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## August 2019 Newsletter

Center for a Tobacco-Free Finger Lakes (CTFFL)  
(Funded by NYSDOH, Bureau of Tobacco Control)

Serving: *Chemung, Livingston, Monroe, Ontario, Seneca,  
Schuyler, Steuben, Wayne & Yates* counties

Contact Connie Bottoni at [connie\\_bottoni@urmc.rochester.edu](mailto:connie_bottoni@urmc.rochester.edu)  
if you wish to receive or stop receiving this monthly newsletter.

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### Important News Release!



GOVERNOR CUOMO SIGNS LEGISLATION TO  
RAISE TOBACCO AND E-CIGARETTE SALES  
AGE FROM 18 TO 21.

*The bill will take effect on November 13, 2019.*

### Getting Ready to Quit



- Don't buy large amounts of cigarettes or other tobacco products.
- Buy only one pack so you'll run out on your quit date.
- Smoke outside rather than inside your home or car.
- Wash all your clothes, bed sheets, & inside your home and car in order to remove any lingering odors.
- Get rid of ashtrays, lighters and any remainders of cigarettes. They can become triggers.
- Practice non-smoking behaviors.
- Find friends or family who will support your efforts to quit.



Make your Summer tobacco free.

For additional information regarding the governors news release visit <https://www.governor.ny.gov/news/governor-cuomo-signs-legislation-raise-tobacco-and-e-cigarette-sales-age-18-21>

### Suggested Interventions for clients/patients in "Contemplation"

- Clients benefit from discussions about their reasons for changing their tobacco use behaviors.
- Verbalizing their reasons to change helps to strengthen motivation and to move towards change.
- Focus on what the client thinks and how he/she feels about making a behavior change.

For more information or to schedule a CTFFL tobacco intervention training, contact:  
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Tobacco Users and Providers can contact the NY State Smokers' Quitline or visit their website for support and resources.  
1-866-697-8487 or their website [www.nysmokefree.com](http://www.nysmokefree.com).