

YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



Gratitude & Giving Issue

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A Note From the Nurse's Office:

School nurses often see students who come in feeling unwell or needing some extra care. However, we also see many students who come in to express their gratitude and show acts of giving. It's always heartwarming to see how much kindness and generosity students can exhibit towards one another. As we continue to promote a culture of kindness and inclusivity, we encourage everyone to take a moment to think about how they can show gratitude and give back to their community. As a huge bonus, practicing gratitude and being generous to others have been shown to improve our own physical and mental health. Whether it's a simple thank you or a larger gesture, every act of kindness counts.

The Holiday season is often associated with gifts and abundant food—but presents and festive meals are not the reality for many.

In Wayne County, there are many organizations and charities that are doing great work to support those in need. The next few pages of this newsletter have a short list of *JUST SOME* of the many great groups that work to serve our community.

Giving is not only an act of kindness but also a way to build a sense of unity and belonging, which then fosters resilience and health. Being generous goes beyond money and physical gifts. Giving time, kindness, and thanks to others are powerful and helpful gifts.

Gratitude requires us to pause and appreciate what we have. Feeling and expressing gratitude benefits us AND those we give it to. Click on the List, Scan the QR code or go to the link on this page to access a list of 100 Questions that you can use to encourage feelings of gratitude.

List of Questions to Generate Gratitude
By Joel Wong, Ph.D.

Questions to help us reflect on what we're grateful for and whom we're grateful to—these questions could be useful prompts for gratitude journaling.

More Gratitude

1. What went well this week?
2. What are some simple, potentially mundane things that contribute to my well-being?
3. What are some good things in my life that I've taken for granted?
4. What are some things in my home that give me with a sense of comfort?
5. What do I like about the chair or table that I'm currently using?
6. What do I like about the weather this week?
7. What do I like about my officeworkspace?
8. What do I like about the neighborhood I live in?
9. What is my favorite place in town?
10. What do I like about the organization, job, or school?
11. What went unexpectedly well at work/school this week?
12. What do I like about the mode of transportation I use on a regular basis (e.g., my car/bike/etc.)?
13. What do I like about my electronic device (e.g., cellphone)?
14. What are some moments I have in my work/life that others might not have access to?
15. What was my favorite meal this week and why?
16. What is my favorite restaurant and what do I like about it?
17. What is my favorite hobby and what do I like about it?
18. What is a habit I've developed that contributes positively to your life?
19. What do I like about the city or county I live in?
20. What pleasant activity do I participate in each week?
21. What went better than expected recently?
22. In what ways have I been pleasantly surprised this week?
23. What opportunities have I had to use my strengths/skills?
24. What opportunities have I had to pursue my interests?
25. What went well in someone else's life for which I'm grateful?
26. What activity do I enjoy so much that I'd often do it even if you lose track of time and you're fully immersed in the experience?
28. In what ways have I enjoyed space from a stranger or a mere acquaintance?



<https://drive.google.com/file/d/1gRaTDTxhjbxl4JCeryvvnAy79tFtOUo/view>



WAYNE COUNTY
Community Schools



Here are just some:

Survivor Advocacy

Survivor Advocacy Center of the Finger Lakes is here to support and help adults and children experiencing domestic and relationship violence and sexual abuse. See wish lists and other opportunities for giving:

<https://survivoradvocacycenterfl.org/donate/> Also welcome volunteers!

Laurel House

Newark, NY. Laurel House is a comfort care home where residents spend their final days, at no cost to themselves or others. Go to the website to find out more about how to donate time or give funding gifts. <https://laurelhousecomfortcare.org/>

The Community Foundation

Everyone can take action to make our world a more equitable and vital place. Donations accepted to the general fund, or search for a Wayne County Program to donate to: <https://www.racf.org/giving/give-now/>

Family Promise

Volunteers play an essential role in helping families experiencing homelessness. Serve meals, provide financial literacy training, assist with fundraising. Something for everyone! <https://www.fpwayneny.org/volunteer>

Literacy Volunteers

A volunteer with LV of Wayne County can be many things: Tutor, Trained in-school Reader, Outreach Ambassador, Fundraiser, Office Clerk, Bookstore Attendant, Board Member, and many more. <https://lvwayne.org/volunteer/>

Pantries & Closets in Schools

Some schools in Wayne County maintain food pantries and clothing & supply closets for kids and families in need. Contact your local school to find out what they need, how to donate-and also how to get food and supplies that you & your family need.

