



# ROSE Newsletter

## October 2014



Call (585) 275-3687 to enter to win a \$10 Wal-mart giftcard!

### Raise Awareness, Save Lives



October is breast cancer awareness month. Monthly self exams can be done in three easy steps:

1. Raise one arm over your head, putting your hand behind your head, massage in a circular motion around the entire breast, working from the outside in, feeling for any changes or lumps.
2. In front of a mirror, lift your arms high overhead and look for visual changes, particularly on one side, such as swelling or dimpling.
3. Lie down, raise one arm over your head, putting your hand under your head, examine your breast with your free hand, massaging in circles from the outside in (including the armpit area). Again feel for any changes or lumps.

If you notice any changes or areas of concern see your health care provider immediately. Johns Hopkins University reports that 40% of diagnosed breast cancers are discovered by women who feel a lump during a self-exam. Starting this month, make a breast self-exam part of your routine.



October is domestic violence awareness month. We'd like to share some information about 3 area resources that can assist you, or someone you know, with safety.

**Alternatives for Battered Women (ABW)** has a confidential, 24-hour hotline for anyone who has concerns or questions about domestic violence (585) 232-7353, TTY (585) 232-1741. Calling a hotline can be a wonderful first step in finding support for yourself or someone you care about. ABW also has a 38 bed emergency shelter for women and their children, and advocates at Monroe County Family Court who can assist people seeking a protection order. Finally, ABW also offers individual and group counseling to help empower those who are experiencing violence. Visit the ABW web site to learn more <http://www.abwrochester.org/>

**Crisis Nursery of Greater Rochester** provides safe, professional, temporary child care to those in need. This emergency care is free and available 24-hours/day, 365 days/year. They serve children aged newborn-14 years, but also welcome kids up to 17 years to keep siblings together. Care can be provided until the crisis is resolved or more permanent solutions can be found. They have a 24-hour help line: (585) 271-7670 to assist parents and caregivers.

**Resolve** houses *Safe Journey* and *Stand Up Guys*. *Safe Journey* is dedicated to empowering women who have been victims of violence. They offer transitional services to help women rebuild their lives. Services are free of charge, no referral required, and include: individual and group counseling, personal empowerment workshops, financial counseling, resettlement assistance, and community and youth education programs. If you'd like to know more about *Resolve's* services please call (585) 425-1580 or visit their web site <http://www.resolve-roc.org/index.html>

### Health Tip of the Month

Cold and flu season has already begun! Keeping yourself and your kids healthy can be tricky, but here are some good tips to consider as the weather cools down and the germs start spreading.

1. Adults and children over 6 months should get a flu shot each year. The Monroe County website has a tool that allows you to type in your zip code to find the flu vaccine clinic nearest you <http://www2.monroecounty.gov/health-flu>
2. Regular hand washing with soap is essential, especially before eating. Have your kids sing "Happy Birthday" to themselves while they wash to be sure they are washing long enough!
3. Clean and sanitize germ hotspots, such as bathrooms, kitchens, knobs/handles, computers and cell phones.
4. Do what you can to boost your immune system. Eating green veggies and food containing probiotics, such as yogurt, keeps your digestive and immune system healthy. Getting plenty of sleep and keeping stress at bay are also essential. So, sing, laugh, meditate, eat, nap and exercise your way toward a healthier winter.

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## Get Cooking: Healthy Fall Recipes

### Butternut Squash and Kale Stir Fry

This recipe is healthy, easy and only requires 4 ingredients. You can eat it alone, or as a side with lean meat or fish.

Heat 1 Tbsp. of butter and 1 Tbsp. of olive oil in a skillet over high heat. Add ½ of a butternut squash (peeled, seeded and cubed – Wegmans sells it already prepared), sprinkle with ½ tsp. salt, ¼ tsp. chile powder, and some pepper. Cook for several minutes, turning gently with a spatula, until the squash is tender and golden brown. Remove squash to a plate. Turn heat down to medium-high and add 1 Tbsp. of butter to the skillet. Add 1 bunch of kale (leaves only, discard stalks.) Toss is around with tongs for 3-4 minutes, add the squash back in, combine, and enjoy!

### Homemade Applesauce

If you're looking for a way to use those fresh picked apples, making applesauce is an easy, healthy, inexpensive option (and it makes the house smell delicious!) Peel, core, and cube 8 apples (any variety or combination of varieties will do). Combine apples and 1 cup of apple cider or juice, and 2 cinnamon sticks in a large pot (a bit of sugar can be added if you like a sweeter sauce, but the cider/juice makes it plenty sweet without). Bring to a boil, cover, and reduce heat to simmer for 20 minutes. Remove cinnamon sticks and mash cooked apples, using a potato masher, large fork, or food processor. Enjoy warm or cold!

## Get Outside: Discover Your Inner Farmer

There's something about being on a farm in the fall that makes the body and mind feel good. In Rochester, apples, pumpkins, and other fruits of the harvest abound, and there are a number of great places to pick your own – see our list below.



Prices are typically better as well when you buy directly from the farm. Also, please look at the Community Calendar section of our web site for a listing of fall farm festivals.

- Brown's Berry Patch  
<http://brownsberrypatch.com/>
- Gro-Moore Farms  
<http://www.gromooore.com/>
- Wickham Farms  
<http://www.wickhamfarms.com/>
- Powers Farm Market  
<http://www.powersfarmandmarket.com/> does not have pick your own, but it does have pumpkins galore, giant corn teepees, animals to feed, a haunted hayride and lots of seasonal goodies!

## Local Events

### Costume Swap

Come get a clean, gently used Halloween costume for your child. If you choose to donate a gently used costume, you will receive a voucher to enter early to this event.

Date: Saturday, October 11th from 10:30-11:30am  
(Donations allowed until October 4th between 10-10:30am)

Location: Brighton Memorial Library (2300 Elmwood Ave)  
Further details: One costume per child. Unfortunately, the library cannot guarantee that every child will get a costume.



### The Lego Movie

Enjoy Columbus Day with your children with an afternoon viewing of *The Lego Movie*, rated PG.

Date: Monday, October 13th at 2pm

Location: Brighton Memorial Library (2300 Elmwood Ave)

### Make a Bat Mobile

Celebrate both Batman's Birthday and Halloween by creating a bat mobile with your child(ren). All supplies are provided and you can take your bat mobile home to use as a decoration!

Date: Saturday, October 25th from 10:30am-5pm (or until supplies run out)

Location: Central Library of Rochester (115 South Ave)