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greater rochester
Health foundation



January 2023

CELEBRATE MLK DAY!

The Dream is Not Dead: Democracy is Alive!



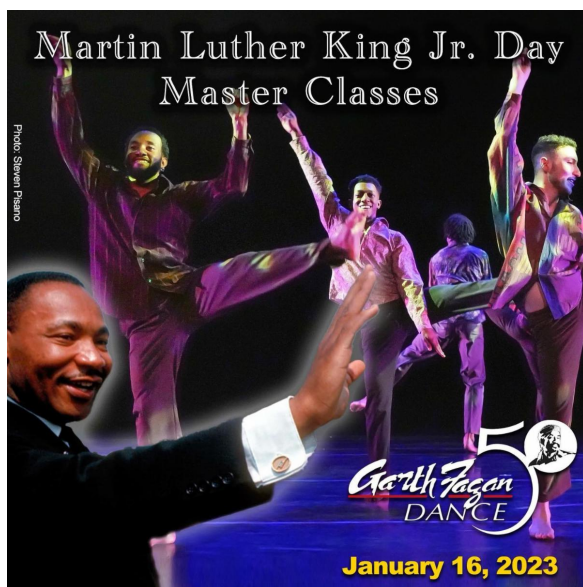
The [Greater Rochester Martin Luther King Jr. Commission](#) invites the community to Kodak Hall at Eastman Theatre at **8:45 a.m. on Monday, January 16** for the 2023 MLK Day Community Commemoration. This year's theme is "The Dream is Not Dead: Democracy is Alive!"

The in-person event features guest speaker Ambassador Suzan Johnson Cook, who was appointed by President Obama to serve as the Ambassador-at-large for International Religious Freedom.

The Greater Rochester MLK Commission is committed to promoting Dr. King's message of non-violence, economic justice, and community empowerment in Rochester. Register

[here](#) for the free event.

Also -- from 11:30 a.m. to 12:30 p.m., [Nazareth College](#) will commemorate the life of Dr. Martin Luther King, Jr. with a special program that is open to the public. Keynote speaker Simeon Banister, leader of the Rochester Area Community Foundation and the Greater Rochester Martin Luther King Jr. Commission, will speak on the theme Roots for Change: Approaches to Social Justice Action. The MLK commemoration takes place in the Nazareth College Arts Center's Callahan Theater. Click [here](#) for details. A livestream will be available [here](#).



**41st ANNUAL
EXPRESSIONS OF
KING'S LEGACY**
celebrate the life and legacy of Dr. Martin Luther King Jr.

Join us for a conversation with **Nikole Hannah-Jones**

Pulitzer Prize-winning creator of the 1619 Project
and a staff writer at The New York Times Magazine

Event Information

**TUESDAY, JANUARY 31, 2023
12:00-2:00 PM**

RIT Gordon Field House

This event is free and open to the public.

Performances by

RIT student Daniel Aisogun, spoken word artist
and the RIT Gospel Choir

[Let us know you're coming!]
[/rit.edu/diversity/2023expressions](https://rit.edu/diversity/2023expressions)



GRANTEE SPOTLIGHT

Student play at East High was moving, had message of hope



Your Turn

Gregory Lebens-Higgins
Guest columnist

On Dec. 9, I attended the Mentors Inspiring Boys & Girls presentation of "The School to Prison Pipeline: The Stage Play" at East High School.

The event was a celebration of Black life presented through dance and rhythmic dialogue. Black students moved with energy and purpose across the stage, the "midnight" of Blackness was said to contain the vibrancy of the stars and the hollowness of invoking "all lives matter" in a country that has readily excluded Blacks from this conception was made plain.

Reciting The Pledge of Allegiance, the players ask "Justice and Liberty – for who?"

The first act is an evisceration of the systems confronting Black youth. Scenes highlight state violence at the hands of police, inadequate social supports and limited economic opportunities fueling the drug trade and gang warfare.

