

Community Action of Orleans and Genesee

Employee Newsletter

May 1, 2025

Hello Team:

I hope everyone is doing well. It is good to finally see signs of spring. As you are all likely aware by now, a draft Presidential budget has been leaked and this document shows CSBG (foundational funding for Community Action), Head Start, and LIHEAP (a portion of weatherization budget) funding zeroed out. While this is certainly not something we want to see, I want to assure you that this does not necessarily mean the end of this funding. Also, you might be surprised to learn that this is not the first time in history that this has happened to our funding sources. At present, this budget is a proposal which has not yet been put before Congress. Two of the key functions of Congress is to serve as the **voice of the people** as well as hold “the power of the purse.” What that means is that Congress still has to review and approve the budget.

Great! So, how do we let members of Congress know what we, the people, want? We reach out to them and tell them. You can reach members of Congress who cover our service area through these links:

Congresswoman Claudia Tenney

[Contact | Representative Claudia Tenney](#)

Senator Kirsten Gillibrand

[Email Kirsten - Kirsten Gillibrand | U.S. Senator for New York](#)

Senator Charles Schumer

[Message Chuck | Senator Chuck Schumer of New York](#)

As a reminder, reaching out to Congress is a personal decision and if you choose to do this, you must do this on your behalf and not in association with our agency. We are not allowed to use federal funding for anything that can be construed as lobbying. Should you decide to make your voice heard, please be sure to do this outside of company time and resources. As a reminder, per policy, the only people authorized to speak on behalf of our agency are our Board Chair and myself.

What else can we do? Spread the word about the amazing things our agency does.

- We provide programs which help people through a challenging time, and we guide them to self-sufficiency.
- We collaborate with parents to ensure young children have a good start in life.
- We work with adolescent students to help them make good choices, graduate from high school, and pursue success.
- We make homes safer and have more healthy environments.

- We connect parents with daycare, so they can work.
 - We offer low-cost clothing and household items during a time with costs of goods and inflation make many of these goods otherwise unobtainable.
 - We do all of this at an exceptionally low cost.
 - We employ people with meaningful jobs. They in turn support the local economy.
- Click here to read our [2024 Impact Report](#) for more amazing accomplishments!

I assure you that I am doing everything possible to fight for our agency and the important programs that we offer and although this can all be stressful, I am feeling optimistic. I hope you can join me in this optimism.

Nonetheless, none of us have a crystal ball and I do understand uncertainty can be very stressful. As a reminder we offer agency benefits that can help:

- BalanceCare – this is a health advocacy service offered through Paychex. If you need help with healthcare or insurance issue, simply call BalanceCare at 1-877- 598-8617. You will get a personal care guide who will help you navigate the healthcare system.
- EAP (Employee Assistance Program) – this program offered through Unum gives you access to services and counselors to help with personal, family or work issues. Stress, anxiety, relationship issues, divorce, anger, grief and loss, work conflicts, parenting problems, addiction, eating disorders, mental illness. They can help you find eldercare, financial services such as budgeting and debt management. This service is available to all employees, their spouses/domestic partners, dependent children, parents and parents-in-laws. You can contact them by phone 800-854-1446 or online at unum.com/lifebalance.

Please use the link below to view the flyers in our SharePoint site.

 [Employee Assistance Resources](#)

Thank you for your commitment to our community and agency. This agency has overcome many difficult circumstances, and we have only gotten better. Stay strong and do not lose hope.

Be Part of the Solution

Renée

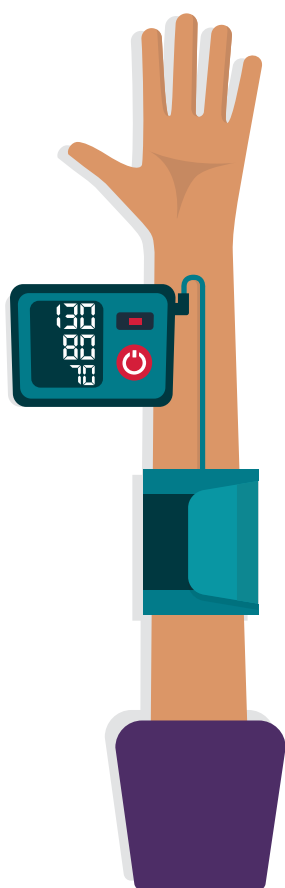
Healthy Blood Pressure for Healthy Hearts

Small Steps To Take Control



Every time your heart beats, it pumps blood through vessels, called arteries, to the rest of your body. Your blood pressure is how hard your blood pushes against the walls of the arteries. If your blood flows at higher than normal pressures, you may have high blood pressure, also known as hypertension.

