

SHARE:

[Join Our Email List](#)

[View as Webpage](#)



October 2023

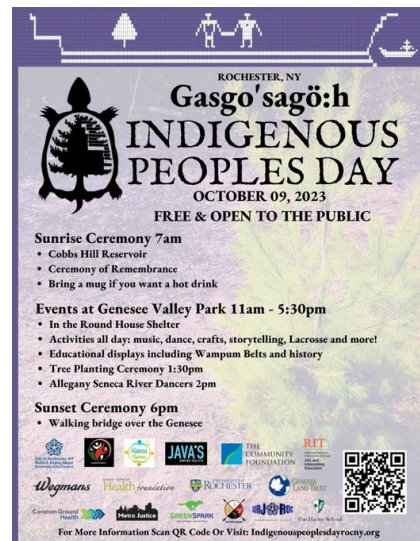
Uplifting Indigenous Peoples Day, Breast Cancer Awareness, and Domestic Violence Awareness Month

Celebrate Indigenous Peoples Day!

The Indigenous Peoples' Day Committee invites the community to join in a free celebration of [Indigenous Peoples Day](#) on **October 9** at Cobbs Hill Reservoir and at Genesee Valley Park.

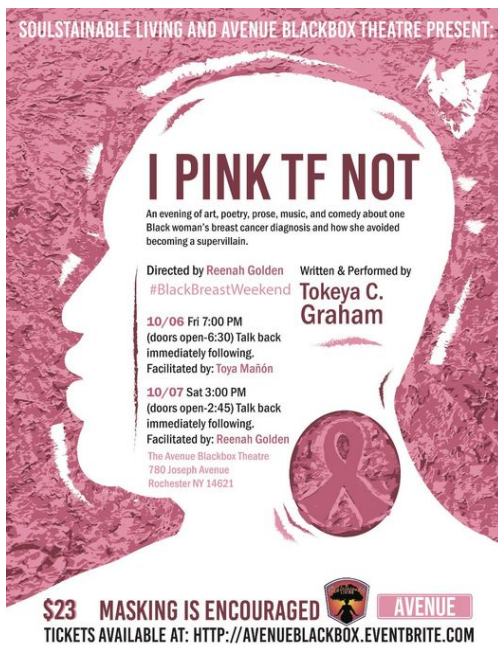
The Committee is "a group of multicultural individuals and organizations who strategize and organize to recognize the second Monday of October as Indigenous Peoples Day in the City of Rochester, New York."

In addition, the Committee has curated a list of resources with an emphasis on history and culture of the Haudenosaunee, general books on Indigenous Peoples, and websites that will lead learners to many more resources to explore. Click [here for Resources for Further Learning](#).



Soulstainable Living & Avenue Blackbox Theatre Present: / PINK TF NOT

Enjoy an evening of poetry, prose, music, and comedy about one Black woman's breast cancer diagnosis: / PINK TF NOT is a one-woman show written and performed by Tokeya



C. Graham and directed by Reenah Golden, founder of [The Avenue Blackbox Theatre](#).

"Tokeya C. Graham offers an unvarnished narrative that ranges from devastation to fear to acceptance. This personal testimony reveals her journey from diagnosis to healing and how we grow even in our darkest moments. Graham is a word-wrangling warrior woman who talks to trees and walks among the stars. She is a universal educator who sees the planet as her classroom. Her purpose in this life is to make the world better, all ways and in all ways."

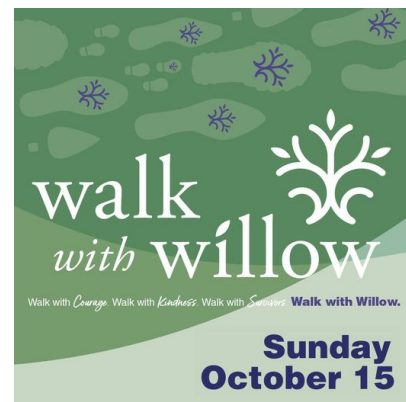
We're proud to work with Tokeya as a consultant to the Health Foundation! Learn more about her work [here](#).

Walk With Willow for Domestic Violence Awareness Month

From [Willow Domestic Violence Center](#): On **Sunday, Oct. 15**, over 500 people will take steps to end domestic violence in our community.

The in-person walk will start and end at the Stories of Strength mural on the Times Square Building, downtown. Learn more and register [here](#).

