



ROSE Newsletter

April 2015



Drinking alcohol is part of many people's lifestyles, but too much drinking can be harmful to your health and relationships.

So, how much is too much? This depends on number of drinks and number of heavy drinking days. For women, more than 3 drinks per day or 7 per week is considered at-risk drinking. Here are some tips to reduce drinking:

- Keep track of how much you drink—how many days/week and how much. Have some drink-free days.
- Drink slowly—no more than one drink per hour, and make every other drink a non-alcoholic one.
- Fill free time by developing new, healthy activities and relationships, or renewing ones you've missed.
- Avoid certain people or places that make you drink.
- Plan to handle urges, and talk things through with someone you trust. Have a polite, convincing "no, thanks" ready.

For more see: <http://rethinkingdrinking.niaaa.nih.gov/WhatCountsDrink/HowMuchIsTooMuch.asp>

- * Women should not drink without a provider's permission if they are pregnant, think they may be pregnant, or taking medications.

Local help is available at Strong Recovery Services (585) 275-3535; Rochester General Health Systems Addictions Services (585) 922-2704; Unity Outpatient Chemical Dependency (585) 273-7736; Alcoholics Anonymous (585) 232-6720.

SPRING INTO HEALTH

Spring is a natural time of rebirth. Feel the fresh energy of the season and think about how you might take some steps toward greater health. Ask yourself: what do I need and what can I let go of, materially and emotionally?

Spring cleaning isn't just about dusting and scrubbing, it can include anything that rejuvenates the environment, body, mind and spirit! Here are a few tips to consider:

- Cleanse the body with lots of water and some healthy, fresh food.
- Add some light exercise to your daily routine. Try stretching while watching TV.
- Take 10 minutes to toss old medicines and make up clogging up your bathroom.
- Wash the bedding in the house.
- Rejuvenate healthy relationships, and remove reminders of unhealthy ones (pictures/mementos that make you sad).
- Pick up or rediscover an activity that you find fun (and share it with your kids)—playing a sport, cooking, singing, reading, jewelry making, dancing, etc.
- Give away clothes that don't fit and things you don't use or want. Not only are you making room for yourself, but you're helping out others.



Some information adapted from: <http://www.prevention.com/health/healthy-living/12-spring-updates-your-health-routine>

PARKS AND PLAYGROUNDS

There are many wonderful playgrounds and parks to enjoy in the Rochester area. As the weather warms, consider venturing out to some that you have never been to before. You can get to many of these parks and playgrounds on the bus. Use the Rochester-Genesee Regional Transportation Authority's Google Trip Planner to find routes.

- **Buckland Park**—1341 Westfall Road, Brighton 14618
- **Cobbs Hill Park**—Culver Rd. and Norris Dr., Rochester 14610
- **Durand Eastman Park and Beach**—Lake Shore Blvd. and Kings Highway N, Rochester 14617
- **Genesee Valley Park** Elmwood Avenue at the Genesee River, Rochester 14620
- **Highland Park**—180 Reservoir Ave, Rochester 14620
- **Mendon Ponds Park**—Clover St & Canfield Rd, Pittsford 14534
- **Powder Mills Park**—154 Park Rd, Pittsford 14534
- **Seneca Park**—2222 St. Paul St, Rochester 14617

For a full list of city playgrounds, please visit: <http://www.cityofrochester.gov/category.aspx?id=8589934802>

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GET DIRTY

Gardening gets you outside, relieves stress, can aid nutrition if you're planting veggies and fruits, and is good exercise.

If there isn't garden space where you live, you can start by planting some tomatoes or flowers in a pot, or consider joining one of the area community gardens:

The South Wedge Victory Garden—122 Hamilton St, Rochester, NY 14620

Plots are available free of charge

Wide Water Gardens—336 Rosdale St, Rochester, NY 14620

Plots are available for a small seasonal fee

Friends of St. Bridget's—56 Scrantom St, Rochester, NY 14605

DON'T FORGET TO STOP AND SMELL THE FLOWERS...

Mark your calendars for the annual Lilac Festival—gather amongst the beautiful lilacs in Highland Park and enjoy music, food, arts and crafts, kids rides and games, and much more.

May 8-17, 2015
10:30am-8:30pm
Highland Park, Rochester, NY

EAT WELL, FEEL WELL

Try incorporating some of these Spring superfoods into your diet:

- Walnuts
- Asparagus
- Spinach
- Artichokes
- Salmon
- Strawberries and Blueberries
- Eggs
- Beans
- Spring Garlic

Learn the benefits of these superfoods from: <http://www.health.com/health/gallery/0,,20667261,00.html>

Asparagus and eggs go great together and make a quick and inexpensive Spring meal. Wash a bunch of asparagus, snap off the bottom end at the natural breaking point, heat 1Tbsp. olive oil in a frying pan (medium heat), cook asparagus for about 5 minutes (until tender and beginning to brown a bit), salt and pepper to taste. Whisk together 6 eggs, a splash of milk and salt and pepper to taste. Melt 1 Tbsp. of butter in a frying pan (medium heat), scramble the eggs until firm. Scatter the asparagus on a plate and top with scrambled eggs.

For more ROSE info. visit our website:
www.urmc.rochester.edu/psychiatry/outreach/Project-Rose.aspx
Or call Iwona Juskiewicz:
(585) 275-3687

SPOTLIGHT ON...

Dress for Success, Rochester

The Rochester branch of *Dress for Success*, a national non-profit that helps women get into the workforce, has opened their doors at their great location on State Street. Here, women are offered “what they need for an interview—from clothing to confidence—and can return once they find employment for the apparel and accessories needed to enter the workforce.”

Location:

**47 State Street
Rochester, New York 14614
585.683.2906**

Hours:

**Tuesday & Thursday: 11AM - 6PM by appointment
Wednesday & Friday: 10AM - 4PM by appointment**

Don't let anything stand in your way of a new career and a new start!

For more information, visit:
<https://rochester.dressforsuccess.org/>