Guiding Eyes for the Blind

Do you have the time, space, and dedication to help raise a future guide dog? Vet costs, preventatives and a crate provided. <https://www.guidingeyes.org/>

Food Distribution Volunteer

The Wayne County Partnership for Strengthening Families is seeking volunteers to help with Foodlink food distributions throughout Wayne County. Volunteers needed from 9:15am to 12pm at the latest. This months' events: Dec 5th, 7th, 8th, 13th, 20th. Sign Up: <https://form.jotform.com/232394806886167>

A great way to help your favorite charitable organization is to support them on Social Media. If you are viewing this newsletter on Social Media, consider tagging your favorite organization in the Comments and share their needs list, wish lists, & volunteer opportunities!

Other Ways to Give this Holiday Season:

There are many great organizations throughout Wayne County that appreciate donations of time and supplies. But there are also many individuals and families that are not connected to these agencies. You might want to consider reaching out to your neighbors to:

1. Offer **transportation** to grocery stores, doctor's appointments, or to work.
2. Offer **small services**- Outdoor home maintenance, shoveling snow, or indoor cleaning.
3. Offer **caregiver breaks**- Watch the children or elder adults for an hour or two so that the parent or caregiver can clean/nap/exercise.
4. Offer **companionship**- The holidays can be an especially lonely time for many people. Bring over a game or a deck of cards and simply spend time together.

Food Resources/Help



Call 211 or go online: <https://211lifeline.org/>

211/LIFE LINE is a free, 24-hour confidential resource that can help connect you to the services you need, including food resources in Wayne County.

Wayne Partnership for Strengthening Families: <https://www.waynepartnership.org/food>

Wayne Partnership compiles local food resources on its website, including information for food pantries across the County, emergency food services, baby food and supply resources, and food distribution events. See the website for more information.

Wayne Co. Dept of Aging and Youth

<https://web.co.wayne.ny.us/162/Health-Nutrition-Wellness>

Home Delivered Meals

- The Department of Aging and Youth provides nutritious, well-balanced meals to seniors who may be unable to prepare meals on their own or who are nutritionally at-risk. An in-home assessment is completed for all referrals. There is no cost for meals, but voluntary contributions are appreciated. No one will be denied a meal for inability or unwillingness to contribute. For more information or to schedule an assessment, feel free to call our office at **315-946-5624**.

Lunch Club 60

- Serving hot noontime meals to seniors Monday through Friday at various locations throughout the county. Programs and activities vary from site to site, including speakers, games, crafts, and parties. *Reservations are necessary 24 hours in advance by calling the site of your choice.* Suggested contribution of \$3 for people aged 60 and over. Contributions are confidential or senior will be refused a meal due to an inability or decision not to contribute. Transportation available to some locations on some days. Call for more information.
1. Clyde: Amy @ Methodist Church, 84 Sodus St. Clyde NY 14433, **315-359-3119**
 2. Newark: Becky @ Emmanuel Methodist Church, 301 E. Miller St, Newark, NY 14513, **315-331-8755**
 3. Ontario: Ella @ Brown Square Apartments, 2100 Brown Square, Ontario, NY 14519, **315-524-3034**
 4. Palmyra: Sharon @ Village Park and Club Rooms, 149 E. Main St., Palmyra, NY 14522, **315-597-4015**
 5. Sodus: Melissa @ 47 Maple St., Suite 200 Sodus, NY 14551, **315-729-1490**

Sports & Activity Supplies



Free Activity & Sports Trailer (FAST)

Any organization hosting an event or family in Wayne County can rent this sports trailer for free. It is our goal to foster social activity and play by having sports equipment available to community members. Basketball, Soccer, Volleyball, Golf, Corn Hole, Jump Rope, Hula Hoop, and much more! The Arc Wayne handles delivery and pick up of the trailer, as well as sanitation of equipment prior to drop off. Contact Jennifer J. to schedule: 315-331-2086 EXT. 3152 (Reserve early, especially if wanting the trailer during busy summer months.)

HOW CAN YOU DONATE TO A LOCAL FOOD PANTRY WELL?

