter than ordinary indoor light, filters out the potentially damaging UV light, making this a safe treatment for most. However, people with certain eye diseases or people taking certain medications that increase sensitivity to sunlight may need to use alternative treatments or use light therapy under medical supervision.

Psychotherapy

Psychotherapy (also called talk therapy or counseling) can help people with SAD by teaching them new ways of thinking and behaving and changing habits that contribute to depression.

Cognitive behavioral therapy (CBT) is a type of psychotherapy aimed at helping people learn to challenge and change unhelpful thoughts and behaviors to improve their depressive and anxious feelings. CBT has been adapted for people with SAD (known as CBT-SAD). CBT-SAD is typically conducted in two weekly group sessions for 6 weeks that focus on replacing negative thoughts related to the season, such as thoughts

about the darkness of winter or the heat of summer, with more positive thoughts. CBT-SAD also uses a process called behavioral activation, which helps people identify and schedule pleasant, engaging indoor or outdoor activities to offset the loss of interest they typically experience in the winter or summer.

When researchers directly compared CBT-SAD with light therapy, both treatments were equally effective in improving SAD symptoms—although some symptoms got better slightly faster with light therapy than CBT. However, a long-term study that followed SAD patients for two winters found that the positive effects of CBT seemed to last longer.

Learn more about psychotherapy at www.nimh.nih.gov/psychotherapies.

Antidepressant medication

Medications used to treat depression (antidepressants) can be effective for SAD when used alone or in combination with talk therapy. Antidepressants work by changing how the brain produces or uses certain chemicals involved in mood or stress.

Antidepressants take time—usually 4–8 weeks—to work. Problems with sleep, appetite, and concentration often improve before mood lifts. It is important to give a medication a chance to work before deciding whether it is right for you. You may need to try several medications to find the one that works best.

Because SAD, like other types of depression, is associated with disturbances in serotonin activity, antidepressant medications called selective serotonin reuptake inhibitors are sometimes used to treat symptoms. These medications can significantly enhance a person's mood.

The U.S. Food and Drug Administration (FDA) has approved an antidepressant called bupropion in an extended-release form designed to last longer in the body. For many people, bupropion can prevent the recurrence of seasonal depressive episodes when taken daily from the fall through early spring.

All medications can have side effects. Talk to a health care provider before starting or stopping any medication. Learn more about antidepressants at www.nimh.nih.gov/medications. You can also learn about specific medications like bupropion, including the latest approvals, side effects, warnings, and patient information, on the FDA website at www.fda.gov/drugsatfda.

Vitamin D

Because many people with winter-pattern SAD have vitamin D deficiency, vitamin D supplements may help improve symptoms. However, studies testing vitamin D as a treatment for SAD have produced mixed results, with some studies indicating that it is as effective as light therapy and other studies finding no effect.

Talk to a health care provider about any dietary supplements and prescription or over-the-counter medications you are taking. Vitamin D can interact with some medications.

Albion Central School District



Albion Central School District

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Thank you to everyone who helped support our Albion NJHS members and our greater Albion community! 💜

Read more here -->

<https://www.albionk12.org/article/1875058>

#AlbionCSD #ShareInTheWork #CelebrateTheSuccess



Our Holiday Wishing Tree

Spread warmth and joy this season by helping those in our community who need a little extra support!

🌲 How It Works: 🌲

- Purchase a Coupon: Buy a coupon for 2 pairs of socks, 1 winter jacket, or \$5 toward warm clothing or a holiday gift.
 - We'll hang it on our Wishing Tree for someone in need
- OR
- Make a Wish: If you or someone you know could use some support, write a wish! Fill out a quick form to remain anonymous, and we'll post it on the tree to be adopted by another kind soul.

🌐 Online Option: Can't make it to the store? Visit our posted links to purchase coupons online, and we'll hang them up!

📦 Fulfilled Wishes: Once a wish is granted, we'll let the recipient know it's ready for pickup.

Extra Coupons? We'll share them with local shelters and other Community Action locations.

Thank you for helping us spread holiday cheer and make a difference this season!

