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## July 2018 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 and Yates counties

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

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.

**WHEN YOU STOP SMOKING**

After **1 YEAR** the risk of coronary heart disease is half that of a smoker

**BETWEEN 5-15 YEARS** stroke risk is reduced to that of a non-smoker

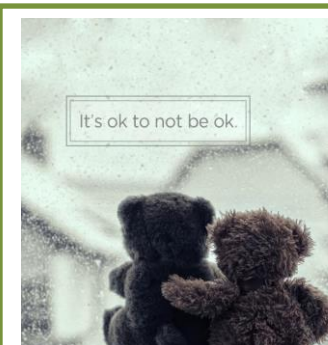
After **15 YEARS** the risk of coronary heart disease is that of someone who never smoked

#NoTobacco

World Health Organization  
REGIONAL OFFICE FOR Europe



Becoming tobacco free is reason to celebrate! The NYS Smokers' Quitline can help.  
1-866-697-8487 or  
[www.nysmokefree.com](http://www.nysmokefree.com)



*Quitting is tough, and you will probably have some bad days. It's okay to struggle, just keep going.*



### **Handle Stress Without Smoking**

- Call a friend to talk about your feelings
- Take a walk or do another form of exercise
- Focus on something else
- Drink some water
- Take some deep breaths
- Use a stress ball
- Meditate
- Listen to soothing music
- Make a list of the blessings in your life



Image courtesy of the U.S. Department of Housing and Urban Development.

Federally funded public housing has been mandated to go smoke-free no later than July 31, 2018. The new policy is being implemented to protect residents and employees from the dangers of second-hand smoke exposure. There is no way to control where second-hand smoke travels and there is no safe level of exposure. *For more information about this federal mandate visit:*

[https://www.hud.gov/program\\_offices/healthy\\_homes/smokefree2](https://www.hud.gov/program_offices/healthy_homes/smokefree2)

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).