

EMERGENCY FOOD DISTRIBUTION AND VIRTUAL HAPPENINGS



MONROE COUNTY DRIVE THRU FOOD DISTRIBUTIONS

PRE-REGISTRATION IS REQUIRED.

No walk-ups or unregistered individuals will be served.

Foodlink is partnering with six sites across Monroe County to distribute emergency food supply boxes in response to the COVID-19 public health crisis. These will be drive-thru, no-touch distributions.

Each registrant will receive 30+ pounds of groceries

GREECE ARCADIA HIGH SCHOOL
120 Island Cottage Rd – Greece 14612
Tuesday, May 12 – 12pm to 2pm

FOODLINK HEADQUARTERS
1999 Mt Read Blvd, Rochester – 14615
Saturday, May 16 – 12pm to 2pm

EAST ROCHESTER MUNICIPAL BUILDING
317 Main St, East Rochester – 14445
Wednesday, May 20 – 12pm to 2pm

ROCHESTER PUBLIC MARKET
280 Union St N – Rochester 14609
Wednesday, May 13 – 12pm to 2pm

TRILLIUM HEALTH
259 Monroe Ave – 14607
Tuesday, May 19 – 4pm to 6pm

**Boys & Girls Clubs of Rochester /
Woodward Health Ctr**
500 Genesee St – 14611
Thursday, May 21 – 12pm to 2pm

**TO PRE-REGISTER FOR AN EMERGENCY FOOD BOX DISTRIBUTION
PLEASE CALL 2-1-1 OR TEXT 898-211 TODAY.**

First to call, first to be served.

More distributions will be scheduled in the coming weeks.

*A special thanks to: Greece Central School District, Trillium Health, Town of East Rochester,
East Rochester Resource Center, Jordan Health, and Boys & Girls Clubs of Rochester*

EXERCISE EXPRESS AND WISH HEALTH FREE ZOOM CONFERENCE WITH SPECIAL GUESTS CASSANDRA KELLY AND SCOTT WAGNER

STAY HOME. SAVE LIVES.

Exercise Express & W.I.S.H. Health & Wellness Zoom Conference

DATE: MAY 11th, 2020 – MAY 15th, 2020
Please RSVP By: MAY 8th to receive Zoom ID

TOPICS INCLUDE:

- EXERCISE DEMOS
- STRESS MANAGEMENT
- MENTAL HEALTH MANAGEMENT
- NUTRITIONAL COOKING DEMOS
- COVID-19 RESOURCES
- WASHING HANDS DEMO
- MEDICAL DOCTOR QUESTIONS & ANSWERS... AND MUCH MORE!

ZOOM LINK: [HTTPS://TINYURL.COM/EEWISHHEALTH1](https://tinyurl.com/eeWISHHEALTH1)
CONTACT INFORMATION: [KARENROGERS@THEEXERCISEEXPRESS.COM](mailto:karenrogers@theexerciseexpress.com)
FACEBOOK PAGE: EXERCISE EXPRESS SPINNING AND FITNESS STUDIO

EXERCISE EXPRESS
Spinning your way to a new lifestyle

**May 11-May 15
10 am to noon**

Each workshop is quick-- about 15 minutes, with topics ranging from healthy cooking and line-dancing or exercise sessions to proper handwashing technique, how to create your own facemask, and Q&A sessions with healthcare professionals.

Scott and Cassandra will present at 10:15 am on Tuesday May 11 & Wednesday May 12.

“We've recorded a campfire and moonlight meditation with a singing breathing exercise that is great for relaxation and reducing stress. We'll also present a nature walk, Covid-19 style-- learning to be in the moment and find natural beauty wherever you are sheltering in place-- with examples from our home and neighborhood, along with a few clips of local parks and natural places where you can get away. “

For Zoom Link and contact information, see the graphic above.

SUNY ATTAIN ZOOM INFO. SESSION FOR FREE OCCUPATIONAL & TECHNICAL TRAINING

Monroe County is partnering with SUNY ATTAIN to host a free informational session on **Wednesday, May 13 at 11 a.m. on Zoom**. ATTAIN assists the community in developing occupational and technical training needed for the workplace; and this event is to promote those services to those whom may not have access.

Anyone interested can register at – <https://MonroeCountyATTAIN.eventbrite.com> – or contact me directly. A flyer is also attached. We hope to serve dozens of people at this event.

Thanks again for your partnership. Take care, be safe and talk to you soon,

Rich



Adam J. Bello
County Executive

RICHARD T. TURNER
WORKFORCE DEVELOPMENT MANAGER
COUNTY OF MONROE
50 WEST MAIN STREET · SUITE 1150
ROCHESTER, NY 14614
(585) 753-2005 - Office · (585) 397-8310 - Mobile

City of Rochester

CENTER FOR DISEASE CONTROL'S FACEMASK INFO. PAGE



This excellent resource has information on how to wear a mask, best mask sanitation and care, how to make a mask out of cloth, a t-shirt and more.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

FOCUS 45: EASTMAN'S GARDENS THEN & NOW— A VIRTUAL EVENT



Friday, May 15, 2020, 1 p.m., Online

Legacy Curator Kathy Connor will take you on a tour of the historic gardens from 1905 when George Eastman first moved in, through the eventual changes that took place after his death when the mansion became the residence of University of Rochester presidents. The tour will include discussion of why his childhood home was moved to the estate, the restoration efforts undertaken in the early 1990s, and the work that continues to this day.