You may be feeling extra generous this time of year and wanting to bless a family in need. Maybe you'd like to help via Amazon wish list, or you'd like to donate clothes, or food to your local food pantry, or you'd like to a canned food drive at your work to give back, etc. Whichever way you choose to give to others during this month is great. But instead of just cleaning out your pantry of brownie mix and three-bean salad or bringing what you think people in need would like- here are some tips, *from a local food bank*, on what folks in need really crave.

1. Call your local pantry before you donate and ask them what they NEED.

Often times you'll find that they may have enough bread, pasta, and sauce to last a lifetime. But they may need another item like mayo, salad dressings, broth and staples that are typically in our cabinet, but in short supply at pantries.

2. Consider donating a full meal to a pantry instead of random ingredients.

This makes the workers and volunteers' job of putting together boxes for families so much easier.

3. Consider donating personal items.

Personal care items like deodorant, toothpaste, toothbrushes, shampoo/conditioner, body wash and feminine products are all needed by these folks.

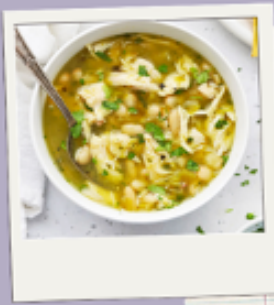
4. Think outside the box!

Everyone donates Kraft mac and cheese, spaghetti, and Chef Boyardee. These folks deserve real, well-rounded, nutritious meals just like the rest of us. Pretend that you're shopping for your family for a meal. The only rule is the meat and veggies must be canned. What could you come up with?

Now that we know how to better serve our food pantries, we can better serve our community.



Use these recipes below as inspiration on how to put together a great food pantry box for a family that would show them you care!



WHITE CHICKEN CHILI

Ingredients

- 2 cans of chicken 12–16 oz. cooked shredded or cubed chicken
- 2 cups salsa verde (green salsa)
- 4 cups chicken broth
- 2 (15 oz.) cans great northern beans, drained and rinsed
- 1 (4 oz.) can diced green chiles
- 1 tsp. cumin
- 1 tsp. chili powder
- salt, to taste
- 1/4 cup chopped cilantro (optional)

Method

1. In a Dutch oven or soup pot, combine cooked chicken, salsa, water, beans, green chiles, cumin, and chili powder. Stir to combine well.
2. Bring to a simmer to heat through. Taste and add salt, as desired. Garnish with cilantro, if desired.
3. This soup gets better over time, so feel free to make it early!

What to donate for this recipe: 2 cans of chicken, 2 cans of white beans, 1 jar of salsa verde, 1 container of chicken broth, 1 can diced chiles, spices



CHICKEN PESTO SKILLET

Ingredients

- 1-2 cans of chicken 12–16 oz. cooked shredded or cubed chicken
- 1 jar of pesto
- 1 package frozen green beans
- 1 can of fire roasted tomatoes (drained)
- rice or pasta (optional)

Method

1. Heat the olive oil in a large pan over medium heat, then add the green beans and cook until tender crisp. If the green beans are frozen, sprinkle a little water into the pan and cover to steam.
2. Add the chicken, tomatoes and pesto to the pan
3. Serve over rice or cooked noodles if you'd like or it tastes great without.
4. Serve immediately or divide into 4 food storage containers and store in the refrigerator for up to 4 days.

What to donate for this recipe: 2 cans of chicken, 1 jar of pesto, 1 can of fire roasted tomatoes, 1 bag of frozen green beans.

Here's a list of food items to donate that pantries usually NEED:

- Cheese
- Butter
- Peanut butter
- Jelly/jam
- Tea
- Coffee
- Sugar
- Tuna
- Mustard
- Broth
- Rice
- Beans
- Salsa
- Honey
- Canned chicken
- Mayonnaise
- Salt & pepper
- Canned veggies or fruits
- Canned soup/stew
- Microwavable items
- Frozen vegetables (*call your food bank to check if they accept these*)



WAYNE COUNTY COMMUNITY CHRISTMAS DINNER

A **FREE TAKE-OUT STYLE**
HAM DINNER OPEN TO
ALL WAYNE COUNTY RESIDENTS

★ *Free professional holiday family photo session for Wayne County families!* ★

DECEMBER 22, 2023 | 3 - 5 PM
LYONS COMMUNITY CENTER
9 MANHATTAN ST. LYONS

..... ❁

Limited Quantities Available, Family Photo Optional
MUST REGISTER IN ADVANCE

www.waynecountycommunityschools.org/calendar
or via the QR code

