



BRIEFLY

The Seventh Judicial District Newsletter
161 Hall of Justice, Rochester, New York 14614
(585) 371-3266 www.nycourts.gov/courts/7jd
April 29, 2016 Vol. 36—No. 4



SAVE THE DATE

WELLNESS EVENT
FOR MAY

MAY 5, 2016

**Monroe County
Rm 165 Hall of
Justice**

Noon—2 PM

**Culinary Herbs:
how to grow them
and how to cook
with them**



Think Spring

THE MENTOR LEADERSHIP PROGRAM



Mentors, mentees and coordinating committee (not in order): Melissa Barrett, Loreen Nash, Cheri Beschler, Donna Hoey, Debbie Robillard, Sally Frey, Jose Cruzado, Mark Howell, Gene Crimi, Lisa Preston, Chuck Perreaud, Ron Pawelczak, April Termine, Lesley Taylor, Amy Brignall, Stephanie Bush, Kim VanCamp, Mary Aufleger, Jennifer Roth, Betty Gerych, Robin Russell, Hujie Li, Charlene DeMarco, Lorraine Fodera, Marci Morrissey, Linda DiStefano, and Donna Truelson. Not pictured: Kimberly Wentworth, Nick Sprague, Jennifer Baer and Kelly Wejko.

The Mentor Leadership Program concluded its third year with an April 7th mentor/mentee workshop. At the workshop, mentees received practical advice about resume preparation and were given the opportunity to participate in mock job interviews. The Mentees also received training in ethics and professional conduct. The program was extremely successful. The feedback from the participants was all positive. The program will continue in 2016-17 . Please watch for announcements this summer explaining how to apply to participate in the program next year as a mentee. We will also be looking for managers and supervisors to volunteer to act as mentors.

As a final note, the coordinators of the program wish to thank Lorraine Fodera for all of her efforts in developing and sustaining the Mentor Leadership Program. Lorraine is leaving the coordinating committee to pursue a new professional opportunity: retirement. It is safe to say that the program would not exist but for her efforts. Thank you Lorraine and best wishes,

Gene Crimi, Rochester City Court; Loreen Nash, Monroe Family Court; Mary Aufleger, 7th District Office, and Melissa Barrett, Rochester City Court

- submitted by Gene Crimi



Welcome to *Ingrid Andersen*, Court Reporter in Monroe Family and Rochester City Court.

Kim Potter is now the Secretary to Hon. Peter Bradstreet in Steuben multi-bench courts. Congratulations!

Congratulations to Lorraine!!

Lorraine Fodera, Chief Clerk of Wayne County Family court, retired after 32 years of service to the Unified Court System. Lorraine was a Court Assistant, Court Clerk, Senior PC Analyst and Chief Clerk II. A retirement party was held in her honor at Shadow Lake Golf Club. Lorraine plans on spending more time with her grandchildren and enjoying life!



Hon. Craig J. Doran, Administrative Judge, Lorraine and Ron Pawelczak, District Executive.



L to R: Support Magistrate Deborah Gerber-Farber, Hon. John Nesbitt, Hon. Dennis Kehoe, Lorraine and Hon. Daniel Barrett.



Henry Jones (Lorraine's husband) and Lorraine.



Lorraine, Mary Aufleger, 7th District Office and Loreen Nash, Monroe County Family Court



Linda Deliseo, her husband and Lorraine.

Dear Friends,

I want to thank everyone who participated in my retirement celebrations and everyone I have worked with over the years. I can't believe how fast the time went by. I had wonderful opportunities during my career and they brought me many new friends. I consider myself very lucky to have worked with all of you and been a part of so much that was positive. Keep smiling and laughing.

Lorraine Fodera



L to R: Corinne Sergeant, Sharon Costantino (Cayuga S&C) Kyle O'Connor, Lorraine, Sonya Poormon, Linda Deliseo (formerly Rosati—retired), Leslie DeWind, Diane Gove (Cayuga Family) Maxwell Simmons and Patricia Harris (Wayne Surrogates).



