



May 2016

Stepping Out-Stepping Up is a monthly, community-oriented newsletter of the Department of Psychiatry published by the Office of Mental Health Promotion.

Bridge Art Gallery Collaboration Show

The Bridge Art Gallery

Call for Art

Age and Beauty

Submission Deadline: June 2nd
Show Duration: July- December 2016

Illustration credited to Elizabeth Flanagan

The Bridge Art Gallery is seeking submissions that reflect the show theme, *Age and Beauty*, celebrating aging as the accumulation of experience, perspective, strength, and wisdom of time.

Art will be juried by the Department of Psychiatry and the Office of Aging Research Health Services (OARHS) Advisory Committee. Only 2D mediums will be considered, including works on paper, un-stretched canvas, and masonite. Frames are provided in two sizes, 18"x20" and 20"x24", in preset orientations. Artists must mat artwork to fit designated frame size and orientation. Due to the limitations in size and medium, prints of original pieces are sometimes accepted.

This show is co-sponsored by the Office of Aging Research Health Services (OARHS) and the Geriatric Psychiatry Program. Submission forms can be found on the [Bridge Art Gallery website](#). Completed submission can be sent to omhpromotion@gmail.com.

7th Annual Dr. David Satcher Community Health Improvement Awards



The Center for Community Health hosted the Dr. David Satcher Awards on Friday, April 29, 2016. The event began with a keynote and special Grand Rounds by Dr. Lisa A. Cooper, Professor of Medicine at Johns Hopkins University School of Medicine, Director of Johns Hopkins Center to Eliminate Cardiovascular Health. Her presentation was titled: "From Health Disparities to Health Equity: Building

Community-Oriented Events

Don't forget to check the calendar for special university-sponsored events: <https://www.rochester.edu/diversity/eventscalendar/>

Diversity Seminar Series: (Religious) Gender Ideologies and Information Communication Technology (ICT). Religious institutions shape cultural norms, social rules and behaviour, and they impact the rigidity of the gender roles and rules that are used to justify gender discrimination. Learn about the ways ICT can be used to speak to, interrupt and transform gender discrimination in society. This seminar will be held on Tuesday, June 7th at 12:00–1:00 pm in Lower Adolph Auditorium (1-7619). To register, please email Grace Fuller at grace_fuller@urmc.rochester.edu.

Family Education Workshop: Building Effective Relationships will discuss how to enjoy quality time with children while maintaining limits. Caregivers of children ages 3-10 are invited to attend. This workshop will be held on Tuesday, June 14th from 10 am to 12 pm at the [Mental Health Association](#), located at 320 N. Goodman St, Suite 202. For more information you may call (585) 325-3145 ext. 154.

The Mental Health Association's Life Skills June 2016 calendar is now available [online](#).

Separate Is Never Equal. The Rochester Latino Theatre Company, Inc. (RLTC) brings to life the story of Sylvia Mendez in "Separate Is Never Equal" at MuCCC Theater located on 142 Atlantic Avenue on June 10th & 11th with a 7:30 pm show and June 11th & 12th with a 2 pm matinee. Tickets are available online at www.muccc.org or by calling (866) 811-4111. \$15 advance, \$18 at the door, VIP Reception 6pm Friday Night Reception \$20 advance, \$25 at the Door, catered by Salena's Mexican Restaurant.

The Reel Mind Film Fest is going on now through June 28th. To purchase tickets for *Planet Asperger*, *Hollywood Beauty Salon*, or *Mind/Game: Chamique Holdsclaw*, you can go [online](#) or call (585) 423-1593. The films are followed by a Q&A with noted community psychiatrists, consumers and visiting filmmakers.

Health Happens Where You Live...Did You Know?

Mayonnaise, sour cream and dressing make a delicious piece of many summer recipes, but they aren't always the healthiest choice. Luckily, with a little non-fat Greek yogurt it can be easy to cut some fat and

Relationships in Healthcare Systems and Communities."

During her presentation, Dr. Cooper emphasized community outreach as a form of improving care, citing examples such as a collaboration between the library system and a local grocer to provide fresh and healthy foods in what would otherwise be considered a "[food desert](#)." She also spoke about the different relationships that contribute to health care services--and touched specifically on the relationships between health care professionals and the ways in which we should be letting each other know when beliefs or assumptions about patients are not appropriate and can hinder quality of care.



Dr. Cooper's presentation was followed by the presentation of awards by Joel Seligman, President and CEO of the University of Rochester; and Nancy M. Bennet, Director of the Center for Community Health. This year's awardees



were Robert J. Fortuna, MD, MPH, who received the Junior Faculty Award, and Ann Marie White, EdD, who received the Senior Faculty Award. Both recipients were accompanied by several community partners.

Staff Community Service Award Presented to Precious Bedell

Precious Bedell is devoted to improving the lives of people affected by incarceration.

Bedell, who works as a human subjects research coordinator in the Department of Psychiatry, founded and directs the Turning Points Resource Center, a nonprofit that supports the families of those incarcerated. The organization, which is based out of St. Stephen's Episcopal Church, aims to "break the cycle of poverty that so entraps the incarcerated and their families, by providing resources, information, education, and consultation," says the Rev. Mary Ann Brody of St. Stephen's.

Turning Points provides emotional and financial support for families left behind when someone is incarcerated. One person who has been assisted by Turning Points said in a letter supporting Bedell's nomination for the University's Staff Community Service Award, "It's good to know that there is a center to go to to have support and just have someone say that I am not alone in my challenges with having a family member in prison for a long, long time."

Bedell was recognized, along with the recipients of the Witmer Award for Distinguished Service and the Meliora Award, at the 2016 staff awards reception on Wednesday, April 27.

calories while keeping your delicious recipes. New, yogurt-based dressings are being introduced every day, and in some cases they have less than half the fat of their non-yogurt based counterparts. Mayonnaise and sour cream can also be substituted with plain non-fat Greek yogurt in recipes. You can cut the calories and increase protein intake [without sacrificing any of the taste](#). You can also use Greek yogurt to try out new, [healthier recipes](#).

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Bedell's community service is wide-ranging. She worked on behalf of Rochester's "Ban the Box" campaign, which aims to prevent employment discrimination against those with criminal records. She volunteers with the Monroe County Reentry Task Force, the Safer Monroe Re-Entry Team, Pillars of Hope, the Rochester Area Interfaith Hospitality Network, the African American Health Coalition of the Finger Lakes Health Systems Agency, and Facing Race Embracing Equality, and she is on the planning committee of Big Brothers and Big Sisters. She has been a guest lecturer in the University's Department of Political Science, and has spoken about addressing health disparities at a summer film series hosted by the Department of Psychiatry department.

"I feel so moved by the quality of her actions and level of her commitment to the community in her work, beyond her works, and outside the clinic walls," writes Bedell's supervisor, Diane Morse, associate professor of psychiatry and of medicine. "It is clear that Precious embodies the goals of community service and deserves this recognition."

Precious Bedell currently works as a Human Subject Research Coordinator/ Community Health Worker/Self-Determination Interventionist in the Women's Initiative Supporting Health (WISH) Clinic.

Article authored by [Aryeh Cohen-Wade](#) and originally published on URM's [Newscenter](#).



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