

UPLIFT IRONDEQUOIT

WINTER 2024

NEWSLETTER

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JOIN UPLIFT IRONDEQUOIT

We are looking for committed members that want to be involved in either one of our committees or join our Board of Directors. If you have experience or interest in Finance, Development, Marketing or HR please contact Ginny Nancy to get connected to the right place for you!

[E-mail Ginny](#)

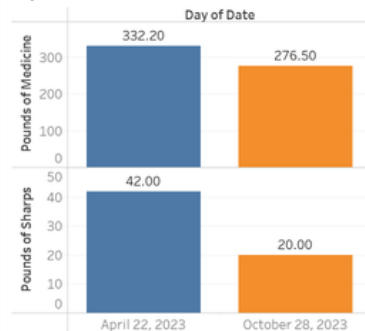
DEA DAY

Take a look at our DEA Day results from 2023. We are excited to participate in this event again on **Saturday, April 27th, 2024 from 10 AM - 2 PM!**

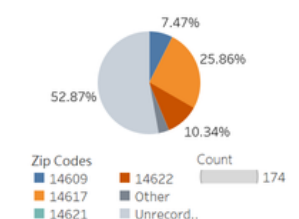
Be sure to check our website to see where you can go to participate!

[DEA Day Info](#)

April 2023 vs October 2023



Distribution of Zip Codes for Oct. 2023



Distribution of Locations for Oct. 2023



COMMUNITY SURVEY

Help us improve the services available in Rochester!
Share your experience in the Alcohol & Cannabis Safety Survey!

TEENS AND YOUNG ADULTS (12-25)

WE WANT TO HEAR FROM YOU!

[UPLIFTIRONDEQUOIT.ORG/SURVEYS](https://www.upliftirondequoit.org/surveys)

ALCOHOL & CANNABIS SAFETY SURVEY

New Survey Opportunity for Youth and Young Adults!

The Alcohol and Cannabis Safety Survey is now open. We're seeking responses from young people ages 12-25 in the Irondequoit and Rochester area in order to track attitudes, safety practices, and use of alcohol and cannabis. **Participants receive a \$10 gift card!**

Access the survey at:

<https://www.upliftirondequoit.org/surveys>

COMMUNITY SPEAKER: LYNN RIEMER

Mark your calendars for **March 27th at 6pm** to join us for a presentation and Q&A with Lynn Riemer, nationally acclaimed speaker from Act on Drugs. Also known as the "Mad Chemist," Lynn is an expert on the science of substances. This event is aimed to raise awareness about current substance use topics affecting youth.

Food and Childcare provided!

Location: Irondequoit Community Center

Lynn Riemer

AKA the Mad Chemist

What: FREE presentation for parents and community members

When: March 27th at 6pm

Where: Irondequoit Community Center, 450 Skyview Centre Pkwy

**Ask Questions
Get Real Answers**



[Register Here!](#)

IRONDEQUOIT CHAMBER OF COMMERCE: PERSON OF THE YEAR AWARD

BRAG ALERT - The Irondequoit Chamber of Commerce's Person of the Year Award has been announced. DRUM ROLL for our very own Founder and current Treasurer - Ginny Nancy!