OBITUARY

Gloria Zinone, Monroe County Commissioner of Jurors-retired and mother of *Stephen Zinone*, Court Reporter in Ontario County, and grandmother of *Stephanie Bush*, Monroe County Family Court, passed away March 30, 2016. Jurors in the 7th District during the 1990's will undoubtedly remember Gloria who served as Commissioner of Jurors for more than a decade. Her home life revolved around church and family. She was a devout Catholic and active on many committees and boards within the church. Gloria had an unwavering loyalty to her family. She is survived by her husband of 61 years, Anthony; daughter, Elizabeth Turoski; sons, Stephen (Kathy) and Anthony Jr.; grandchildren, Marian (Thomas) Ingham, Christine Turoski, Stephanie (Charles) Bush, Sarah (Christopher) Turek, great-grandchildren, Josephine, Robert, Lily, William, Abigail, Emma Grace; brothers, Michael (Betty) and Stephen (Joan) Travinski; many nieces, nephews and extended family members. In lieu of flowers, contributions may be made to Blessed Sacrament Supper Program, 259 Rutgers, Rochester, 14607. To share a memory of Gloria or send condolence to the family, visit www.anthonychapels.com. A card of condolence may be sent to Stephen Zinone c/o Ontario County Courthouse, 27 North Main Street, Canandaigua, NY 14424 and to Stephanie Bush c/o Monroe Family Court, Rm 360 Hall of Justice, Rochester, NY 14614.

CONGRATULATIONS GRADUATES!

On April 15, 2016 the Rochester Adult Treatment Courts held a graduation ceremony honoring the accomplishments of eighty-eight (88) participants from the Rochester Drug Treatment Court, DWI Court, Monroe County Mental Health Court and Monroe County Judicial Diversion Program. Hon. James Sheppard delivered an inspirational keynote address. Hon. Sheppard is currently serving as a Monroe County Legislator representing the 23rd Legislative District and is a retired Chief of the Rochester Police Department. Congratulations graduates!



CAYUGA COUNTY NEWS: The picture is of the Honorable Michael F. McKeon, Auburn City Court Judge and Andrew Lessig, a second-year student and legal extern from the Syracuse University College of Law Externship Program. Andrew was an extern with Auburn City Court during the 2015-16 academic year. Andrew's externship with City Court gave him the opportunity to develop his legal skills in a real-life setting while earning course credit. Upon graduation, he hopes to return to his home in Anchorage, Alaska.



The Monroe County Family Court Children's Center Reports 2015 Statistics

In 2015, the Monroe County Family Court Children's Center, operated by the University of Rochester worked with 4,034 children. The Center served 3,059 families and provided 1294 referrals for services. Nearly one thousand children were first-time visitors to the Center with 694 coming from the criminal courts in the HOJ. The Center works with Food Link to provide food and beverages to the children. In February the Eastman Institute For Oral Health hosted a dental day; they provided children and parents with education on dental hygiene. The Center received a grant that enabled them to partner with Eastman to provide referrals for dental services. The grant also enabled the Center to provide one thousand dental kits to Center visitors throughout the year. The Center staff utilizes many volunteers from the Friends of Strong Program, MCC student interns and Americorps members. The Center is also an LGBTQ Safe Zone.

The Children's Center will host an Open House on Wednesday May 18th at 12:45 P.M. and invite court staff to visit and enjoy light refreshments.

Pictured is Samantha Hadeed. Samantha and her family gifted the Center with a new kitchen dramatic play area for the children to enjoy.

- submitted by Eileen Whitney, Director Children's Center



Walking Works Spring Challenge 2016

Starts Monday, May 2, 2016 and goes through June 20, 2016. Go to Walkingworks.com to learn more about this challenge. Any type of exercise will count towards your steps in the challenge. You can track your daily activities and reach your personal goals each week.

This is a FREE PROGRAM open to ALL employees of the 7th Judicial District and their spouses, partners, friends and kids. Each participant will be registered in the county the employee works in and each county will be competing against each other.

You can also download the Walking Works app on your smart phone and register for the program on your phone. The app will automatically link your activity to the Spring Challenge. We have 138 participants so far!!

