
ROSSI NEWS

March / April 2018

Fill Your Cup



There is great power in positivity. In addition to improving your mental wellbeing, it can improve your physical health—keeping your immune system in good shape, and helping you make better health decisions.

So, what can you do to boost your positivity? Actually, there are a lot of small things that might make a big difference:

1. Laugh more. Watch, read, or listen to something funny. There is truth behind the saying, “laughter is the best medicine”. Laughing can improve blood pressure and immune function, reduce stress hormones, release endorphins, and increase blood flow.
2. Root yourself in the goodness of the moment. If you just had some good news, or walked outside and realized you didn’t need a coat, or ate something truly delicious, just hit pause for a minute and appreciate it.
3. Maintain good relationships with family and friends. Love and appreciate those around you who help fill your cup, and try to change your expectations for those who do not.
4. Take action and help lift others. Doing good for someone else is actually a great way to boost your own positivity, so spread the love!

Community Bounty



Rochester’s Foodlink has been “fighting hunger and fueling communities” for 40 years! In addition to distributing food to pantries, shelters, and other programs across our region, Foodlink also deploys **Mobile Pantries**, which distribute food in various locations throughout their 10-county service area. For Mobile Pantry monthly schedules, go to:

http://foodlinkny.org/fight_hunger/mobile-pantries/#101

Foodlink also offers **Curbside Markets**, which supply affordable fruits and veggies to areas where fresh produce is scarce. The market accepts cash, debit, SNAP, WIC, and Senior Farmers Market Nutrition Program (FMNP) checks. When customers use SNAP benefits at a Curbside Market, they can get twice the value through the Double Up Food Bucks program. For maps of Curbside Markets, visit:

http://foodlinkny.org/fight_hunger/curbside-market/#tab-1

As spring approaches, consider learning more about Foodlink’s urban garden projects in your area. Dig in and reap the benefit of freshly grown food.

http://foodlinkny.org/fight_hunger/the-garden-project/#tab-1



☞ Some Words of Inspiration ☞

“With the new day comes new strength and new thoughts”

— Eleanor Roosevelt

Please visit our Project ROSSI website

**[https://www.urmc.rochester.edu/psychiatry/research/
csps/research/victimization/projects/project-rossi.aspx](https://www.urmc.rochester.edu/psychiatry/research/csps/research/victimization/projects/project-rossi.aspx)**

If you have any ROSSI related questions, please contact:

Iwona Juskiewicz

T: 585.273.4700

Email: Iwona_juskiewicz@urmc.rochester.edu