

Virtual Happenings & Lollypop Farm's Dog and Cat Food Giveaway

Rochester VIRTUAL Heart Walk & Run (MOVE WHERE YOU ARE) American Heart Association



June 20, 2020 Virtually

Join the 2020 Virtual Rochester NY Heart Walk & Run wherever you are on Saturday, June 20, 2020.

Instead of convening, we will see you all on social media. Be sure to tune in here on June 20th to join this new virtual experience and celebrate our 30th anniversary!

Here's the challenge, if you choose to accept it!

1. Commit to getting your walk or run in on June 20th! It can be anywhere! On a treadmill in your house, at a local park, getting your family together around your neighborhood as you walk your dog etc. It doesn't matter HOW you move, just that you ARE moving!
2. Register at [RochesterHeartWalk.org](https://www.RochesterHeartWalk.org) to get important updates!
3. Capture the unique ways you are incorporating movement and post it on social media using the hashtag [#ROCHHeartWalk](https://www.facebook.com/ROCHHeartWalk) or [#ROCHHeartRun](https://www.facebook.com/ROCHHeartRun).
4. Let's put your steps to work and continue to fundraise for research, education and transformational advocacy in our community by registering, donating and fundraising at [http://www.RochesterHeartWalk.org](https://www.RochesterHeartWalk.org). Let's walk the walk or run the run or bike the bike.
5. Want to text your donation? Text ROCHESTERHW to 41444. It's that easy!

Thank you to our Presenting Sponsors UR Medicine and Bergmann as well as Consiliarium Group, Paychex, CooperVision, Bonduelle, Wilmorite, M&T Bank, Dixon Schwabl, The Pike Companies, LTD., Butler/Till and our media sponsors News10NBC and MIX 100.5.

<https://www.facebook.com/events/545236386426331/>

Lollypop Farm's Dog and Cat Food Giveaway

DOG AND CAT FOOD DISTRIBUTION EVENT

Make your contactless appointment today!



June 20, 2020 11 am to 2 pm
Lollypop Farm
99 Victor Road
Fairport, NY 14450
Must Register in Advance!!!
[Register today](#)

Due to the generosity of the community, Lollypop Farm is able to provide a free short-term supply of dog and/or cat food to those in need on Saturday, June 20th from 11:00 a.m. to 2:00 p.m. At this time, we are not requiring proof of financial hardship as we know unexpected expenses arise that may make it difficult to provide for your beloved companions. **We are requiring that you register for the event as we must adhere to social distancing guidelines. No walk-ins will be honored. Time-slots are limited to 4 cars per slot. Event registration closes Wednesday, June 17th.**

Please click the link below to begin the registration process. After filling out your information and your pet's, you will be brought to our store to complete your information and schedule your pick-up time. **Although it looks like you are making a purchase, this is a FREE event so there will be no amounts or request for payment information.**

*****IMPORTANT: YOU WILL ONLY BE SCHEDULING ONE PICK-UP TIME SO PLEASE ONLY ENTER '1' IN THE QUANTITY SECTION TO ENSURE THAT OTHERS MAY BE ABLE TO RESERVE THEIR TIME FOR A MAXIMUM OF 4 CARS PER TIME-SLOT.*****

If you have any questions, please feel free to email Esca at petpantry@lollypop.org.

[Lollypop's website](#)

Cornell Cooperative Extension of Monroe County's Yogurt Recipes

Yogurt is a source of calcium, vitamin D, protein, and can be used in many different ways! Smoothies, parfaits, dressings, and dips are just a few different ways to add yogurt to your meals. When choosing yogurt, just be mindful of added sugars and compare food labels. [Food Hero](#)



Using Yogurt

Quick Fix

- ☆ Use yogurt in smoothies and frozen fruit yogurt.
- ☆ Substitute for mayonnaise and sour cream in salad dressing or dips.
- ☆ Add to fresh or frozen fruit and granola.
- ☆ Substitute for buttermilk in baked goods.
- ☆ Top waffles or pancakes with yogurt and fruit.

