

News & Reviews

February 14, 2024

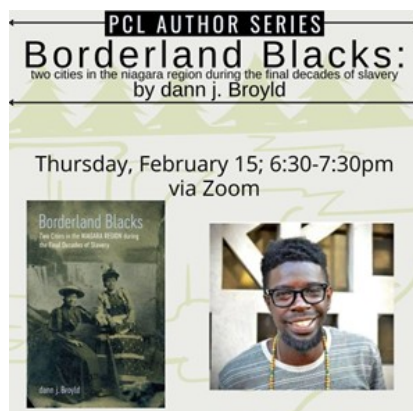
Town of Pittsford - a Clean
Energy and Climate Smart
Community

See listings below for

Upcoming Activities, Town Board Meetings & Community Meetings

HAPPY VALENTINE'S DAY!

Valentine's Day traces its roots back to the 5th Century, when Pope Gelasius instituted the feast day of St. Valentine, a Christian martyr who lived in the 3rd Century. Legend has it that Valentine defied Emperor Claudius II's decree forbidding young men from marrying, as Claudius believed single men made better soldiers. Valentine continued to perform marriages in secret, for which he was arrested and eventually executed. Another story suggests that Valentine was imprisoned for aiding Christians persecuted by the Roman Empire. Over time, Valentine became associated with love and romance, and his February 14 Feast Day became recognized as our modern Valentine's Day. Whatever the history, Valentine's Day is a day to celebrate love. Whether showing your affection for others or taking time for some self-care, why not spread a little love today? Happy Valentine's Day!



BLACK HISTORY MONTH: dANN j. BROYLD DISCUSSES HIS BOOK, "BORDERLAND BLACKS," TOMORROW, FEBRUARY 15

Join us for the next in our series of Black History Month programs! Tomorrow – Thursday, February 15 – dann j. Broyle will discuss his book, *Borderland Blacks*, which explores the status and struggles of transient Blacks in the early nineteenth century when Rochester and St. Catharines, Canada West, were the last stops on the Niagara branch of the Underground Railroad. dann j. Broyle is an Associate Professor in

African American History at the University of Massachusetts Lowell. The program will be presented online from 6:30-7:30pm; it is free and open to the public, but advance registration is required to receive the online access link via email. Use the following link to [register online](#).

Throughout the month and beyond, the Pittsford Community Library offers a range of

materials and resources for Black History Month. Be sure to stop by! The Library is located at 24 State Street. To learn more about upcoming Library programs, visit the [Library's online program calendar](#) or call (585) 248-6275. For complete Library information, including hours of operation, visit www.townofpittsford.org/library.

PITTSFORD REC'S ACTIVITY BOXES PROVIDE KIDS WITH EDUCATIONAL AT-HOME FUN

Deadline to register is February 16

The "Spectacular Science" Activity Box from Pittsford Recreation is here! Each Activity Box is \$15 and includes all the supplies your child needs to create crafts, activities, and experiments. Pick up your box at the Pittsford Community Center any time after February 23. [Register online here](#) by February 16. Contact Cassie at 248-6288 for more information.



The Town's Spiegel Pittsford Community Center is located at 35 Lincoln Avenue. To learn more about our programs, activities and services, [click here to visit the Town](#) of Pittsford's Recreation page on the Town website, [email the Recreation Department here](#), or call the Spiegel Pittsford Community Center at 248-6280.



PITTSFORD HIGHLANDS CHORUS OPEN TO ALL AGES 55+

Do you love to sing? [The Pittsford Highlands Chorus](#), a collaborative effort between The Highlands at Pittsford and the Town's Pittsford Seniors program office, invites you to join the choir! Practices take place every Wednesday at 1:30pm at the Highlands at Pittsford, Building 100. Throughout the year, the choir performs for the community as well as at events in the

Village of Pittsford. All are welcome – no auditions necessary!

The Highlands at Pittsford is located at 100 Hahnemann Trail. To learn more about the Pittsford's Senior programs, activities and services, [click here to visit the Town](#) of Pittsford's Seniors page on the Town website, [email the Recreation Department here](#), or call the Spiegel Pittsford Community Center at 585-248-6280.

THE UNITED CHURCH OF PITTSFORD TO HOST "LOVE SONGS" PIANO CONCERT – 2/20

John Williams of JCW Piano will present a one-hour narrated program entitled "Love Songs" in honor of Valentine's month. The performance takes place Tuesday, February 20, at 7:00pm at the [United Church of Pittsford](#), 123 South Main Street. The Church is handicap accessible and there is free parking in the Church lot. The event is free and open to the public.