If you are being abused, or know someone in need of help, you can visit www.willowcenter.org or call Willow's 24-hour hotline at (585) 222-SAFE or the 24-hour text hotline at (585) 348-SAFE.



HEALTH FOUNDATION NEWS



Welcoming New Grantee Partners

In late September the Health Foundation hosted an orientation for more than a dozen new grantees who were awarded Responsive Grants in our Call For Ideas opportunity.

Special thanks to Kim Hunt-Uzelac of [Family Promise of Greater Rochester](#) for sharing with us that she and her colleague *"left feeling energized and inspired, which to be honest, are emotions that become increasingly difficult to tap into these days."*

Responsive Grants are one way we partner with and support a broad array of communities and organizations as they are best suited to understand their priority needs and to create solutions that improve health. Driven by community voice, Responsive Grants are open, nimble, and responsive to emerging health issues and needs. These grants allow flexibility to test innovative ideas and different approaches to challenges and share what we and our partners are learning from the projects supported.

We are grateful for all of the partners who were able to attend! Click [here](#) to learn more about our Responsive grantmaking and for a list of current partners.

Congratulations Dr. Linda Clark, New President & CEO of Jordan Health and Health Foundation Board Member

Last week, Jordan Health Board of Directors announced Dr. Linda Clark as its new President and Chief Executive Officer following a nationwide search.

Dr. Clark was named as Jordan's Chief Medical Officer last August where she managed the center's physicians, providers, and overall medical operations at each site. Dr. Clark also helped to innovate new services and opportunities for patients and the overall community.

Dr. Clark will assume her new role in November succeeding Dr. Janice Harbin, who announced her retirement last year after more than 10 years in the role and over 40 years of service in community health. Find the full news release [here](#).




JORDAN HEALTH NAMES
DR. LINDA CLARK
AS NEW
PRESIDENT & CEO


"I'm honored to accept this new challenge to lead Jordan Health," said Dr. Linda Clark, President and CEO of Jordan Health. "We have a great opportunity to continue the legacy and improve the overall health of our community by reducing gaps in access to quality healthcare and staying connected to our more vulnerable neighbors to limit health disparities."



LEARNING & ENGAGEMENT OPPORTUNITIES




2023 State of the Latinx Community Virtual Luncheon
Nuestro Barrio, Rochester's Future:
A focus on the current public safety issues facing the El Camino Neighborhood.



Monday, October 16, 2023
12:00 - 1:30pm

Keynote Speaker: **Dr. Irshad Alzheimer**
Director, Center for Public Safety Initiatives
Rochester Institute of Technology



2023 State of the Latinx Community Virtual Luncheon

[Ibero-American Action League](#) is convening community members, officials, and organizations as they facilitate an informed and collaborative discussion about how we can work together to enhance public safety within our communities.

The 2023 Annual Virtual Luncheon - *Nuestro Barrio, Rochester's Future: A focus on the current public safety issues facing the El Camino Neighborhood* is set for **Monday, Oct. 16 from noon to 1:30 p.m.** Ibero will address public safety issues and concerns at

El Camino neighborhood, where many of our programs and development efforts are focused on, sharing some of the Latinx Agenda roundtable findings and civic engagement recommendations.

To register for the luncheon, click [here](#).

Community Wellness Summit Set for October 19

The Health Foundation is proud to support the Community Wellness Summit with [Common Ground Health](#), [Coordinated Care Services, Inc. - CCSI](#), and [Wilson Foundation](#) on **Thursday, Oct. 19!**

Join providers of youth services and supports, educators, parents and young people in a daylong event to promote mental health and wellness.

The keynote speaker for the Summit is Dr. Kevin M. Simon, the City of Boston's first Chief Behavioral Health Officer. Simon is a physician-scientist, a healthcare policy expert, an

inspirational teacher, and a noted writer.

Let's work together to promote recovery and healing with youth and families through connection and community! Learn more and register [here](#).



Recommended Resources:

New Report Highlights Growing Older Adult Needs and Calls for Renewed Collaboration to Address Them

Across the Finger Lakes region, the area's fast-growing older adult population is facing concerning health challenges that are leading to glaring health inequities and reduced life expectancy. After a hiatus driven by the COVID-19 pandemic, the Sage II Commission was convened by Common Ground Health in 2022 to produce the newly released [SAGE II Report: Planning for the older adult population in the Finger Lakes region, 2023](#).



