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December 2022

On behalf of the Greater Rochester Health Foundation Board and Staff, thank you for an incredible year. We are grateful for all your efforts to improve health across the Finger Lakes. We wish you a joyous holiday season and prosperous New Year!



Left to right: Tiana, Jocelyn, Justin, Anita, Monica, Ari, Danette, Mimi
Bottom row: Chiara, Kristin, Hannah (via Zoom) Matt, Kristine

LEARNING & ENGAGEMENT OPPORTUNITIES



Shine a Spotlight on Youth with [Refugees Helping Refugees](#)

The RHR Youth Conference is shining the spotlight on refugee youth in Rochester! From **11:30 a.m. to 3 p.m. on Saturday, December 17**, RHR will be hosting a Youth Conference at Rochester International Academy to hear and engage with refugee and immigrant young adults about their experience with adapting to their new lives in America. This event highlights the dedication, capability, and resilience of our refugee and immigrant community and aims to share this knowledge with the youth.

The conference includes diverse youth panels, discussions with community experts, and a well-respected keynote speaker from the immigrant community.

Click [here](#) to RSVP for the free event.

Action for a Better Community Hosts Annual Conference: Empowerment, Equity & Accountability...the Journey Ahead

Registration for [Action for a Better Community's](#) 2023 Signature Conference is now open.

The virtual conference -- a continuation of Action for a Better Community's social justice work -- will be held on **January 12th and 19th**, followed by an in-person awards ceremony and breakfast on **January 26th** at the Memorial Art Gallery.

Click [here](#) for more information and to purchase tickets.



Rochester Area Community Foundation Hosts Virtual Event on National Day of Racial Healing

January 17, 2023, marks the seventh annual [National Day of Racial Healing](#). On this day, individuals, organizations and communities across the U.S. come together to explore their common humanity and build the relationships necessary to create a more just and equitable world.

THE SUM OF US

What Racism Costs Everyone and
How We Can Prosper Together



Hear from Heather McGhee,
New York Times best-selling author

January 17, 2023
7 to 8 p.m.



Join [Rochester Area Community Foundation](#) and other regional foundations for a free, virtual event from **7 to 8 p.m. on Tuesday, January 17, 2023**, to hear what best-selling author Heather McGhee learned about the true cost of racism after interviewing Americans of all races from across the country. Register [here](#).

Recommended: ROC the Future's State of Our Children Report Card

[ROC the Future Alliance](#) released its annual [State of Our Children Report Card](#) last month and announced a new initiative, the Whole Child, to better identify and correct ineffective systems of support for parents, families and children prenatal to age eight.

The Whole Child centers on culture, community and systems, family, and relationships instead of the individual to influence positive change and improve outcomes for children.

Read the [full article from the Rochester Business Journal](#).



PUBLIC HEALTH



IHMC

Interdenominational Health Ministry Coalition Hosts Flu and Vaccine Clinic

[Interdenominational Health Ministry Coalition](#) (IHMC) will offer a Flu and Vaccine Clinic **from 10 a.m. to 2 p.m. on Wednesday, December 21st, 10am -2pm** at 1 Favor St. in Rochester.

IHMC offers tools and resources for Health Ministries in the Rochester Community.

Register for the clinic [here](#).

Resources & Guidance From [New York State Department of Health](#)

COVID-19

- All New Yorkers 6 months and older should [get vaccinated](#) and get their [booster dose](#) when eligible.
- If you are experiencing symptoms or were exposed, [get tested](#).
- If you test positive, stay home and talk to your healthcare provider about [treatment](#).
- Masks are still required in healthcare facilities.
- Travelers, [domestic](#) and [international](#) should continue to follow all CDC travel requirements.



POLIO IMMUNIZATIONS

New Yorkers, ensure adults, including pregnant people, and young children by 2 months of age in your home are up to date with their polio immunization. Being immunized is the safest protection against this debilitating virus. Learn more [here](#).