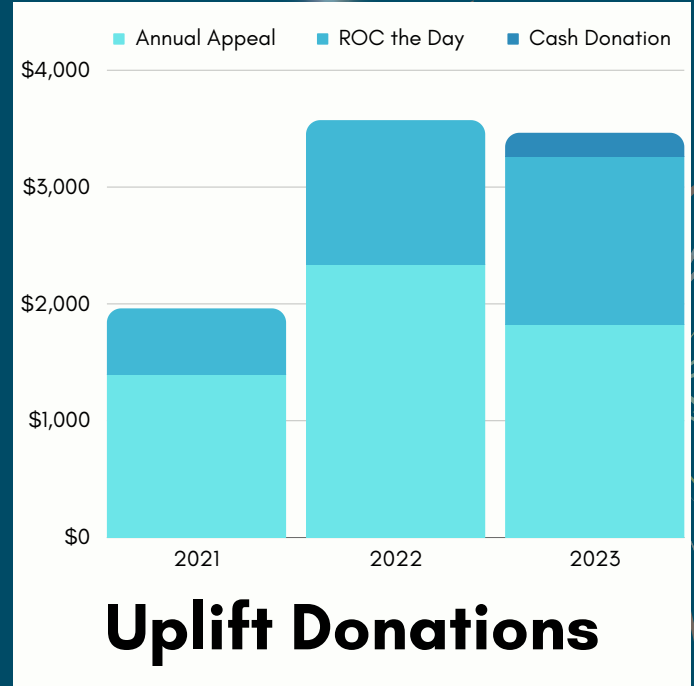
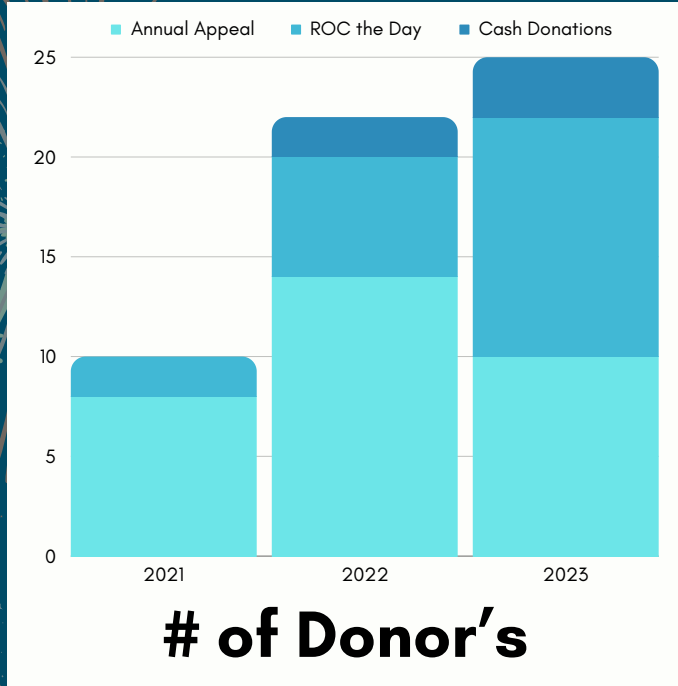
This award is an annual recognition given to an individual who has made a significant contribution to the community and has demonstrated outstanding leadership skills, a commitment to community service, and a dedication to making Irondequoit a better place for all its residents. This award is a testament to the power of community and the positive change that can be achieved when we all work together towards a common goal.

There is an awards banquet on Jan. 26th, [register here to attend](#)

ANNUAL APPEAL & ROC THE DAY RESULTS

In total, 25 individuals and organizations donated to Uplift Irondequoit in 2023!

Uplift's fundraising goal was to raise \$5,000. We accomplished 69% of our goal by raising \$3,464.76!



THANK YOU TO ALL THOSE WHO DONATED THIS YEAR!

Aaron Lattanzio, Brenda Campbell, Dave Seeley, Dawn Safford, Deb Genrich, James Hinman, James Vallone, Jason & Karen Johnston, Jeffrey Crane, Jim Kozlowski, Mary Grow, Mayra Rodriguez, Paula Busch, Richard Tantalo, Virginia Nacy

A big thank you to all those who have contributed their time and non cash donations. We are so grateful for the support from our community and coalition members!

Learn more about how you can donate to Uplift Irondequoit:
<https://www.upliftirondequoit.org/support-us>

2024 Media Campaigns

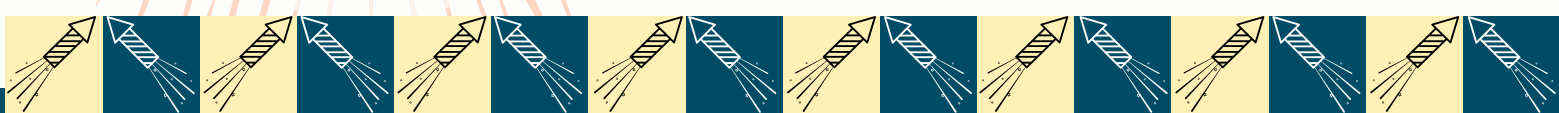


4/20

The Special Populations project will be putting out a new campaign in January focused on underage cannabis use prevention at home. The "420" themed campaign asks parents "do you know where your kids are?" and "do you know where your stash is?" to get the conversation started on prevention and safe storage.

YOUTH VAPING

A new campaign focused on educating youth on the harms of vaping nicotine will be coming out in 2024. While it has been stated that vaping is a safer alternative to smoking cigarettes, it still has harmful effects on youth development. Our new campaign aims to educate youth on what those harms are and help them understand how the cycle of addiction could begin by vaping before you are fully developed. Look out for more information on this in the first quarter of 2024.