(Blue Cross and Blue Shield has developed the Walking Works program and nothing contained in this article should be considered an endorsement of their services.)

Congratulations!



Lisa Cammilleri (clerk to Justice Winslow in Monroe Supreme Court) and her husband Rob Cammilleri became first-time grandparents on March 19, 2016 to Giuliana Christine Cammilleri. Little Giuliana entered this world weighing 7 lbs. 4 oz. and 19 inches long. Her parents are Robby Cammilleri and his fiancée Andrea Marzulo. The proud aunt, Danielle Cammilleri and uncle, Richard Lodato (MCSO jail deputies), also welcomed Giuliana. Everyone is thrilled and feeling blessed with the new addition to the family.

Discover the Benefits of LISS for Weight Loss

When it comes to getting fit and healthy, there's no magic pill or secret shortcut for reaching your goals. Whether you'd like to drop a few pounds, build more muscle or achieve a more dramatic, life-changing weight loss, the recipe for success is proper nutrition and effective exercise. Ideally, that exercise should be a mix of strength training and cardio (defined by the American Council on Exercise as "movement that gets your heart rate up to improve oxygen consumption by the body.") Over the past few years, there's been a lot of buzz around High-Intensity Interval Training (HIIT), which is a form of cardio that alternates between short intervals of maximum intensity (usually between one to three minutes) and longer periods of recovery (around two to four minutes). The idea is to keep the body guessing by constantly switching up intensity levels, which can burn more calories in a shorter amount of time.

HIIT definitely has its benefits, but it's not for everyone. People with heart conditions or other medical concerns – or those who are new to exercise – may not be able to safely accommodate the high-intensity intervals. Fortunately, HIIT isn't the only way to reap the benefits of cardio workouts.

Low-Intensity Steady State cardio (LISS) is essentially the opposite of HIIT, involving *longer* periods of exercise at a lower heart rate in the aerobic range (typically 60 to 80 percent of maximum capacity.) Shane Mclean, an KACE-certified personal trainer, says that although anyone can benefit from LISS workouts, they're especially well-suited to beginners and those who are returning to exercise after a long hiatus. "LISS is especially beneficial for deconditioned people who have fallen off the exercise wagon, as well as individuals with certain chronic health conditions," he says. "A healthy aerobic system will help these people with all aspects of health and exercise." Andrew Noble, a certified personal trainer for Go Smart Fitness, says the best candidates for LISS workouts are those who are looking to reestablish a fitness habit without running the risk of joint injuries, as well as people who are in basic cardio rehabilitation plans.

Benefits of LISS are: Efficient fat burning, exercising at a lower heart rate may burn more fat, while HIIT workouts primarily burn glucose. Aerobic Training: LISS workouts train the body aerobically, which enables better recovery from all types of training. Stress Reduction: Longer, lower-intensity workouts can help reduce stress levels by forcing you to slow down, rather than trying to fit as much exertion as possible into a shorter amount of time. Lower Cortisol Levels: Restorative activities such as slow leisure walking and stretching, have been shown to reduce levels of cortisol, a stress-triggered hormone that can trigger retention of belly fat (also known as visceral fat.) Healthy Hormones: In addition to burning calories, low-intensity workouts help to regulate hormone levels, which improves moods.

Start with 30 to 60 minutes of light walking each day. Other slow and steady activities include jogging, swimming, cycling and hiking. In the gym use a three-part LISS workout that combines three, 10-minute intervals:

- 10 minutes on a stationary bike at 60 to 80 percent of max heart rate
- 10 minutes on the treadmill at 60 to 80 percent of MHR
- 10 minutes on the rowing machine at 60 to 80 percent of MHR

As always, be sure to consult with a physician or health professional before starting a new exercise program.