GRANT OPPORTUNITIES

- From [Rochester Area Community Foundation](#): The [Wayne County Community Endowment](#) supports improving the health and quality of life of Wayne County residents. New this year, WCCE will be accepting [Letters of Intent \(LOI\)](#) prior to the full application process. The LOI acceptance period closes on **January 13**. Select applicants will be invited to submit full applications by March 24, 2023.
- New York State is creating a [\\$150 million workforce development grant](#) program designed to support training programs and assist education and training providers. The funding will cover two initiatives, \$115 million for performance grants that support training programs that offer certifications in high-demand fields and \$35 million for education and workforce training providers who train future employees for high-quality in-demand jobs. Grant applications are available on the Office of Strategic Workforce Development's [website](#).
- Health-related grant opportunities -- both local and nation-wide -- are posted weekly on the Greater Rochester Health Foundation [website](#).
- The [North Star Coalition](#) is committed to a better future in the Greater Rochester area by working with stakeholders from across the region to ensure that Federal and State recovery funds will be used to create opportunities for the benefit and economic prosperity of historically excluded residents. Federal and State grant funding opportunities are posted [here](#).

COMMUNITY BOARD

- VENDORS OPEN • LIVE PERFORMANCES •
- PICTURES WITH SANTA •



Christmas at the International PLAZA

**SATURDAY
DECEMBER 17
12 - 4 PM**



STAR ELISE



**Winter Solstice
Soup & Chili
Cook Off**

**DEC 23RD, 2022
1274 DEWEY AVE.
12PM-4PM
FREE COATS, HATS &
GLOVES**

CELEBRATE

Kwanzaa *Let's Find Joy 2022*

JOIN US FOR SIX OF THE SEVEN DAYS (ONE FOR EACH PRINCIPLE) FOR GOOD COMPANY, GAMES, ART ACTIVITIES, COMMUNITY CONVERSATIONS AND A RECOMMITMENT TO SERVICE FOR A BETTER 2023.

DEC 4

**PRE KWANZAA CELEBRATION
ROC HOLIDAY VILLAGE
MARTIN LUTHER KING PARK
11AM - 2PM**

DEC 29

**UJAMAA/COOPERATIVE
ECONOMICS
LEGACY DRAMA HOUSE
112 WEBSTER AVENUE
5:30PM TO 8PM**

DEC 26

**UMOJA/UNITY
THE BLACK HOUSE
215 TREMONT STREET
DOOR 3 FLOOR 3
6PM TO 8PM**

DEC 30

**NIA/PURPOSE
FREDERICK DOUGLASS
FAMILY INITIATIVES
ATRIUM BUILDING
140 EAST MAIN STREET
5PM TO 8PM**

DEC 27

**KUJICHAGULIA/
SELF DETERMINATION
PHILLIS WHEATLEY
COMMUNITY LIBRARY
33 MC CREE WAY
4PM TO 7PM**

DEC 31

**KUUMBA/CREATIVITY
MONTGOMERY
NEIGHBORHOOD CENTER
10 CADDY STREET
6PM TO 9PM**

DEC 28

**UJIMA/COLLECTIVE WORK AND
RESPONSIBILITY
THE BLACK HOUSE
215 TREMONT STREET
DOOR 3 FLOOR 3
5PM TO 8PM**

JAN 1

**IMANI/FAITH
AT HOME
CELEBRATE WITH FAMILY AND FRIENDS**



HABARI GANI?!

(KISWAHILI GREETING MEANING "HEY, WHAT'S UP?")
KWANZAA 2022 IS WHAT'S UP FROM DECEMBER 26 THROUGH JANUARY 1, 2023!
KWANZAA IS THE END OF THE YEAR FAMILY AND COMMUNITY CULTURAL CELEBRATION THAT RECOGNIZES THE GOOD THAT HAS HAPPENED GLOBALLY WITH PEOPLE OF AFRICAN DESCENT.
Here, in Rochester, we recognize youth, adults and elders who, this year, have made their families and community proud.

**6 WEEK
SHRED PROGRAM
GROUP SESSIONS**

breathe deep

HUSTLE & GRIND

Book Launch Party!

December 16th, 7:00 - 9:00 pm.



Join us in celebrating Gwen's new book:
"From Conflict to Community"

This event will be hosted at the M.K. Gandhi Institute for Nonviolence, and features readings from the book, and a chance to practice conflict transformation strategies.

**Snacks,
Drinks,
Skills for the
holidays.**

BLACK MOM MEETUP

Embracing Black
Motherhood and Womanhood

Sunday
December 18, 2022
2:00-4:00pm

Spot Coffee
200 East Ave
2nd Floor

Grab a beverage and chill with
other mamas from the community.

Register@Blackmommeetup.eventbrite.com



Centered in equity, the mission of the Greater Rochester Health Foundation is to pursue and invest in solutions that build a healthier region where all people can thrive.