The second act takes place inside the school, with these issues bleeding into the classroom. What is the rele-

vancy of Shakespeare? And is education a way out, when poverty lays so many traps, and life can end with the randomness of a misfired bullet?

Assembly member Demond Meeks, honored at the proceedings, urged those present to "Make Demands" and to "Organize." The young players echoed these themes, crying "Fix Our Schools!" and putting aside petty disputes (whose Timberlands are cleaner, whose wallet is fatter) to direct energy toward transformational change.

The players, though acting, spoke with emotion. Even when encountering microphone troubles, lines were belted out in a manner that carried them straight to the heart of anyone listening. I, for one, spent much of the night with tears of frustration and joy on my face.

One scene featured a discussion of Pedro Reyes, a Mexican artist who transforms firearms into instruments – guitars, violins, flutes and percussion. This was juxtaposed with the players' redirection from destructive pursuits to using their hands to uplift others.

It is time for such dramatic reimagination in our communities. The kids are all right. We need to listen.

Gregory Lebens-Higgins is an assistant public defender and community activist.

RCSD Students Bring Positivity to the the Stage

Congratulations to [Mentors Inspiring Boys & Girls](#) (MIB) for putting on another successful play, "The School To Prison Pipeline," performed by Rochester city youth last month at East High School and being featured in the Democrat & Chronicle newspaper.

MIB is a creative arts program that delves into theatre, creative writing, poetry, and dance. Providing positive reinforcements, encouraging youth to use their voices, learn how to express themselves, and break out of their shells, while having FUN.

MIB offers after-school and evening classes in a range of artistic, performance and academic subjects, including Hip Hop and Step Dance, Theater and Spoken Word performance, Boxing, Music, Creative Writing, Math and STEM. Learn more [here](#).



HCR Cares Featured in the Rochester Business Journal:

HCR Cares receives grant to help older African Americans gain access to home health care

By: Andrea Deckert January 9, 2023

HCR Cares will partner with more than 125 Rochester-area predominantly African American churches to help older adults in their congregations overcome barriers to using home health care services to improve their health outcomes.



Through new grant funding, HCR Cares will expand its diverse care project to build and manage relationships with religious leaders and churches.

The project is designed to help African American residents over age 65 overcome barriers that have kept them from receiving home health care tailored

to their individual needs. This will involve increasing connections to physicians to improve trust in the health care system, making health care information more readily available and helping to address beliefs that may delay early medical intervention.

Funding for the project was provided by a \$150,000 grant, funded equally by Greater Rochester Health Foundation and The Max and Marian Farash Charitable Foundation (\$75,000 each).

Project implementation, which will begin this month, follows completion of a demonstration project with African American pastors and congregations to increase awareness of home care programs and services.

LEARNING & ENGAGEMENT OPPORTUNITIES

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 starts this week! View the full schedule of events [here](#).

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.

The poster for the 'Action for a Better Community 2023 Virtual Signature Conference Series' features a green and white color scheme. At the top, the organization's logo is displayed. Below it, the title '2023 VIRTUAL SIGNATURE CONFERENCE SERIES' is prominently shown, followed by the subtitle 'Empowerment, Equity & Accountability...the Journey Ahead'. The dates 'January 12th & 19th and the Awards Breakfast on January 26th' are listed. A section titled 'FEATURED SPEAKERS' contains a grid of 24 small portrait photos of the speakers, each with their name printed below. At the bottom, there is a call to action to visit 'www.abcfinfo.org' for more information and registration, along with logos for sponsors M&T Bank and the University of Rochester.

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

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.



their common humanity and build the relationships necessary to create a more just and equitable world.

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](#).

PUBLIC HEALTH

COVID-19 Resources & Guidance From [New York State Department of Health](#)

- 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.

GRANT OPPORTUNITIES

- **NEW:** The [M.K. Gandhi Institute for Nonviolence](#) is offering youth ages 12-24 grants of up to \$1,000 to design creative solutions for fear, hostility, and divisions within their communities. The Institute is interested in supporting projects that incorporate the arts, outreach, and education to bring healing within our communities. Grants will be evaluated based on their creativity, vision, thoughtful planning, and financial efficiency. Applications are due **Friday, January 28**. Click [here](#) for more.