MAKE HEART HEALTHY CHOICES DURING AMERICAN HEART MONTH THIS FEBRUARY

Heart disease is the leading cause of death in the United States and has been since 1950. Post-World War II America saw a major shift in lifestyle and diet.



Heart disease is the leading cause of death for women in the U.S. and can affect women at any age.

Learn how to reduce your risks for heart disease.



The adoption of processed food, increased consumption of saturated fats, and a decrease in activity contributed to a surge in cardiovascular issues. Seventy-four years later, things have only gotten worse. Fighting against heart disease means making healthier choices and proactive measures to get out from behind our desks and move more.

This American Heart Month, **prioritize your cardiovascular health by making small, positive changes to your diet and lifestyle.** Incorporate [heart-healthy foods](#) and embrace regular exercise, even if it's just a short daily walk. Schedule a checkup and be aware of risk factors, including diabetes, being

overweight, poor diet, chronic stress, physical inactivity, tobacco use, and excessive alcohol use. Mitigating these risk factors through diet, exercise, and healthy stress management can put years back on your life! Being aware of your overall heart health is critical too.

Heart disease, heart attack and cardiac arrest can strike unexpectedly - as Kathleen Leonard, the Town's Highway Department Assistant, knows all too well.

At 48 years old and the picture of health on paper, Kathleen went into cardiac arrest in her sleep.

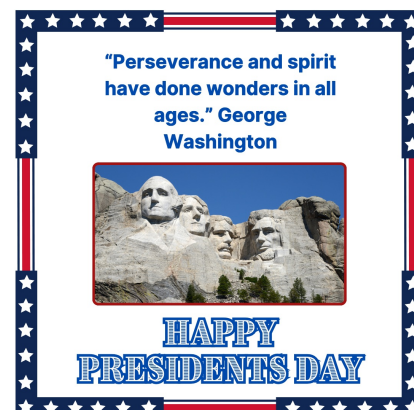
"Heart Disease is the number one killer of Women in the United States," says Kathleen. "And yet we still find ways to ignore it and live in blissful ignorance." Kathleen's experience has led her to become an advocate for heart health and heart disease awareness.

"Life is so fragile," she says, "and in a world of things we cannot control, spreading awareness and being proactive about steps we can take is something that may seem small, but can truly be the deciding factor between life and death." To learn more about Kathleen's efforts and to support the fight against heart disease, visit her [Go Red for Women web page](#).

For a comprehensive look at how to improve cardiovascular health, check out the University of Rochester Medical Center's Health Encyclopedia page on [Cardiovascular Disease Prevention](#). Let's make heart health a daily commitment, not just for February, but for a lifetime.

PRESIDENT'S DAY IS FEBRUARY 19

President's Day is observed on the third Monday in February each year. Originally established to honor the February 22 birthday of our first U.S. president George Washington, it has since evolved into a day to celebrate all United States presidents. [The holiday also is near the](#) February 12 birthday of Abraham Lincoln, our sixteenth president. President's Day serves as a time for reflection on the contributions of past presidents and a reminder of the importance of leadership in shaping our country's future. Town of Pittsford offices and facilities will be open on February 19.



REMINDERS



PYS “THRIVE: FINDING YOUR EMOTIONAL STRENGTH” FREE TEEN WORKSHOP DAY IS MARCH 2

Deadline to register is February 23

Pittsford Youth Services will offer a free, one-day series of peer group workshops for Pittsford Students in grades 9-12 on Saturday, March 2 entitled "***THRIVE: Finding Your Emotional Strength.***" The THRIVE workshops will provide a supportive environment where participants can

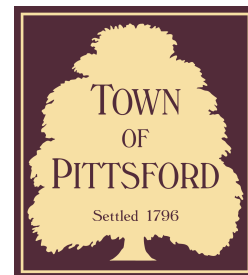
discuss mental health and other issues affecting teens. Participants will share experiences and learn to better understand their own, and their peers', feelings and struggles.

Various therapies and relaxation techniques will be shared, as will information about accessing teen support resources in schools and in the community. The day includes hands-on experience with a **pet therapist**, an **art therapist** and a **music therapist**. A discussion on the importance of self-care and the option to participate in a yoga class will conclude the day's activities.

THRIVE will be held from 9:00am – 5:00pm at Calkins Road Middle School; lunch will be provided. **The event is free but registration is required; the deadline to register is Friday, February 23.** To register or for more information about PYS, visit www.pittsfordyouthservices.org, email PYS at info@pittsfordyouthservices.org or call 264-0604.