December 2024 Sales Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		Holiday Décor 20% off	BOGO Women's Clothing	One Stop 30% off	Miscellaneous Section 30% off	Furniture 20% off
8	9	10	11	12	13	14
		BOGO Dishes	Knick-Knacks 20% off	BOGO Men's Cloth- ing	Furniture 30% off	Build a Gift Basket \$15
15	16	17	18	19	20	21
		Glassware 15% off	30% Small Applian- ces	15 % off Personal Care	BOGO Children's Clothing	Hand Bags/ Purses 20% off
22	23	24	25	26	27	28
		CLOSED	CLOSED	Furniture 30% off	BOGO Shoes	All Holiday Décor 50% off
29	30	31				
		CLOSED				

Store Hours

Sun/Mon : CLOSED

Tuesday : 11 AM -4 PM (Donation by appointment only)

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

Thursday : 11 AM – 5 :30 PM (Donations :11 AM – 3 PM)

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

Saturday : 10 :30 AM – 3 PM (Donations by appointment only)



MAKE SURE TO CHECK OUT OUR WISHING TREE

Contact information

Call: 585-589-1430

Text: 585-640-1329

Email: mainstreetthriftstore@caoginc.org

Facebook: [Main Street Corner Thrifts, Gifts and More](#)

Breakfast With Santa

December 21, 2024

10:00am - 12:00pm

Eastern Orleans Community Center

Pancakes

Sausage

Juice

Milk

75 Public Square

Holley, NY 14470



Sponsored by
Clarendon Lions Club



Eastern Orleans Community Center December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <i>Macaroni & Cheese Peas/ Salad Fruit</i>	3 <i>Homemade Soup Biscuits Cake</i>	4 <i>Beef Stew Biscuits Tossed Salad Fruit Salad</i>	5 <i>Scotti's Bday Hot dog /Bun Tossed Salad Baked Beans French Fries</i>	6 <i>George's Bday Sloppy Joes French Fries Coleslaw Roll/Butter</i>	7
8	9 <i>Baked Ziti Garlic Bread Garden Salad Cake</i>	10 <i>Turkey Sandwich Soup Chips Pears</i>	11 <i>Shepherds Pie Garden Salad Biscuits Mixed Fruit</i>	12 <i>Ham Sandwich Soup Chips Cookies</i>	13 <i>Cheesey Chicken With Rice Garden Salad Biscuits Peaches</i>	14
15	16 <i>Hot Turkey S Mashed Potatoes Corn/Carrots</i>	17 <i>Egg Salad Sand. Soup Chips Cookies</i>	18 <i>Spaghetti With Meatballs Tossed Salad Garlic Bread</i>	19 <i>Chicken Salad Sandwich Soup Chips</i>	20 <i>Christmas Lunch Baked Ham Potatoes/ Carrots Rolls/Pie</i>	21 <i>Breakfast with Santa 9-am -11 am</i>
22	23 <i>Spaghetti & Broccoli Salad Garlic Bread Peaches</i>	24 <i>Center Closed</i>	25 <i>Center Closed</i>	26 <i>Grilled Cheese Sand Tomato Soup Chips Fruit Cup</i>	27 <i>Tacos Refried Beans Nacho Chips Ice Cream</i>	28
29	30 <i>Spanish Rice Garden Salad Garlic Bread Cookies</i>	31 <i>Holiday</i>				

*12/6 Christmas Cookie Decorating @ 12:30pm
12/18 Christmas Box Hand-Out
12/21 Breakfast with Santa (9-11)
12/20 Christmas Lunch @ 11:30am*

*12/16 Katies Health Class @10:30am
12/27 Neighborhood Legal Project @10:30am
12/27 Rick and Friends Entertain
12/27 Fire Dept Does Blood Pressure Check @ 10:30 am*

A PROGRAM OF COMMUNITY ACTION OF ORLEANS & GENESEE

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

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



DECEMBER

CAN **LOVE** BE MEASURED BY THE PRICE TAG?



HOLIDAY

To take time away from:

- work
- school
- Daily routines

To be with the people
You love

2023 STATISTA
RESEARCH
DEPARTMENT
REPORTED
COMPANIES
SPENDING

\$225
Billion

on online advertisement



DID
YOU
KNOW



COMPANIES BENEFIT FROM THE
SOCIAL PRESSURE TO BUY GIFTS

Remember!

THE BEST GIFTS ARE
FREE: SCAN QR CODE
FOR FREE MOVIES