- 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



Zeta Phi Beta Sorority, Inc. Theta Alpha Zeta Chapter

SCHOLARSHIPS & GRANTS 101

An in-person workshop teaching tips & tricks to support high school students seeking scholarship and grant funding

FACILITATED BY:
BERTA RIVERA
Rochester Area Community Foundation
Director of Community Programs

RACF SCHOLARSHIP PROGRAM:
The Community Foundation administers more than 100 scholarship opportunities. The scholarship program is currently accepting applications, and the Consolidated Scholarship Application deadline is February 28th.

JANUARY 12, 2023 | 6PM
East High School Collaboratorium
1801 E. Main Street
Rochester, NY 14609

REGISTER HERE:
bit.ly/scholarshipsgrants101

Find more information at www.racf.org/scholarships or email scholarships@racf.org

For More Information: secondantithetaalphazeta@gmail.com



POOR PEOPLE'S STATE OF THE STATE

Tell The Truth About Poverty In New York

LOCATION:
Immanuel Baptist Church
815 Park Ave, Rochester
Register: bit.ly/ROCPPSOS

JAN 14, 5PM



Parent Leadership Advisory Council
for the Parents of the
para los Padres del

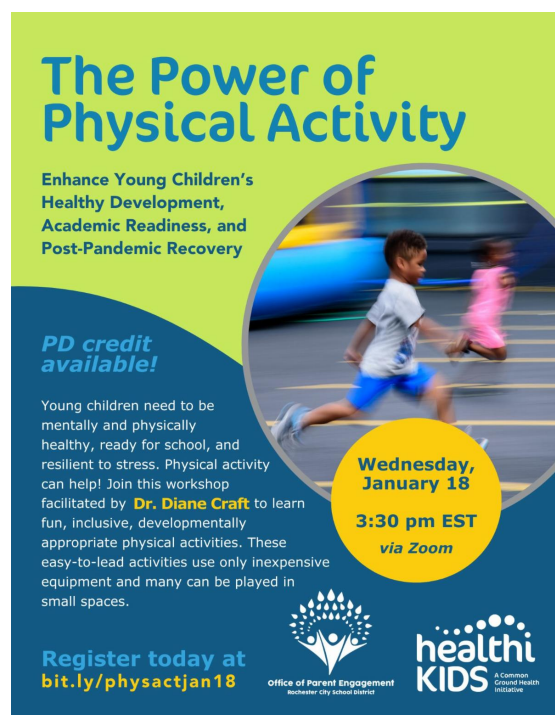
www.rcsdk12.org/plac

Winter Wonderland Family & Celebration

RCSD Budget Parent University
Freddie Thomas Campus, 625 Scio St.
Wednesday, January 18th between 5:30-7
Enter at the School 53 entrance

Bring the **WHOLE** Family!
RCSD Parent & Student Budget Priorities!
Meet RCSD Budget Team Members!
Learn Participatory Budgeting!
Connect with Community Organizations!
Cookies by RCSD Culinary Students!
Build a Snowman to take home!
Prizes for Each Family Member!

Request Transportation & Early Check-In



The Power of Physical Activity

Enhance Young Children's Healthy Development, Academic Readiness, and Post-Pandemic Recovery

PD credit available!

Young children need to be mentally and physically healthy, ready for school, and resilient to stress. Physical activity can help! Join this workshop facilitated by **Dr. Diane Craft** to learn fun, inclusive, developmentally appropriate physical activities. These easy-to-lead activities use only inexpensive equipment and many can be played in small spaces.

Wednesday, January 18
3:30 pm EST
via Zoom

Register today at
bit.ly/physactjan18

healthi KIDS
A Common Ground Health Initiative
Office of Parent Engagement
Rochester City School District

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.

