



BREAST CANCER

AWARENESS MONTH



WELCOME TO THE OCTOBER EDITION!

We hope you're enjoying the crisp autumn weather! October is a significant month for health awareness, and we are highlighting key events and services that can help you stay healthy and informed. This month's focus is on National Breast Cancer Awareness Month, Healthcare Quality Week, and immunization clinics across Monroe, Livingston, and Ontario counties.

Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month, an important time to focus on early detection and support for those affected by breast cancer. Regular screenings, such as mammograms, can save lives. Here are some local resources offering breast cancer screening and support:

- **Elizabeth Wende Breast Care (Rochester, NY):** A leading center for breast imaging, offering mammograms and diagnostic services.
- **Pluta Cancer Center (Henrietta, NY):** Offers support groups and treatment options for breast cancer patients.
- **Breast Cancer Coalition of Rochester (Rochester, NY):** Provides educational seminars, advocacy, and support for breast cancer survivors.

Make sure to talk to your healthcare provider about scheduling a mammogram if you're due for one!

Healthcare Quality Week (October 20-26, 2024)

Healthcare Quality Week highlights the importance of safety, infection control, and quality care. Infections, especially among those with chronic conditions, can lead to serious complications. It's essential to practice good hygiene and stay informed on how to avoid infections. Here are some tips:

- **Handwashing:** Proper handwashing can prevent the spread of infections.
- **Vaccinations:** Ensure your vaccinations are up-to-date, including flu and COVID-19 shots.
- **Wound Care:** For patients with diabetes or other chronic conditions, be sure to check and care for any wounds to avoid infections.

Immunization Clinics

With flu season upon us, it's essential to stay on top of your vaccines. Here are locations offering flu shots and other immunizations:

- **Monroe County Health Department (Rochester, NY):** Offering flu vaccines and COVID-19 boosters.
- **Wegmans Pharmacy (Greece, Irondequoit, Henrietta):** Walk-in immunization clinics for flu shots and other vaccines.
- **Ontario County Public Health (Canandaigua, NY):** Hosting immunization clinics throughout October, including flu shots for adults and children.



Community Resources

We've compiled a list of local resources that can help you stay healthy and engaged in your community:

- **Irondequoit Senior Center:** Offering health and wellness programs for seniors, including exercise classes and wellness seminars.
- **Penfield Community Center:** Hosting monthly health screenings and immunization clinics for seniors.
- **Greece YMCA:** Offers senior fitness programs and fall prevention classes.
- **Lima Public Library:** Health education resources and monthly talks on chronic care management.
- **Canandaigua VA Medical Center:** Provides immunization clinics and chronic care services for veterans.
- **Rush Town Hall:** Monthly wellness workshops for seniors in Monroe and Livingston counties.

Here's a list of specific **October 2024** events for seniors in Monroe, Livingston, and Ontario counties, focusing on the communities of Irondequoit, Greece, Fairport, Penfield, Pittsford, Rush, Lima, Henrietta, and Canandaigua.

Irondequoit Senior Movie Matinee

- **Date:** October 10, 2024
- **Time:** 1:00 PM
- **Location:** Irondequoit Public Library
- **Description:** Enjoy a free showing of a classic film followed by light refreshments. Call to reserve your seat.
- **Contact:** (585) 336-6060

Irondequoit Senior Health Fair

- **Date:** October 16, 2024
- **Time:** 10:00 AM – 2:00 PM
- **Location:** Irondequoit Community Center
- **Description:** A health fair focused on senior wellness, including free health screenings, flu shots, and information on chronic care management.
- **Contact:** (585) 336-6070



Greece

Greece Senior Center Fall Luncheon

- **Date:** October 20, 2024
- **Time:** 12:00 PM
- **Location:** Greece Community & Senior Center
- **Description:** Celebrate the season with a delicious fall-themed luncheon. Tickets are \$5 per person.
- **Contact:** (585) 723-2425

