



# ROSE Newsletter

## May/June 2015



### MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH

Mental health issues touch many people's lives — 1 in 5 adults and 1 in 5 children (13-18 years old) have a mental illness. Yet, many struggle with these difficulties alone and in silence due to stigma. Consider these facts from the National Alliance on Mental Illness (NAMI)

[www.NAMI.org](http://www.NAMI.org)

- In any given year, almost 44 million adults experience mental illness, but only 60% of those with a severe mental illness receive treatment.
- 50% of lifetime mental illness begins by age 14, but average time lapse between age of onset and seeking mental health care is 8-10 years.
- African-American and Hispanic Americans use mental health services at about half the rate of white Americans.
- For adults, mental health issues are associated with addiction, homelessness, legal problems, and suicide.
- For kids, mental health issues are associated with school drop out, legal problems, addiction, and suicide.

Resources for mental health support: Rochester Mental Health 922-2500; Rochester Mobile Crisis Team 529-3721; St. Mary's Mental Health 368-3950; Strong Behavioral Health 275-3535; Strong Family Therapy Services 275-0320; Unity Mental Health 368-6900.

### SUMMER FESTIVAL CIRCUIT

- **Rochester Greek Festival:** May 28-31, 11am-11pm. Live entertainment, food, children's activities. 962 East Ave., Rochester.
- **19th Ward Community Square Fair:** June 6, 8am-4pm. Food, crafts, kids games, parade and more. Aberdeen Square Park, Rochester.
- **Rochester International Jazz Festival:** June 19-27, evening concerts. More than 250 concerts, some free. Visit : [www.rochesterjazz.com](http://www.rochesterjazz.com).
- **Corn Hill Arts Festival:** July 11-12, 10am-6pm. Art, live music, food, family fun, and fairy houses! Corn Hill District, Rochester.
- **Park Avenue Arts Festival:** August 1-2, 10am-5pm. Arts and crafts, food, and music. Park Ave., Rochester.

Remember, stay healthy in the heat, don't forget to: **Stay hydrated**—the general recommendation is to drink at least 8 (8oz.) glasses of water/day. You may want to hydrate more while walking around outside in the heat. **Protect your skin and eyes**—wear sunscreen SPF 50 or higher, a hat and sunglasses.

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

### EAT WELL, FEEL WELL

#### 4-Ingredient, Healthier Baked Beans:

Preheat oven to 325 degrees. Sauté 1 onion (diced small) in a skillet for 8-10 minutes. Turn off heat. Add 2 (15oz.) cans no salt added navy beans (drained and rinsed), 1 cup low-sugar BBQ sauce (like Stubb's Original BBQ Sauce), and 1 Tbsp. of balsamic vinegar to the onions. Stir until well combined. Transfer mixture to an oven safe baking dish and bake uncovered for 60 minutes until sauce is thick. Serve hot!

**From:** <http://www.joybauer.com/recipes/better-baked-beans>

#### Food Safety Tips for Outdoor Eating:

Leaving meat, cheese, and dairy foods in the heat for too long can make barbecues hazardous. Keep that chicken, pork and beef refrigerated, or on plenty of ice in the cooler, until you're ready to cook it. After it's done, serve it in the shade and don't let it sit longer than an hour in the heat. Any cheese or sides made with mayo will also not be safe to eat much longer than an hour.



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## ARE YOU A PHONE ADDICT?

It's hard to remember a time without cell phones—when calling, texting, emailing, and internet connection weren't constantly within reach. Though there are clear benefits to this tech, there are also drawbacks. Constant phone use can negatively impact personal relationships, sleep, driving, concentration, down time and work. Do any of the following sound familiar?

- The first thing I do when I wake up is look at my phone.
- I've noticed I'm spending more and more time on my phone (more than I should).
- I feel irritable when I don't have my phone.
- I've argued with my partner, friends, or family about using my phone too much.
- I use my phone while driving.
- I've tried to cut down on my phone use, but I can't.

Adapted from: <https://www.yahoo.com/tech/are-you-addicted-to-your-smartphone-read-these-12-110817737379.html>



## PHONE ADDICTION CONTINUED...

If some of these apply to you, you might want to consider setting a few simple limits.

- Turn off the alert signals. Those beeps and buzzes are distracting and tempting.
- Don't use the phone while driving. The danger this poses to you, your passengers, and all those on the road around you cannot be overstated.
- Don't use the phone when you are taking care of children. Being attentive to them will strengthen your bond and keep them safe.
- Don't use your phone at certain hours, particularly late at night and early in the morning. Keep some weekend time phone-free.
- Keep the phone out of your bedroom—protect your sleep and rest time.
- Be conscious of when phone use might be taking you out of the moment. For example: keep shared meals phone-free, put the phone away when you're in a special place or at a special event—take one picture and then just "be there".
- Don't be afraid to be bored. Let your mind wander.

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## FREE EARLY SUMMER FUN FOR KIDS

- **Kids bowl free all summer at Bowl-A Roll Lanes** (1560 Jefferson Rd. Rochester, NY 14623. 585-427-7250) —up to 2 games daily. To register, visit: [https://www.kidsbowlfree.com/center.php?alley\\_id=3112](https://www.kidsbowlfree.com/center.php?alley_id=3112)
- Most Sundays in June, July, and August the Rochester Public Market (280 N. Union Street, Rochester, NY, 14602) hosts the **Greatest Community Garage Sales and Super Fleas at the Market**. Kids will enjoy being in the mix while you find great deals.
- **Hochstein at High Falls** — Outdoor concerts on Thursday afternoons, beginning at 12:10 at the Granite Mills Park near the Pont de Rennes bridge at 104 Platt Street. June 18th-August 13th.
- Don't forget to check out the local library branch nearest you to learn about free children's activities and events all summer long. <http://www3.libraryweb.org/home2.aspx>