IMPAIRED DRIVING

ONE OF OUR COALITION GOALS IS TO CONTINUE TO EDUCATE OUR COMMUNITY ABOUT THE HARMS OF DRIVING UNDER THE INFLUENCE OF MARIJUANA. WHILE MARIJUANA HAS BEEN LEGALIZED FOR ADULTS OVER 21, WE KNOW THAT NO ONE SHOULD BE DRIVING WHILE OR AFTER USING MARIJUANA - JUST LIKE ALCOHOL. NOT ONLY IS IT ILLEGAL TO DO SO, YOU ARE ALSO PUTTING YOURSELF AND OTHERS IN HARMS WAY. LOOK OUT FOR MORE INFORMATION WHEN OUR CAMPAIGN RE-LAUNCHES THIS SPRING 2024!

IMPAIRED BOATING

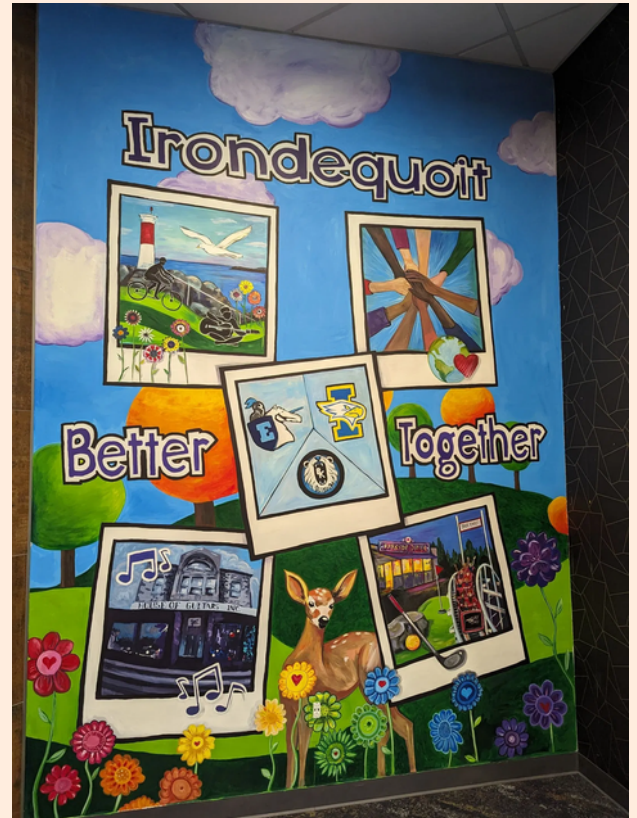
WITH THE LEGALIZATION OF MARIJUANA IN NYS, WE BELIEVE IT IS IMPORTANT TO FOCUS ON EDUCATING OUR COMMUNITY OF THE HARMS AND DANGERS THAT CAN COME WITH BEING HIGH AND DRIVING A BOAT. WITH OUR COMMUNITY BEING RIGHT ALONG LAKE ONTARIO, WE FEEL IT'S PART OF OUR RESPONSIBILITY TO EDUCATE OUR COMMUNITY AND THOSE WHO VISIT IT, HOW TO HAVE A FUN AND SAFE TIME ON THE LAKE. WE PLAN TO RELEASE OUR IMPAIRED BOATING CAMPAIGN THIS SUMMER, 2024!



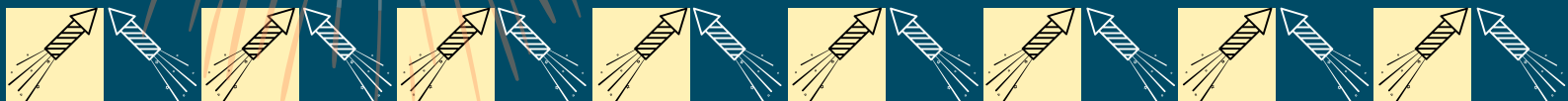
YOUTH MURAL UNVEILING

We are so proud to show off this gorgeous mural which was a collaboration between students and adult community members from East and West Irondequoit. The concept and production of the mural highlight inclusivity and community connection. Art as a means of expression, connection, and joy can be a great tool to support positive mental health and other protective factors.

The unveiling and dedication on November 28th was a wonderful event and we were thrilled to finally share this project with the community as well as thank the amazing student artists - Jamie Lawrence, Gretchen Clarcq, and Giovanni Johnson; supervising artist - Sarah Beehler; and designer - Kaitlin Roney.



Check out Irondequoit: Better Together at the Irondequoit Community Center!