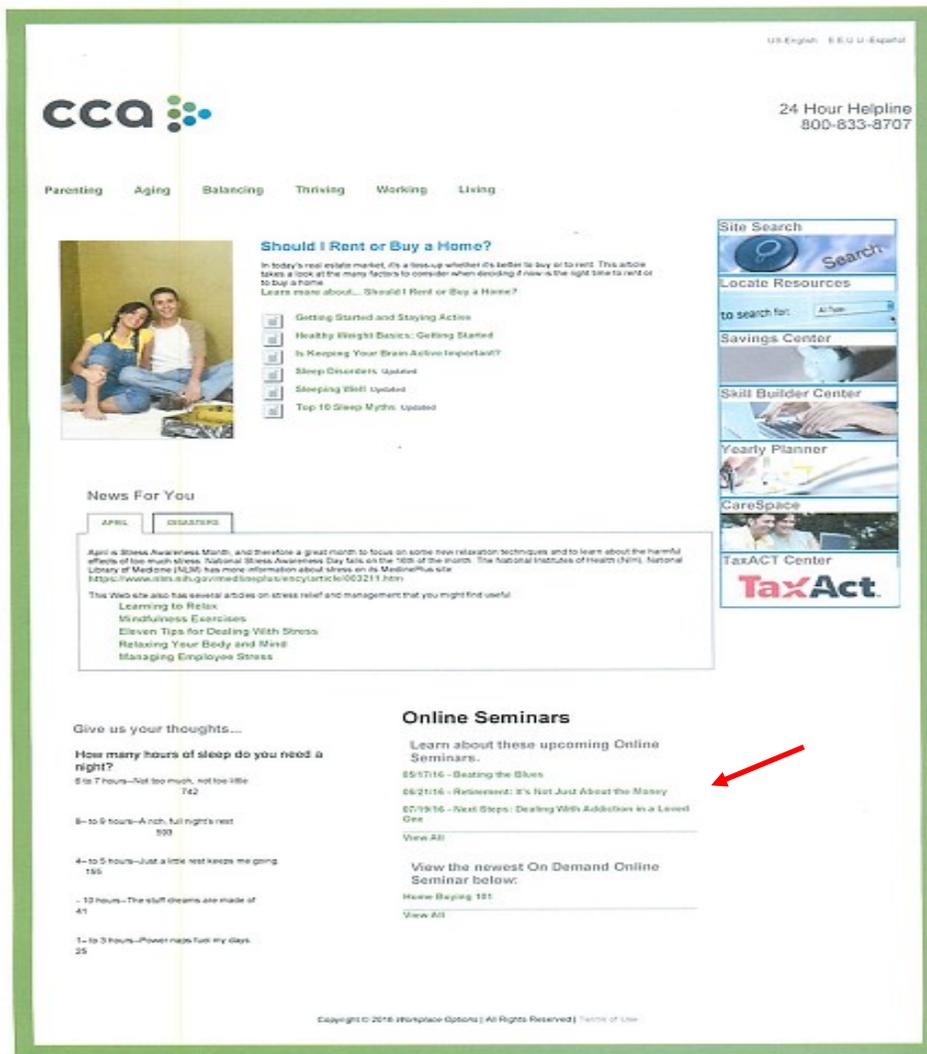


Webinars Available

Did you know that the Unified Court System’s WorkLife Assistance Program offers Webinars on a variety of topics? The two types of categories for the Webinars are “Upcoming” for which you would need to register through the Corporate Counseling Website, or “OnDemand” which means the original Webinar has already taken place and you can watch it when time permits. For the most up-to-date list, please go to the intranet and in the browser, type in *login.corporatecounseling.com*. For the Company Code type in UCS and click SUBMIT. **A good webinar coming up is on May 17th—Beating the Blues.**

To access the On Demand Webinars, scroll down to the bottom of the CCA page and click on “View All” to see all the topics. Choose your topic. If you want to view the slides and hear the speaker, put on your earphones and click on the Windows Media icon. Click “Play.” If you would prefer to read or print the webinar, click on the appropriate PDF icon.

If you have any questions or problems accessing the webinars, you can contact the Human Resources Unit at (585) 371-3266.



OVER THE GARDEN FENCE



When is a good time to plant my annuals in the ground and in pots outside?

In our area (Zone 5A-5B) it’s recommended to plant after the last frost. After May 15th is a good date, however, if temperatures at night fall below 32 degrees then they will need to be covered with plastic.