Drinkable Yogurt

Ingredients:
½ cup low fat plain yogurt
½ cup 100% fruit juice

Directions:

1. Add yogurt and juice to a clean jar or other container with a lid. Close lid and shake.
2. Serve cold.
3. Refrigerate leftovers within 2 hours.

Makes: 1 cup **Prep time:** 5 minutes

Yogurt Fruit Dip

Ingredients:
1 cup nonfat plain yogurt
1 teaspoon vanilla extract
½ teaspoon cinnamon
1 teaspoon brown sugar

Directions:

1. In a bowl, combine yogurt, vanilla, cinnamon and brown sugar. Mix well.
2. Serve with sliced apples or other fruit.
3. Refrigerate leftovers within 2 hours.

Makes: 1 cup **Prep time:** 5 minutes

Peanut Butter Yogurt Dip

Ingredients:
½ cup nonfat plain yogurt
¼ cup peanut butter
¼ teaspoon cinnamon (optional)

Directions:

1. In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.
2. Serve with slices of fruit or vegetables.
3. Refrigerate leftovers within two hours.

Makes: ¼ cup **Prep time:** 5 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

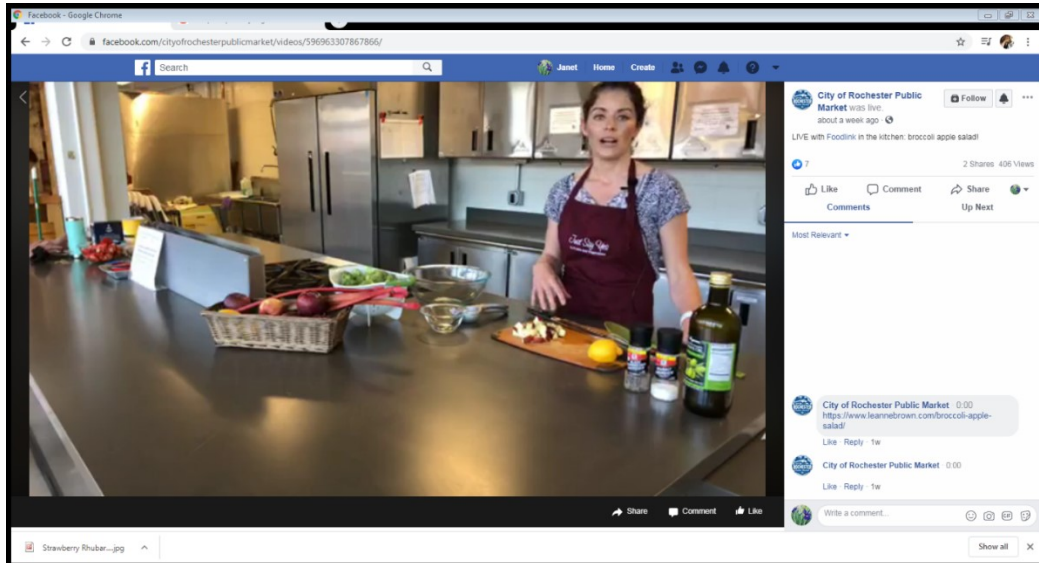
- measure yogurt or other ingredients.
- mix or shake the ingredients.
- use a rubber scraper to get peanut butter out of a cup.
- wash and slice fruit.

Go to FoodHero.org for easy, tasty recipes using yogurt

For more resources and recipes: [CCE's Facebook Page](#)

City of Rochester Public Market's Live With Foodlink in the Kitchen

Strawberry Rhubarb Crunch



https://www.facebook.com/watch/live/?v=261508965167205&ref=watch_permalink

Check out the Rochester Philharmonic Orchestra's Gorgeous Video Featuring Rochester Photos, Instrumentalists and Sections and a Selection from Jeff Tyzik's Pleasant Valley

<https://www.youtube.com/watch?v=e3jf61Cbt9Y&feature=share&fbclid=IwAR3CpmDD9var05ga&xml0WtjIU4UUvmD-ITP7sGILtx6iGYMKuginzqZBYI>



Farmers Markets Are Open

SHOP SAFELY



Local farmers markets care about the health of our community. Markets bring healthy food to neighborhoods, accept EBT and WIC, and are essential businesses under New York State Covid-19 guidelines.