Balance & Fall Prevention Workshop

- **Date:** October 24, 2024
- **Time:** 11:00 AM – 12:00 PM
- **Location:** Greece YMCA
- **Description:** A free workshop focusing on balance exercises and tips to prevent falls for seniors.
- **Contact:** (585) 227-3900

Fairport

Senior Walking Club

- **Date:** Every Tuesday and Thursday in October 2024
- **Time:** 9:00 AM
- **Location:** Perinton Recreation Center
- **Description:** Join fellow seniors for a social walk around the park. All fitness levels welcome.
- **Contact:** (585) 223-5050

Fairport Senior Lunch & Learn

- **Date:** October 18, 2024
- **Time:** 11:30 AM – 1:00 PM
- **Location:** Fairport Baptist Homes
- **Description:** A free lunch followed by a presentation on managing chronic health conditions. Space is limited, so RSVP is required.
- **Contact:** (585) 377-0350



Community Resources

Penfield

Penfield Senior Center Fall Festival

- **Date:** October 12, 2024
- **Time:** 10:00 AM – 2:00 PM
- **Location:** Penfield Community Center
- **Description:** A day filled with fall-themed activities, including crafts, games, and health information booths. Free flu shots will also be available.
- **Contact:** (585) 340-8655

Senior Yoga for Balance

- **Date:** October 26, 2024
- **Time:** 10:00 AM
- **Location:** Penfield Community Center
- **Description:** A gentle yoga class designed for seniors, focusing on balance and flexibility. Pre-registration required.
- **Contact:** (585) 340-8655

Pittsford

Pittsford Library Senior Tech Help

- **Date:** October 5, 2024
- **Time:** 2:00 PM – 4:00 PM
- **Location:** Pittsford Community Library
- **Description:** Need help with your smartphone or tablet? Stop by the library for one-on-one assistance.
- **Contact:** (585) 249-5481

Senior Book Club

- **Date:** October 25, 2024
- **Time:** 11:00 AM
- **Location:** Pittsford Community Library
- **Description:** Join fellow seniors to discuss the book of the month.
- **Contact:** (585) 249-5481

Rush

Rush Senior Citizen Club Meeting

- **Date:** October 11, 2024
- **Time:** 12:00 PM
- **Location:** Rush Town Hall
- **Description:** Monthly senior club meeting featuring a potluck lunch and guest speaker discussing healthcare options.
- **Contact:** (585) 533-1312

Lima

Lima Senior Coffee Hour

- **Date:** October 4, 2024
- **Time:** 9:30 AM
- **Location:** Lima Public Library
- **Description:** Enjoy free coffee and pastries while chatting with other seniors. Information on senior services in Livingston County will be available.
- **Contact:** (585) 582-1311

Livingston County Senior Transportation Workshop

- **Date:** October 19, 2024
- **Time:** 10:00 AM – 12:00 PM
- **Location:** Lima Town Hall
- **Description:** Learn about transportation options available for seniors in Livingston County, including free and low-cost services.
- **Contact:** (585) 243-7520



Community Resources

Canandaigua

Senior Citizen Day at the Canandaigua Farmers Market

- **Date:** October 7, 2024
- **Time:** 9:00 AM – 12:00 PM
- **Location:** Canandaigua Farmers Market
- **Description:** Special discounts for seniors on fresh produce and goods. Free transportation available for Canandaigua residents.
- **Contact:** (585) 394-3300

Ontario County Senior Fall Picnic

- **Date:** October 14, 2024
- **Time:** 11:30 AM – 2:00 PM
- **Location:** Onanda Park, Canandaigua
- **Description:** Join other seniors for a fall picnic by the lake, featuring live music, games, and food. RSVP required.
- **Contact:** (585) 396-4040



Stay Connected

If you need assistance with any of these services or have questions about managing your chronic conditions, please reach out to our Chronic Care Management team at Ridgeview Internal Medicine. We're here to help!

Contact Us:

Phone: 585-301-4800

Email: info@ccmrpmsolutions.com

Website: www.ccmrpsolutions.com



Stay Well,
Meredith Dawes

President, Compassionate Chronic Care LLC