TOWN BOARD MEETINGS ARE STREAMING LIVE

Pittsford Town Board meetings are being streamed live; the feed is accessible on any device. Town Board is typically held the first and third Tuesday of the month at 6:00pm at Town Hall. See www.townofpittsford.org/calendar for meeting dates. To view the livestream, click the [Town Board Meeting live streaming link](#) when the meeting begins. This link can also be found on page two of the meeting agenda. The meeting agenda is posted on the Town's [minutes and agendas page](#) at least two days prior to the meeting. Please note: if you try to log in too early (before the meeting feed is live) you will see an error message; refresh your screen just prior to or at 6:00pm when the board meeting starts and you will be able to view the meeting. As always, ASL interpretation is provided for every Town Board meeting.



ASL INTERPRETER ALWAYS AVAILABLE AT TOWN BOARD MEETINGS

The Town of Pittsford has an American Sign Language interpreter available at every Pittsford Town Board meeting, to interpret for those who need this service. Those who can't attend a Town Board meeting in person but are planning to watch the meeting's live stream can confirm their need for the interpreter by emailing comments@townofpittsford.org. Requests can be made in advance or can be emailed through the first ten minutes of the meeting. An on-demand Town Board meeting video with closed captioning will be available within 48 hours of the meeting; visit www.townofpittsford.org/channel12 and use the On-Demand links to view previously recorded meetings.

UPCOMING COMMUNITY ACTIVITIES IN PITTSFORD

- [Taste of Pittsford](#), Monday, 3/18, 6-8:30pm, Nazareth College's Shults Center, 4245 East Avenue; featuring a variety of tastings from area restaurants, caterers, wineries and breweries plus a silent auction featuring a variety of items; proceeds to benefit Rotary's many local charitable efforts. Advance ticket sales only; more information and tickets online at www.pittsfordrotaryclub.org.
- [Pittsford Youth Services "THRIVE: Finding your Emotional Strength" teen workshop](#), Saturday, March 2, 9:00am – 12:00pm, Calkins Road Middle School, lunch provided, free but advance registration is required; to register or for more information visit www.pittsfordyouthservices.org, email PYS at info@pittsfordyouthservices.org or call 264-0604
- [Town of Pittsford Zoning Code Update](#) – **comments made by Town of Pittsford stakeholders via email and mail being accepted**; access the Comprehensive Plan, the Active Transportation Plan, the project timeline, a link to the Town's current Zoning Code, and other informational materials, on the **Zoning Code Update website** at www.townofpittsford.org/zoningupdate. Comments can be made to zoningupdate@townofpittsford.org or mailed to Doug DeRue, Town of Pittsford, 11 South Main Street, Pittsford, NY 14534; please indicate whether you are a Town or Village resident.

TOWN OF PITTSFORD BOARD MEETINGS

- **Pittsford Community Library Board**, Wednesday, 2/14, 6:00pm, Fletcher Steele Room, Pittsford Community Library, 24 State Street; the meeting agenda is posted at least two days prior to the meeting on the Town website here: www.townofpittsford.org/minutes
- **Zoning Board of Appeals**, Monday, 2/19 – **NO MEETING**
- **Town Board**, Thursday, 2/22, 6:00pm, Public Meeting Room, Town Hall (lower level), 11 South Main Street, ASL interpretation provided; the meeting agenda is posted at least two days prior to the meeting on the Town website here: www.townofpittsford.org/minutes – **NOTE REVISED DAY/DATE**

COMMUNITY MEETINGS CALENDAR

- [American Legion Rayson-Miller Post 899](#) Tuesday morning breakfast and socializing, every Tuesday, 8:00-10:00am, Post 899, Pittsford Village Hall lower level, 21 North Main Street; open to all – meet and socialize with veterans; no charge but donations accepted. Eligible veterans welcome to join the Post; click this link for [membership information](#) or visit the [Rayson-Miller Post website](#)
- [Pittsford Rotary Club](#), Wednesdays (weekly), 7:00am, Pittsford Community Library, 24 State Street; meetings also can be accessed live via Zoom - check the Pittsford Rotary Facebook page for virtual meeting details
- [Women's Club of Pittsford](#) – charitable organization serving the community through service projects and civic improvement; membership is open to any woman living in Pittsford or the surrounding areas, new members always welcome! Meetings are usually held the second Thursday of the month, September through June, at 6:00pm at the Spiegel Pittsford Community Center, 35 Lincoln Avenue; Visit the website at www.womensclubofpittsford.org for more information
- [Pittsford Art Group](#) conducts monthly member meetings (in person and online) featuring a guest artist; new members are welcome! The PAG also hosts juried and non-juried shows and displays artwork at various locations throughout Pittsford. For further information or to become a member, please visit

www.pittsfordartgroup.com and fill out a [Contact Us](#) form.

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