This market season, extra care is being taken to ensure the safety of shoppers and vendors. **For more details, visit www.rocfarmersmarkets.com or contact your local market.**

There is currently no evidence of the virus being transmitted by food. Even so, market vendors will be using added sanitation and safety practices.

PLEASE DO YOUR PART:



Stay Home If You Are Sick
Feeling symptoms? Let someone else do the shopping.



Wear A Mask
Be respectful of others. Cover your mouth and nose.



Stay 6 Feet Apart
Give other shoppers and the vendors space.



Make Your Visit Brief
Plan your shopping before you arrive. Shop quickly.



Follow Market Instructions
Each market will have its own rules and procedures.

Farmers markets provide quality food to support your health.
Farmers markets are an important part of our local food economy.

SUPPORT FARMERS MARKETS BY SHOPPING SAFELY THIS SEASON.

YWCA's Helen L. Morris Scholarship Fund assists single mothers in returning to college in order to improve the lives of their families



The Helen L. Morris Foundation Scholarship Fund was established to assist low-income, single mothers who are head of household to return to college in order to improve the lives of their families, as well as motivate their children to excel. The goal of the scholarship is to provide the financial support needed to minimize the burden of out of pocket expenses resulting from having to work, support a family and attend college all at the same time. The Helen L. Morris Scholarship Funds seeks to enable these non-traditional students to focus on achieving their academic goals and performance, so that they can create a successful future.

Candidates for this scholarship are:

- A single, female parent and head of household residing in Rochester, NY
- Currently enrolled or have been enrolled in a local community college
- A student with a minimum GPA of 3.0 or higher
- A student with demonstrated financial need
- A student with academic promise who is goal oriented and demonstrates a commitment to completing a degree program

The YWCA wants to help you achieve your degree and empower you to be all that you can be!

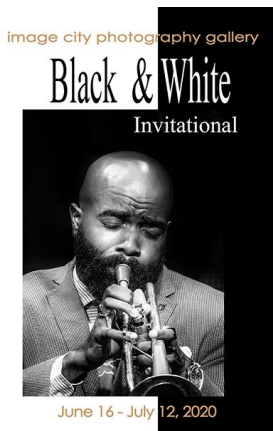
Scholarships up to \$10,000 will be awarded in 2020.

Application due date: July 15, 2020

Please reach out to Ruth Rappaport-Kristal at rrappaportkristal@ywcarochester.org for any questions.

[Link to apply](#)

See PDF attached to Virtual Happenings for more information.



Opens June 16, 2020

[Preview of the Show](#)

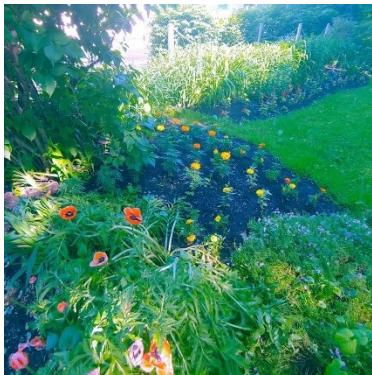
Image City is reopening following CDC and NYS Guidelines. Some things have changed. Click here: <http://www.imagecityphotographygallery.com/Covid-19.htm> to see how we address COVID-19 during your visit to the Gallery.

Gallery Hours: Tuesday through Saturday 12 to 6, Sunday 12 to 4

772 University Ave. There is no admission fee and there will be no reception.

<http://www.imagecityphotographygallery.com/Shows/202007show/index.htm> for more information.

[Check out the Arnett Branch Library's Butterfly Garden Photos](#)



A big thank you goes out to all the folk, who over the last few days, made our gardens and the butterfly garden next door look so pretty! Some of the folk involved are: Library and neighborhood superstar volunteers Susan Morehouse, Rora Rice, Marydan Cooper and Jay Ross; Dave LaCrosse, Warren Wymore, and Mary Giancursio of the Rochester Public Library Maintenance Team; Lyell Branch Library Manager Shamika Fusco; The Friends and Foundation of the Rochester Public Library. Thanks again everyone! @ Friends & Foundation of the Rochester Public Library