

ROSSI NEWS

September/October 2017

Welcoming Fall



Fall is a time of celebration and beauty. It is marked by the start of another school year, new sports seasons, and color and abundance in nature. Though it is the prelude to our long Rochester winter, there is something about this season that feels full of potential.

There are some simple ways that you can celebrate your own potential in the next couple of months.

LEARN. Have you always wanted to know more about something, but didn't give yourself the time to pursue it? Maybe you are curious about your family tree—sit down with an older relative and ask them to tell you what they know. If you've been meaning to read about a certain topic or person, the Monroe County library system is a free treasure. Enjoy small learning opportunities wherever you find them.

GET ACTIVE. Rochester is full of beautiful parks with walking trails. Corbett's Glen Nature Park or Genesee Valley Park are both centrally located and worth a try. Getting active can include more than physical exercise—become active in your community. Volunteer your time for an organization or cause you feel passionate about.

TAP INTO YOUR CREATIVITY. Find inspiration in the colors of the season and fruits of the harvest. Take and share a beautiful photo; cook or bake something delicious; or complete a home improvement project you've had your mind on. If you have kids, this creative streak will be infectious. Encourage them to collect fall leaves, color what they see outside, and taste new foods with you.

Community Strength



Rochester is a city full of wonderful resources if you know where to look. Here is some information about some of the services that make our community strong. Even if these services aren't right for you, you may know someone who could use them, so spread the word...

Universal Pre-K programs are available for free to 3 and 4 year olds in the Rochester City School District. Help kids get a head start on school success. For information about registration and sites, please visit: <https://www.rcsdk12.org/earlychildhood>

Lifespan serves older adults and their caregivers. They provide guidance about numerous concerns related to aging, such as: health, finances, safety and transportation. <http://www.lifespan-roch.org/>

Rochester Area Interfaith Hospitality Network

(RAIHN) is an interfaith non-profit organization that supports homeless families with diverse services including shelter, food, and personalized case management. <http://www.raihn.org/>

Foodlink has a mission to fight hunger in our community. In addition to their food bank and foodlink kitchen, they have many mobile food pantries and programs throughout our region. For information about programming near you, call 2-1-1 or see their online food map:

<http://foodlinkny.org/need-food-map/>



❖ Some Words of Inspiration ❖

“Just as man cannot live without dreams, he cannot live without hope. If dreams reflect the past, hope summons the future.”

-Elie Wiesel

Stay Tuned For Our ROSSI Website, Coming Soon!

If you have any ROSSI related questions, please contact:

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