MAKING HEALTHY & SUSTAINABLE NEW YEAR'S RESOLUTIONS

New Year's resolutions can be great! According to the Center for a Tobacco-Free Finger Lakes, some studies show that people who quit nicotine as a New Year's resolution have success rates 3-times higher than average! Here are some tips on getting the most out of your resolutions:

1. Decide what you want to achieve - pick a goal that is important to you. Focus on your "why" and the reason behind wanting to achieve this goal. This will help you to stick with it when you may not have the motivation to keep going.
2. Be specific when it comes to your goals - I'm sure many of you have heard of SMART goals: making a resolution that is specific, measurable, achievable, relevant and time-bound sets you up for success
3. Don't bite off too much! Set one or two meaningful resolutions, not 50. Even then, it can be helpful to start with small steps to build momentum towards your goal.

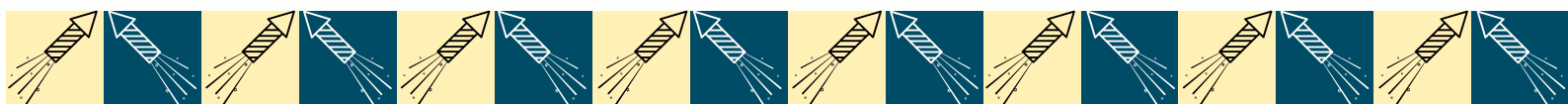
TRY OUT DRY JANUARY - IT'S NOT TOO LATE TO START!

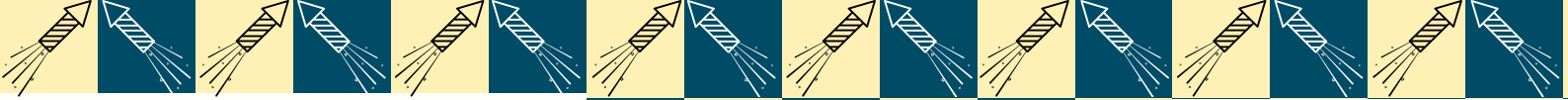
What is Dry January? Dry January is a health challenge started in 2012 where millions of people across the globe choose to abstain from drinking alcohol for a month. Whether it is used as a tool by those wishing to cut down their drinking long-term, or those who just want to start off fresh in the new year, a month without drinking can improve sleep and boost energy by eliminating the sleep disruptions and fatigue brought on by alcohol. It can even lower blood pressure and cholesterol for those who drink alcohol regularly.

TIPS FOR A SUCCESSFUL DRY JANUARY:

- Find sober fun! Boredom can sometimes create the temptation for a "quick fix." Fill your downtime with some fun activities that don't involve alcohol.
 - Check out [ROCovery Fitness' monthly calendar](#) for sober fun and connection every week!
- [Explore non-alcoholic beverages](#) - There are so many tasty options out there today!
- Avoid temptation by keeping alcohol out of the house.
- Consider people, places, and things that you spend time around. Do you often spend time with people, at places, or do things that involve alcohol? You may find it beneficial to make some small changes in these areas if your goal is to cut back or stop drinking. "You become what you surround yourself with."
- Gain support by getting friends or family to join you in the challenge (or cheer you on)!
- Don't give up - each day is new.

Learn more about Dry January





If you find yourself in the midst of "Dry January," and realize that it is more difficult than you thought to cut back on alcohol, please know that it's okay! Some things to think about if this happens to you:

- Do your best not to judge yourself. We are our own worst critics and adding shame and guilt doesn't help us move forward or heal. So be gentle, and know that it's okay to be where you are.
- Talk to someone. Do you have at least one person in your life that you feel safe with? Someone you could open up to and share about your experience?
- Understand that you are not alone! There is help out there, and there are also countless others who have been down this road too.
- Use resources that are in your community. Not sure of where to begin to look? Google can be a helpful tool here! Just do a search for recovery supports in your community.
- Take it one day at a time, one moment at a time if you have to (that's all any of us really have any way!) You don't have to figure it all out right now. Sometimes just recognizing that our relationship to alcohol (or other substances/behaviors) is not a healthy one, can be a good place to start.

Here is a short list of free resources if you find yourself having a hard time:

- <https://www.aa.org/>
 - If you would like to talk to someone about AA you can call 24 Hours per day at 585-232-6720.
- <https://www.refugerecovery.org/>
- <https://smartrecovery.org/>
- <https://www.sossobriety.org/>
- <https://www.celebraterecovery.com/>
- <https://www.rocoveryfitness.org/>

If you are interested in learning more about Uplift Irondequoit feel free to e-mail Program Director, Victoria Beatham!

OR

Follow us on our social media platforms to be updated about what is happening with the coalition.

