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# ROSSI NEWS

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November/December 2017

## Happy Holidays to You



You may be starting to think about the gifts that you want to give family and friends this holiday season, but have you thought about giving something meaningful to yourself?

One of the greatest gifts you can give yourself is thinking of and working toward a realistic goal. This goal can be personal, professional, or spiritual in nature.

Take some time to think about your future and try to answer this question: "What would I truly feel good about working toward?" This should be an exciting experience, not a stressful one.

This thinking process can involve imagining both what you do want and what you *do not* want. Think about something specific and attainable. For example, saying you will lift weights 3 times/week is more concrete than saying you will get in shape.

Write your goal down and include a deadline. You might write, "By this time next year, I will rediscover my faith by finding a religious congregation where I feel comfortable."

Continuing this written record of your goal progress can be helpful. It can keep you motivated and remind you of all your efforts along the way.

If you decide to take some time to work toward a goal, don't forget to celebrate your victories!

## Community Plenty



There are a number of organizations in the Rochester area that help support families with food, clothing, and gifts during the holiday season. Here are a couple options if you are in need, or if you are looking to donate goods or time.

**Cameron Community Ministries**—will be hosting Thanksgiving Day and Christmas Day dinners; providing Thanksgiving and Christmas food baskets; and throwing a holiday party on Dec. 20<sup>th</sup> 4-6pm (kids under 18 receive a gift).

48 Cameron St., Rochester, NY 14606  
(585) 254-2697

<http://www.cameronministries.org/>

**St. Peter's Kitchen**—will be hosting Thanksgiving Day and Christmas Day dinners; and also has an annual Children's Toy Store where parents can choose holiday gifts to suit their children.

681 Brown St., Rochester, NY 14611  
(585) 235-6511

<http://stpeterskitchen.org/>

For more information about charitable programs in your area, see the full 2017 Holiday Information Bulletin, produced by Central Library of Rochester and Monroe Co.

[http://www3.libraryweb.org/uploadedFiles/MCLS/Central/Departments/Information\\_Center/HOLIDAY\(1\).pdf](http://www3.libraryweb.org/uploadedFiles/MCLS/Central/Departments/Information_Center/HOLIDAY(1).pdf)



**☞ Some Words of Inspiration ☞**

“You may not control all the events that happen to you, but you can decide not to be reduced by them.”

— Maya Angelou

**Stay Tuned For Our ROSSI Website, Coming Soon!**

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If you have any ROSSI related questions, please contact:

**Iwona Juskiewicz**

T: 585.273.4700

Email: [Iwona\\_juskiewicz@urmc.rochester.edu](mailto:Iwona_juskiewicz@urmc.rochester.edu)