High blood pressure is a major risk factor for heart disease, which is the leading cause of death in the United States. Millions of Americans have high blood pressure, but many people who have it don't know it. That's why it is important to have your blood pressure checked at least once a year.



High blood pressure is a "silent killer."

It doesn't usually cause symptoms, but it can damage your body over time.

- If your blood pressure stays higher than 130/80 mm Hg for a period of time, it can cause serious health problems such as:
 - Heart disease
 - Stroke
 - Kidney disease
 - Dementia
- The only way to know whether you have high blood pressure is to have your blood pressure measured—a process that is simple and painless.
- If you find out you have high blood pressure, a health care professional can tell you how to prevent serious complications, including disability and premature death.

Some things put us at greater risk for high blood pressure.



Age: Blood pressure tends to get higher as we get older. But it can affect many of us when we're younger too.



Genes: High blood pressure often runs in families.



Sex: Before age 60, more men than women have high blood pressure. After age 60, more women than men have it.



Race or ethnicity: While anyone can have high blood pressure, African Americans tend to get it at a younger age. Among Hispanic adults, people of Cuban, Puerto Rican, and Dominican backgrounds are at higher risk.



Lifestyle habits: Eating too much salt, drinking too much alcohol, being obese, smoking, and not getting enough exercise can raise our blood pressure.

What steps can you take to lower your blood pressure?

Set targets

Work with your doctor to set blood pressure numbers that are healthy for you. Use our worksheet at nhlbi.nih.gov/hypertension to track your progress.

Take control

Make lifestyle changes such as eating healthy, staying active, and watching your weight. If you smoke, quitting can help prevent heart disease and other complications of high blood pressure.

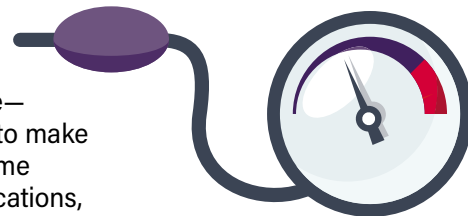
Work together

Studies show that if you engage in heart healthy activities with people at home, at work, in your community, or online, you have a better chance of staying motivated.



Taking the first step toward a healthy blood pressure.

Making lifestyle changes now can help keep your blood pressure in a healthy range—whether you have high blood pressure or you're trying to prevent it. You don't have to make big changes all at once. Small steps can get you where you want to go. Here are some ideas to start. If you have elevated blood pressure and your doctor prescribes medications, make sure to take them as directed.



Why should I change?



Eat Healthy Foods

A diet **low in sodium and saturated fat**—like the DASH eating plan—can lower your blood pressure as effectively as medicines.



Move More

Get at least 2½ hours of physical activity a week to help lower and control blood pressure. That's just 30 minutes a day, 5 days a week.



Aim for a Healthy Weight

Losing just 3 to 5 percent of your weight can improve your blood pressure. If you weigh 200 lbs., that's a weight loss of 6 to 10 lbs.



Manage Stress

Stress can contribute to high blood pressure and other heart risks. If it goes on for a long time, it can make your body store more fat.



Stop Smoking

The **chemicals in tobacco smoke** can harm your heart and blood vessels. Quitting is hard. But many people have done it, and you can, too.

How can I change?

