



# ROSE Newsletter

## December 2014



### WORLD AIDS DAY

December 1st was World AIDS Day. According to the World Health Organization (WHO): "AIDS (Acquired immune deficiency syndrome) refers to the most advanced stages of HIV infection. HIV (human immunodeficiency virus) infects cells of the immune system, resulting in the progressive deterioration of the body's ability to fend off infection and disease." Here are the facts about HIV transmission and prevention from the WHO website (<http://www.who.int/features/factfiles/hiv/facts/en/>):

#### HIV can be transmitted through

- unprotected sexual intercourse (vaginal or anal) or oral sex with an infected person;
- transfusions of contaminated blood;
- the sharing of contaminated needles, syringes or other sharp instruments;
- the transmission between a mother and her baby during pregnancy, childbirth and breastfeeding.

#### Key ways to prevent HIV transmission

- practice safe sexual behaviors such as using condoms;
- get tested and treated for sexually transmitted infections, including HIV;
- avoid injecting drugs, or if you do, always use new and disposable needles and syringes.

### HOLIDAY FUN

Enjoy the season with family and friends at some of these free events.

**Lighting of the Menora** Tuesday, Dec. 16, 6pm, City Hall Atrium, 30 Church St. The lighting of the Menorah marks the eight days of Hanukkah (begins at sundown on Dec. 16).

**Holiday Festival at The Garden Factory**, Now through December 23, 11am-4pm, 2126 Buffalo Road, Rochester, NY. Enjoy Santa, a musical light show, rides, games, crafts, a huge model train display and more. All activities take place indoors, as the greenhouse is turned into a wonderful winter carnival.

**Magic in the Making - A Christmas Carol**, Geva Theatre Center, 75 Woodbury Blvd., Tues., Dec. 9, 6-8pm  
Get a backstage glimpse of Geva theatre at their annual open house, including the set, costumes, and props from *A Christmas Carol*.

**New Year's Eve Family Celebration and Fireworks**  
Wednesday, December 31 at 7pm, Riverside Convention Center. Ring in the New Year with some family-friendly fun and fireworks. Free parking available in Sister Cities, Court Street, South Avenue and Washington Square Garages. Fireworks, 10pm just outside the Convention Center, overlooking the Main Street Bridge.

### TOY SAFETY AWARENESS

When buying toys, ask yourself:

- Is this age appropriate, especially for kids under 3?
- Could it break or pull apart easily?
- Are there any sharp edges or points?
- Are batteries easily accessed? Battery fluid is hazardous.
- Are fabric toys washable and labeled "flame resistant"?
- Are painted toys covered with lead-free paint?
- Do art materials say "nontoxic"?
- Is additional safety equipment needed, e.g. a helmet?
- Are there unsafe ropes, cords or heating elements?
- Do riding toys (rocking horses, wagons) come with safety straps, are they not easily tipped?
- Do darts or arrows have soft tips/suction cups, not hard points?
- Are toy guns brightly colored? BB guns or pellet rifles should not be given to kids under 16.
- Are electric toys labeled UL?

Tips adapted from [www.kidshealth.org](http://www.kidshealth.org). Visit their site for more.

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## FINANCES AND THE HOLIDAYS

Financial health is important, especially during the holidays and at the start of a new year! Here are a few tips for keeping spending under control this holiday season.

1. Plan a holiday budget so you know your limit. Be sure to consider decoration and food costs as well.
2. Look for special store “savings days”, coupons, and free shipping offers.
3. Consider cutting your list back; choose names or suggest a group gift among family members.
4. Try to plan ahead and avoid last-minute buys, which will impact your budget and stress level.

Tips adapted from:  
[www.practicalmoneyskills.com](http://www.practicalmoneyskills.com)



## EAT WELL, FEEL WELL

When family gathers, the temptation to indulge is hard to beat. Here is a recipe for *giant ginger cookies* from [www.food.com](http://www.food.com) that won't leave you feeling too guilty.

### Ingredients

- 1 cup whole wheat flour
- 1 cup white flour
- 2 teaspoons baking soda
- 1 dash salt
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 1 1/4 cups brown sugar
- 2 tablespoons butter
- 1/4 cup molasses
- 2 large egg whites or 1/4 cup egg substitute
- 1/2 cup unsweetened applesauce

### Directions

Preheat oven to 325°F. Mix the flour, baking soda, salt, ginger, cinnamon, and brown sugar. Using an electric mixer combine the butter, molasses, egg whites, and applesauce. Add the dry ingredients and mix well. Spray a baking sheet with non-stick spray. Drop the batter by 1 1/2 tablespoons onto the baking sheet. These will spread so allow some room. Bake for about 15 minutes or until they are starting to brown on the bottom. Cool and enjoy!

## ENVIRONMENTAL HAZARDS AND YOUR HEALTH

Here are some common environmental hazards, and home safety suggestions. Information adapted from the *Healthy Homes, Healthy Families* resource guide (URMC Environmental Health Sciences Center).



- **Chemicals/Pesticides/Poisons** – store medicines, cleaning products, pesticides, paints, etc. out of children's reach, in their original container, away from food products; read labels & follow directions; ventilate rooms when cleaning; don't mix chemicals.
- **Indoor Air Quality** – put working carbon monoxide detectors on all levels (Rochester Fire Department offers FREE smoke & carbon monoxide detectors to city residents, call 3-1-1); check & clean furnaces & fireplaces; check for & remove mold (attic, basement, bathroom, kitchen); test for radon gas; no indoor smoking.
- **Lead Poisoning** – homes built before 1978 are at risk for leaded dust/paint & should be tested; have children tested for lead.
- **Other Hazards** – keep walk areas (especially stairs) clean; set water tanks to avoid scalding; cover electrical outlets; have a fire safety plan; turn handles on pots and pans inward on stove; eliminate pests; keep home well ventilated; keep window blind cords out of children's reach; use seatbelts & car seats; wear a helmet with bikes, skateboards, scooters; sleep baby on their back in a bare crib.