

CONNECTIONS RECOVERY CENTER AUGUST 2018

Summer in the city

Summer in Rochester is a great time to enjoy all the fun festivals, concerts, parks and beaches. A sunny day can warm your heart but when combined with heat and humidity, it can become dangerous for your body. Have you ever heard of the heat index?

Heat index is what the outdoors feels like to your

body when combining temperature and humidity. So, for example, if you have a 94 degree day with 60% humidity, the heat index is 110 degrees. What can you do to manage on really warm days? The Center for Disease Control has the following tips to manage on a hot day:



1. Wear clothes that are appropriate for the weather
2. Stay inside where it is cool- the library or city cooling center are great options
3. Schedule your outside activities during the coolest time of the day. Morning is the coolest.
4. Use sunscreen with SPF 30 or more. Sunburns can happen easily– even on a cloudy day!
5. Drink plenty of fluids. Water is always best.
6. Stay informed about heat emergencies by listen to the news.
7. Know the signs of heat-related illnesses.
8. Some people are more vulnerable to heat than others including infants and young children, people over 65, individuals with existing health conditions such as high blood pressure, heart disease, obesity and people taking certain medications.

By taking precautions on hot weather days, you can still enjoy all of the parks and recreation our area has to offer.

We hope you will take a little time and join us for some of the fun events we have planned in July. If you have any questions, please do not hesitate to give us a call at 585-270-5482.

Your Connections team, Donna, Beth, John, Julie & Susan

ABOUT CONNECTIONS RECOVERY CENTER

Connections Recovery Center is a recovery community that is a part of East House. It is built on the belief that recovery is attainable for everyone and focuses on health, home, community and purpose. Connections serves current and past East House clients. Many Connections classes, activities and support groups are peer run. Community volunteers and East House staff also lend their expertise and talents to teach classes, run groups and keep the center running. Connections Recovery Center is part of East House's mission to empower individuals in recovery to live healthy and fulfilling lives.

Connections Recovery Center

155 Dartmouth Street– rear building
Rochester, NY 14607
phone: 585-270-5482 www.easthouse.org

August Happenings

Putt-Putt Golf With LGBTQ+ & Friends Group!!

The **LGBTQ+ & Friends Group** is for anyone who identifies as LGBTQ+ or is an ally/friend to the LGBTQ+ community.

Join us on
Wednesday, August 15
from **1:00pm**
until **3:00pm**.

These are always fun,
FREE events, so we
hope you join us!

To sign up please call
Connections at
585-270-5482.



When you just need
someone to talk to and
you don't know where
to turn. Please call the

Affinity Place
Warm Line Service
at

563-7470.

Open 24 hours per day,
seven days per week.

This August, we have some new groups and activities:

Getting Around Town: Would you like to be more comfortable taking the bus? Would you like to get around more independently to do all the things you like to do? The Regional Transit System (RTS) provides buses to many different places throughout the city and suburbs. RTS is a wonderful resource but can be tricky. If you want help building your bus skills and brainstorm transportation solutions, then this is the group for you. **Getting Around Town will meet on Friday, August 17 from 1:00pm until 2:30pm.**

Power of Volunteering: This group explores how volunteering not only helps others but can help you as well. There will also be a discussion about volunteer opportunities in our community and possible group volunteer projects. **Power of Volunteering will meet on Friday, August 24 from 2:00pm until 3:00pm.**

Planetarium Show "Mars Comes Near:" Join Connections Club as we visit the Strasenburgh Planetarium at the Rochester Museum and Science Center for an up close tour of Mars, the red planet. You'll also learn about new Mars discoveries during this 50-minute show. **Join us on Friday, August 31 from 1:00pm until 2:00pm.**

Zumba in the Park: Zumba is a fun aerobic workout that combines dance and fitness moves! You do not have to be the a fantastic dancer to take part in this fun activity- it is meant for everyone and, like all exercise, you do what you can. Zumba in the Park is a free event. If you plan to join us, please bring water and wear comfortable breathable clothes for the weather. Also, it's always a great idea to speak to your medical provider before taking part in any physical activity. **Zumba in the Park will be on Wednesday, August 1, Wednesday, August 8, and Wednesday, August 22 from 6:00 until 7:00pm.**

The East House Friends and Family Night is for East House clients, family members or individuals who are supportive in the recovery process. This month's group will focus on Housing Levels of Care: Understanding housing options. Join us on **Wednesday, August 8 from 4:30pm until 5:30pm** at Monroe Square. There will be pizza and bus passes are available. **Please RSVP to Kaye at (585) 238-4810 or admissions@easthouse.org no later than Friday, August 3.**

Please call Connections at 585-270-5482 to sign-up for groups and events.

This bulletin is a publication of:



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"Everything beautiful
in the world
is within you."

- Russell Brand

For more information, visit www.easthouse.org or
call Connections at 585-270-5482.