Free to all.

Registration required via Zoom, spaces limited: [Register now](#).

VIRTUAL PARENT LEADERSHIP TRAINING INSTITUTE

ZOOM INFORMATION SESSION—TRAINING IS FREE



Monday May 18

5:30 PM

Zoom Meeting ID 861 7909 8593

Join meeting here: <https://us02web.zoom.us/j/86179098593>

Facebook info. page below:

<https://www.facebook.com/GreaterRochesterPLTI/photos/rpp.272777666145866/2890470144376592/?type=3&theater>

Greater Rochester Parent Leadership Training Institute (PLTI) is a local initiative of the National Parent Leadership Institute, an evidence-based program designed to increase parent involvement in community issues. After PLTI began in Connecticut in 1992, the Monroe County-based Early Childhood Development Initiative worked to bring PLTI to the Rochester community. Greater Rochester PLTI began in 2012.

Mission

PLTI builds bridges and advocacy skills to support parents and grandparents becoming leading advocates for children. Parents' opinions are often unheard. They lack the skills, but not the motivation or will to change their children's lives. PLTI teaches parents how to become practiced change agents for the next generation to improve the lifelong health, safety, and learning of children.

Family supports, such as childcare, dinner, and transportation are included. Each class of parents mentors the next class, creating a pyramid effect of community caring and developing a coalition of parent leaders. Training is free and paid for by our generous donors.

Parents enrolled in PLTI learn to

- Become familiar with city, state and federal law
- Understand policy and municipal budgets
- Understand personal history and its impact on perceptions of leadership
- Thrive and work with diversity
- Assess and define problems through critical thinking
- Use the media
- Speak publicly
- Use benchmarks and outcome measures
- Form coalitions and build community
- Work with and engage opposing sides

540 WEST MAIN'S BLACK WOMEN ROC! 2020



Black Women Roc! our annual month-long digital campaign where we highlight the achievements and work of four Black women and femme identifying women of color enacting change and making significant positive contributions to the Rochester community.

Mission

The mission of Black Women Roc! is to highlight the work, accomplishments, and positive contributions of black and femme identifying women of color in the Rochester community.

How the nomination process works:

1. Community members are encouraged to nominate black women that makes our City a better place.
2. Submit your nominee <http://tiny.cc/blackwomenroc2020>
3. Four women are selected at random from the pool of submissions
4. Each week throughout the month of June each woman's work and life is featured across 540WMain's social media platforms and website including a series of LIVE virtual podcasts and events.

NOMINATE A LEADER:

https://docs.google.com/forms/d/e/1FAIpQLScuvRYt_biYlz7aZUrNXrikMoNSWy9Q6jyVjiSMPuGpSBTYWg/viewform

Zoom Boomerang Class

If you've ever wanted to learn the life skill of making and throwing a boomerang, here's your chance! And it's FREE!



This is a fun four part class! You can come to anyone of the four sessions or all four.

Session 1: How to make, tune, and throw a basic 4 winged boomerang.

What you will need: Thin cardboard like from a cereal box, pen or pencil, rule, scissors, scotch tape, and just a little patience!

Session 2: How to make and throw a 3 winged boomerang

What you will need: Thin cardboard like from a cereal box, pen or pencil, ruler, scissors, scotch tape, and just a little patience!

Session 3: Session 3: How to make a two wing paper folded boomerang.

What you will need: one or more sheets of 8 1/2 x 11 of paper, pen or pencil, scotch tape, and just a little patience!

Session 4: How to make a boomerang with a hole in the middle for trick catches.

What you will need: Thin cardboard like from a cereal box, pen or pencil, ruler, scissors, scotch tape, and just a little patience!

Days: Fridays Days: May 22, 29, June 5 & 1

Time: 10 am to 10:30 am

Instructor: Ted Baumhauer, Ed.D.

To Register: Email Ted@tedbaumhauer@me.com





VIA **zoom**



SHOP TALK WITH U.P.B.C.A



TOPIC OF DISCUSSION

Open House
Health & Getting Back to Work
Special Guests: Mayor Lovely Warren,
County Executive Adam Bello & UR Well

Info about UR Well Clinics & FREE Work Physicals

HOST: Willie Lightfoot

 **MAY 18, 2020 | 6PM**

info@upbca.org / www.upbca.org

JOIN VIA ZOOM
CALL IN BY PHONE OR
WATCH LIVESTREAM ON YOUTUBE

ZOOM.COM/J/95997542844
PW# 015431

CALL: 1.929.436.2866

Watch live on



UPBCA ASSOC