- ☐ Add **one fruit or vegetable** to every meal.
- ☐ If you get fast food, ask for a **salad instead of fries**.
- ☐ Give **Meatless Monday** a try.
- ☐ Commit to **one salt-free day a week**. Use herbs for flavor instead.
- ☐ Invite a colleague for **regular walks or an exercise class**.
- ☐ Give the elevator a day off and **take the stairs**.
- ☐ Take a break to **play outside** with your kids.
- ☐ **March in place** during commercial breaks while watching television with your family.
- ☐ Join a **weight loss program** with a buddy.
- ☐ **Sign "social support" agreements** with three family members or friends.
- ☐ Practice **mindful meditation** for 10 minutes a day.
- ☐ Share a **funny video, joke, or inspirational quote** with a friend.
- ☐ **Talk with your doctor** if you have trouble managing stress on your own.
- ☐ Visit **Smokefree.gov** or **BeTobaccoFree.hhs.gov** to connect with others trying to quit.
- ☐ Sign up for a **support group** at work or your local clinic.
- ☐ Join a **sewing, knitting, or woodworking group** to keep your hands busy when you get urges.

Take control of your blood pressure today! Learn more at www.nhlbi.nih.gov/hypertension



National Heart, Lung,
and Blood Institute



www.nhlbi.nih.gov

Eastern Orleans Community Center

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Cheese Pizza Tossed Salad Fruit Salad	2 Jim Q Bday Baked Fish French Fries Coleslaw Roll/ Butter	3
4	5 Cheese Omelet Hash Browns Sausage Toast	6 Tuna Sandwich Soup Chips Pears	7 Spanish Rice Garden Salad Garlic Bread Pie	8 Ham Sandwich Soup Chips Cookies	9 Mothers Day Lasagna Garlic Bread Garden Salad Cake	10
11 Mother's Day	12 Chili Tossed Salad Garlic Bread	13 Egg Salad Sand. Soup Chips	14 Spaghetti With Meatballs Tossed Salad Garlic Bread	15 Chicken Salad Sandwich Soup	16 Mac-N-Cheese Salad Peas	17
18	19 Spaghetti & Broccoli Salad Garlic Bread	20 Grilled Cheese Tomato Soup Chips Cookies	21 BBQ Chicken Mashed Potatoes Biscuits Salad	22 Homemade Soup Biscuits Salad Peaches	23 Pasta Salad Garlic Bread Fruit Salad Cookies	24
25	26 Memorial Day Center	27 Bologna Sandwich Chips Pears	28 Cheesy Chicken Over Rice Garden Salad	29 Turkey Sandwich Soup Chips Peaches	30 Hot Dog/ Bun French Fries Green Beans	31

5/6 Ice Cream Social @ 12

5/9 Craft Class @ 12:30pm

5/16 Fire Dept does Blood Pressure Checks @ 10:30

BINGO , M,W,F @ 12pm * Food Giveaways on Mon, Wed, Fri 10am-11am*

5/30 Neighborhood Legal Project @ 11:00 am

5/9 Mother's Day Lunch 11:30am

5/21 SNAP Cooking Class @ 10am





Mother's Day Luncheon

Bingo to follow lunch

May 9, 2025

11:00am — 12:00pm

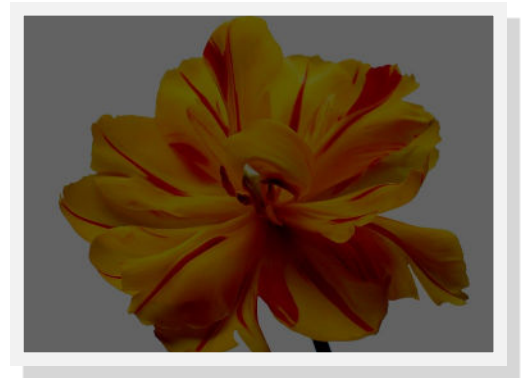
Menu includes: Lasagna, Garlic Bread, and Salad

Everyone Welcome



Eastern Orleans Community Center

*75 Public Square
Holley, New York 14470
(585) 638-6395*





GROWTH MINDSET IN

MAY

Instead of

"others have it worse"

BE GREATFUL FOR WHAT YOU HAVE

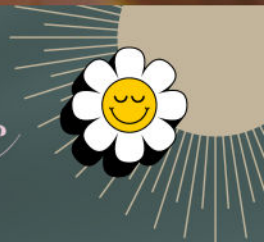
"You're being too emotional"

"STOP CRYING - IT WON'T HELP YOU ANY"

"IT'S NOT A BIG DEAL"



Say This



"I'm here to support you
IN ANY WAY I CAN"

"What's Bothering you?"

