



# YOUR HEALTH MATTERS

## Wayne County Community Health & Wellness News

### *A Note From the Nurse's Office:*

Asthma is one of the most common diseases of childhood. It affects the lungs and causes repeated episodes of wheezing, difficulty breathing, chest tightness and coughing. Asthma is a chronic disease, meaning if your child has asthma, they have it all the time but they will only have symptoms when something bothers their lungs. Asthma attacks can happen when someone with asthma is exposed to triggers such as environmental factors or allergens, dust, or tobacco smoke. Asthma can be controlled by avoiding triggers, understanding the signs of an attack, and following instructions and medications as prescribed by your doctor or medical professional.

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**Currently, 410,000 New Yorkers are living with Alzheimer's disease, and more than 546,000 family and friends are providing care.**

Serving the cities of Corning, Elmira and Rochester, and their surrounding counties, the Alzheimer's Association Rochester Finger Lakes Region Chapter is here to help. We provide free education and support to all those facing Alzheimer's and other dementias throughout our community, including those living with the disease, caregivers, healthcare professionals and families. We are also committed to advocating for the needs and rights of those facing Alzheimer's disease and all other dementia, and advancing critical research toward methods of treatment, prevention and, ultimately, a cure. Visit [alz.org/rochesterny](http://alz.org/rochesterny) to learn more.

## DO'S AND DON'TS BEFORE YOUR MAMMOGRAM

**DO** wear a two-piece outfit

**DON'T** wear deodorant or lotion on your underarms or breasts

**DO** show up for your appointment

**DON'T** try to schedule your mammogram while on your period

**DO** let your provider know about your medical and family history

**DON'T** currently be breast feeding

**Cancer Services Program of the Finger Lakes Region** pays for breast, cervical, and colorectal cancer screenings for individuals without health insurance. Call 585-224-3070 if you need help paying for screenings and diagnostic care.

It's getting warmer and greener & the sun is setting later...

**Spend the month of May outside!**

Research tells us that just 2 hours of outdoor time a week can benefit mental health of children and adults. Scan the QR code below for free, easy, family-oriented outdoor activities that you can do this month!





## Stress Fighting TOOLS FOR YOUTH AND TEENS



Our thoughts, feelings, and behaviors are connected.

try

Deep Breathing



What we think can affect how we feel and act.

try

Calming Your Mind



And what we do can affect how we think and feel.

try

Increasing Favorite Activities

Scan QR to see videos & how-to's:

NATIONAL ACADEMIES Sciences Engineering Medicine



### Recipe of the Month: Pickled Cabbage Slaw

- 4 cups water
- ½ green cabbage, shredded (about 6 cups)
- 1 medium carrot, shredded or sliced thin (about ½ cup)
- ¼ medium red onion, sliced thin (about ½ cup)
- 1 jalapeño pepper or other hot pepper, minced (optional)
- ½ cup vinegar (try apple cider or distilled white)
- ½ teaspoon oregano
- ½ teaspoon salt



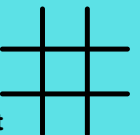
1. Wash hands with soap and water.
2. Bring water to a boil on high heat.
3. Put cabbage in a colander over the sink. Slowly pour boiling water over the cabbage. Rinse the cabbage with cold water and drain well.
4. In a large bowl, stir together cabbage and remaining ingredients.
5. Chill for at least 1 hour before serving.
6. Refrigerate leftovers within 2 hours.

**EXTRA CHALLENGE:** Modify this recipe and send in your instructions, ingredients and or image of your own unique meal! Give it a name and email Arb398@cornell.edu your wonderful recipe to be displayed on CCE Wayne's Facebook page!

## ACTIVITY OF THE MONTH

Tic-Tac-Toe, Go:

- Draw a large Tic-Tac-Toe diagram on a blank sheet of paper.
- Grab 2 spoons and wad-up 5 balls of paper of one color, and 5 balls of another color or using a different type of paper.
- The Tic-Tac-Toe board will be placed on one side of the room and the balls of paper, spoons, and starting line is on the other side of the room. You will race to the board with a ball of paper on your spoon, to place it on the game-board. If the ball of paper falls off before you set it on the board, you must start that trip over from the starting line. First person to make 3-in-a-row wins!



As of May 1st the COVID-19 community transmission level for Wayne is **LOW**- to get the most updated levels please visit cdc.gov or scan the QR code:





**UPCOMING EVENTS IN OUR COUNTY:**

**May 2023**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 ★	3	4	5 ★	6
7	8	9	10	11 ★	12 ★	13
14	15	16 ★	17 ★	18 ★	19	20
21	22	23	24	25	26	27
28	29	30	31 ★			

**May 2: Wayne County Partnership & Foodlink Food Distribution**

10:00AM until food is gone!  
Florentine Hendricks Elementary School  
5751 New Hartford Street  
Wolcott, NY 14590

**May 11: United Church of Marion & Foodlink Food Distribution**

10:00AM until food is gone!  
United Church of Marion  
3848 North Main Street  
Marion, NY 14504

**May 5: Finger Lakes Community Health Girls' Night Out**

6:00-8:00PM  
Lyons Community Center  
For Lyons, Clyde-Savannah, and Sodus High School girls.  
For more information and registration visit  
[tinyurl.com/GNOWayne](https://tinyurl.com/GNOWayne)

**May 12: Finger Lakes Community Health Girls' Night Out**

6:00-8:00PM  
Alex Eligh Community Center  
For Newark High School girls.  
For more information and registration visit  
[tinyurl.com/GNOWayne](https://tinyurl.com/GNOWayne)

**May 11: Virtual Youth Mental Health First Aid**



9:00AM-1:30PM  
Space is limited! Register at  
<https://waynecountyconnecton.as.me/schedule.php?appointmentType=43204356>

**May 16: Wayne County Partnership & Foodlink Food Distribution**

10:00AM until food is gone!  
Shady Brook Plaza  
4500 NYS Route 414  
North Rose, NY 14516

**May 17: Wayne County Partnership & Foodlink Food Distribution**

10:00AM until food is gone!  
W-FL BOCES Conference Center  
131 Drumlin Court  
Newark, NY 14513

**May 17/18: Virtual Adult Mental Health First Aid**



9:00AM-12:00PM  
Attendance is required on both days. Register at  
<https://waynecountyconnecton.as.me/schedule.php?appointmentType=31127468>

**May 31: Wayne County Partnership & Foodlink Food Distribution**

10:00AM until food is gone!  
Myers Hospital Campus  
6692 Middle Road  
Sodus, NY 14551

**Renewal of Life Church CareTeam Presents Motivational Tea Luncheon LET'S TALK MENTAL HEALTH**

Phyllis D. Jackson RN BS      Sylvia A. Johnson LCSW

**Date: May 13, 2023 Time: 11am-3:00 pm**  
**3701 Trolley Rd. Palmyra, NY 14522**

For More Information Visit [www.rolcogic.org](http://www.rolcogic.org)

Pastor Jeffery & Jonvonna Simmons   Mo. Bowens ~ Pres. Mo. Boans ~ Min. Goff ~ Sis. Spinks

**MAY IS MENTAL HEALTH MONTH**

TAKE SOME TIME TO LOOK AROUND, LOOK WITHIN

[MCHANATIONAL.ORG/MAY](http://MCHANATIONAL.ORG/MAY)

**School Nurse Appreciation Day is May 10th!**  
Celebrate this day in honor of the wonderful nurses that ensure our student's wellbeing, safety and health to promote their academic success.  
Show your appreciation by stopping by to say hi!