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January 2016 Newsletter

Center For A Tobacco-Free Finger Lakes

Our Goal: Working with Medical Health Systems and Mental Health Systems to establish sustainable tobacco control.

Serving Chemung, Livingston, Monroe, Ontario, Seneca, Schuyler, Steuben, Wayne and Yates counties.

NY State Smokers' Quitline Free Services

- ◆ Cessation coaching
- ◆ Free Nicotine Patches
- ◆ Web interactive and informational services
- ◆ Text and messaging services
- ◆ Social media
- ◆ Triage to health plan programs

To reach the Quitline:

Call 1-866-697-8486 or visit their website at www.nysmokefree.com



Make 2016 Your Year to Become Tobacco-Free

What is your New Year's Resolution? Becoming tobacco free is one of the best things you can do for your health and the New Year is a great time to start. Some suggestions to help you be successful include:

1. Set a quit date.
2. Talk to your health care provider.
3. Find a medication that will ease the cravings.
4. Make a quit plan.
5. Identify your smoking triggers and develop coping skills.
6. Practice delaying your favorite cigarettes by using these coping skills.
7. Get support from family, friends, & co-workers.
8. Call the NY State Smokers' Quitline for resources and support.

If you slip and give in to an urge, try again right away.
Quitting is a process, so keep trying.

Tobacco Free Tips

1. Find something else to do when the urge to smoke comes.
2. Ask others to not smoke around you.
3. Make a list of your reasons for becoming nicotine free and review it when the urge to smoke occurs.
4. Clean your car and home to remove the smell of smoke and nicotine residue.
5. Get rid of cigarettes, ashtrays, lighters etc. that can tempt you to smoke.
6. Call the NY State Smokers' Quitline at 1-866-NYQuits or 1-866-697-8487 or visit their website at www.nysmokefree.com.

Contact us at: Center for a Tobacco-Free Finger Lakes for more information.

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