**"IS THERE ANYTHING I CAN
DO TO HELP?"**

"Lets take some deep breaths
& **WORK THROUGH THIS TOGETHER**"



Healthy Minds
Healthy Relationships

IT'S OK TO NOT BE OK

Mental Health Awareness Month

ORLEANS COUNTY

Tourism



Lead with Kindness
Inspire the Vibe

Uncover Local **FREE** Events



Helping Youth ACT Responsibly

ACTprogram.org

SAFETY CORNER: May the Safety Be With You

Electrical Safety Month



Why 4 Seasons of Safety?



Each season has unique electrical and fire dangers. Stay safe all year round by following these tips.

Fall

- An adult should always stay in the kitchen when something is cooking.
- Keep anything that can burn away from the stove, toaster and other cooking appliances.
- Matches and candles should only be used by adults.
- Make sure all candles are blown out before leaving a room.

Winter

- Keep space heaters at least 3 feet from anything that can burn like blankets, curtains, clothes or papers. Turn them off when you go to sleep or leave the room.
- Do not overload outlets with too many decorations or appliances.
- Make sure all holiday decorations are turned off before you go to sleep or leave home.

4 Seasons of Safety

Spring

- Do not play around power lines or in trees near them. Be especially careful with kites and other flying toys.
- Stay far away from downed power lines and tell an adult right away.
- Do not play on or around electrical boxes.
- Go inside right away if you hear thunder or see lightning.

Summer

- Do not use electronic devices in or around water.
- Never touch anything electrical with wet hands.
- Never spray power lines or electrical boxes with hoses or water guns.
- Do not swim around boat docks. The water near them could have an electric charge.



Smoke Alarms = Year Round Safety

- Smoke alarms should be located on every level of your home, inside each bedroom and outside each sleeping area.
- Make sure you know what your smoke alarm sounds like and what to do if you hear it.
- Smoke alarms must be tested every month to make sure they are working.

Visit
www.kids.esfi.org
for games and
activities you can
do with your
whole
family!

NTC

May

2025

Sales Calendar

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)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 30% off Small Appliances	2 50% off Hand Bags/ Purses/ Backpacks	3 ALL CLOTHING 50% off
4	5	6 25% off All lighting	7 All Water bottles and plastic drinkware .50	8 50% off Craft Section	9 BOGO All dishes	10 Build A Mothers day basket \$10
11	12	13 Misc Section 30% off	14 50% off Kids clothing/ Shoes	15 50% off Photo Frames	16 BOGO Puzzles and Games	17 ART/Hanging Decor 50% off
18	19	20 20% off Chairs	21 50% off Personal Care Items	22 All hats .50	23 BOGO shoes	24 30% off Furniture
25	26	27 30% off Glassware	28 Electronics 15% off	29 BOGO CD/DVD	30 Jewelry 50% off	31 50% off Kids clothing/ Shoes

Contact Information

Call: 585-589-1430

Text: 585-640-1329

Email: mainstreethriftstore@caoginc.org

Facebook: Main Street Corner Thrifts, Gifts and More

MAY CELEBRATIONS, WARMER WEATHER, LONGER DAYS AND BLOOMING FLOWERS.



HAWTHORN BLOSSOM

RECOGNIZED CELEBRATED IN MAY

- ***COMMUNITY ACTION MONTH***
- ***HERITAGE MONTH***
- ***MOTHER'S DAY***
- ***MEMORIAL DAY***
- ***MILITARY APPRECIATION MONTH***
- ***MENTAL HEALTH AWARENESS***



MAY FACTS



FLOWER- LILY OF THE VALLEY

BIRD- NIGHTINGALE



TO RECOGNIZE, CELEBRATE OR SUPPORT ANY OCCASION YOU CAN...

- ***RECOGNIZE A FAMILY MEMBER***
- ***HOST A LUNCHEON, PICNIC OR EVENT***
- ***SPONSOR OR SUPPORT A CAUSE***
- ***ORGANIZE A FUNDRAISER***
- ***VOLUNTEER, DONATE TIME, SUPPLIES OR DOLLARS***