The report projects that the 65+ population in the region will grow by 44 percent by 2040. It projects a decrease in the population of all other age groups. To meet the needs of this growing population, the Sage II Commission analyzed regional trends and discussed the numerous challenges facing adults 65 years and older in the Finger Lakes region.



Student Mental Health Matters: A Toolkit for Educators

Check out NYS PBS stations' newest Toolkit for Educators: Student Mental Health Matters!

The toolkit is designed to equip educators, school staff, and school mental health professionals with critical knowledge and strategies needed to support the mental well-being of their students. Visit the resource [here](#).

Our 2022 Annual Highlights

We're continuing to share our [2022 Annual Highlights - Focused on an Equitable Future](#) and especially proud to uplift the work of grantees who are working diligently to **create a healthier region where all people can thrive**. Click on the report to browse their stories.



PUBLIC HEALTH



Recommended Resource: This month we're featuring the (combined) **Genesee and Orleans Health Departments** and the many ways they focus on protecting the health and safety of our community. Browse the links below to find out more about each of the services the Department provides:

[Children with Special Needs Program](#)

[Environmental Health](#)

[Community Health Services](#)

[Public Health Education](#)

[Lead Poisoning/ Healthy Neighborhoods](#)

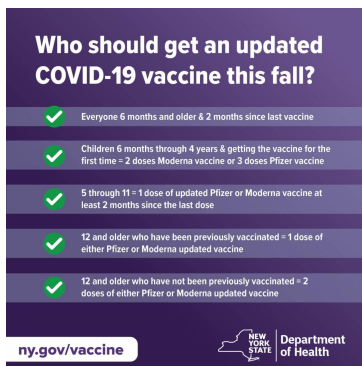
[Weights & Measures](#)

[Emergency Preparedness](#)

Browse the latest news and resources from [New York State Department of Health](#)

The New York State Department of Health continues to share the latest updates and information related to the State's COVID-19 response and is encouraging everyone to get vaccinated and stay up to date with all recommended doses.

Learn more and find resources [here](#).



GRANT OPPORTUNITIES



NEW: The [Community Health Improvement Workgroup of Monroe County](#) has mini-grant opportunities available for up to \$15,000 for work being done in the two priority areas: (1) Addressing Disparities in Maternal and Child Health and (2) Promoting Mental Health and Well-Being. Applications are due **Friday, Oct. 13**. Learn more [here](#).

Local, statewide, and national health-related grant opportunities are posted weekly on the Greater Rochester Health Foundation [website](#).

COMMUNITY BOARD



IMAGEOUT

THE ROCHESTER LGBTQ+ FILM FESTIVAL
CELEBRATING 31 YEARS

OCTOBER 5-15, 2023

TICKETS & PASSES AT [IMAGEOUT.ORG](https://imageout.org)

@angelsofmercynewyork

Angels of Mercy
NEW YORK

Stop Human Trafficking Walk

Saturday October 7th
9:00 AM - 12:00 PM

Register by emailing
angelsofmercyny@aol.com



**WALK TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

ROCHESTER
Sat., October 7
9 AM
Innovative Field

REGISTER TODAY
alz.org/RFLWalk

Join the fight to #ENDALZ!

October 4-Week
**YOGA & MEDITATION
SESSIONS**
With Dr. J. from Love, Light & Yoga

Saturdays | 9:15am-10:15am
October 7th | October 14th |
October 21st | October 28th

Register Today!



<https://BDDrOct2023.eventbrite.com>

Registration
\$35 for all four sessions

BreatheDeep, Inc.
1515 South Ave
Rochester, NY 14620



Anika Simone Johnson, Ed.D., is a RYT-200
Certified Yoga Teacher
Founder of Love, Light & Yoga LLC

Class Description
This is a beginner friendly Vinyasa yoga class
that offers strength, flexibility, concentration,
balance, breath work, and meditation to
reduce stress, and improve mental health.
Yoga mats, blocks, straps available for use

BreatheDeep
breathedeep.org

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.



Greater Rochester Health Foundation | 255 East Ave, Suite 402, Rochester, NY 14604

[Unsubscribe communications@thegrhf.org](mailto:communications@thegrhf.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by communications@thegrhf.org powered by



Try email marketing for free today!