

VOL. 1 ISSUE 2 JUNE 2022

MCSF SUMMER NEWSLETTER

Official Newsletter of the Monroe County Sheriff's Foundation



MONROE COUNTY SHERIFF'S FOUNDATION

About the Foundation—We are a non-profit organization, registered with the IRS as a 501(c)3 to fund special projects and programs for the Monroe County Sheriff's Office. The budget from Monroe County taxpayer funding, is simply inadequate to support all of the needs of the Office of Sheriff. Donations to the Foundation provide for Deputy Wellness programs, Community Service Programs and the purchasing of police K9, horses for the Mounted Unit, and other specialized equipment that aids the Sheriff's Office and our local law enforcement in crime investigation and public safety services. Your generous donation is invested here in OUR community, benefitting our neighbors in Monroe County.



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President's Message: *Police Service Comes At A Cost*



My name is William Sanborn and I am the President of the Monroe County Sheriff's Foundation. I am also retired from a career in law enforcement, where I started as a Deputy Sheriff in the Police Bureau.

For 26 years, I had the honor of serving our community and working alongside those whom on any given day, performed courageous acts of bravery making split second decisions under stress in circumstances you might ever expect. Without question these actions saved lives, averted tragedy, and secured our community.

Police service makes for an honorable living, but a reality to which I can attest, is that it often comes at a cost. Some officers leave their career carrying with them permanent scarring caused from the job, which sadly serves as an everyday reminder of a sacrifice made.

Aside from the visible traumatizing that some may experience by injury; the greater majority of us who have served "on the job", carry some degree of 'mental scarring'— wounds not seen from the outside - often with certain sights, sounds, smells, and situations - being triggers that can unleash disturbing memories forever imprinted in the depths of our minds. On occasion, thoughts resurface without warning as a result of having been exposed to disturbing scenes that can not be easily explained, understood, nor forgotten.

Sadly for some I have known, their exposure, struggles, and pain ended up being just too much of a burden, and without the help they so desperately needed, it ended in tragedy.

And for the heroes we know who lost their lives in the line of duty, there are no words to accurately express the pain our law enforcement family experiences, mourning the loss of a brother or sister in blue.

Now retired from law enforcement, but remaining active as a police advocate and supporter—from my position as President of the Monroe County Sheriff's Foundation...I speak to you candidly offering my insight of policing and law enforcement from a "having lived it" perspective. I have personally experienced many of the challenges associated with a career in law enforcement. Like all who have served, I too carry my own story recorded over a period of time, that includes a degree of emotional scarring. Unfortunately, I have experienced loss to suicide, and loss from accidental and line of duty deaths.

Knowing the ever-growing challenges that law enforcement experiences today, I truly believe it's more important now - than perhaps ever before- for us as community, to advocate and spread messages of support for our local law enforcement.

I most respectfully ask not only during Police Week, but in addition as a matter of practice throughout the year, that we keep our deputies and local law enforcement officers in our thoughts, and demonstrate expressions of thanks, appreciation, and recognition for their service.

On behalf of the Monroe County Sheriff's Foundation, THANK YOU for helping us support our deputies and local law enforcement officers, and the important work they do each day - with unstinting sacrifice - keeping our communities safe.



William Sanborn 1990



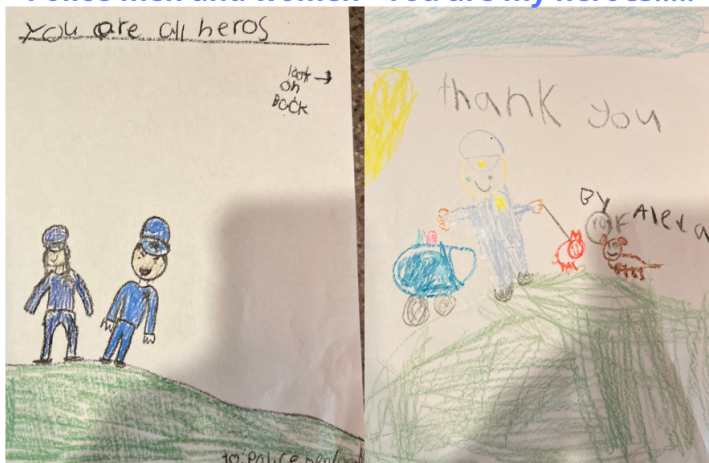
Police Week

During May 15th Police Week, MCSF solicited the community to send us their messages of appreciation and support to our local law enforcement, where we shared them on our social media for them to see.

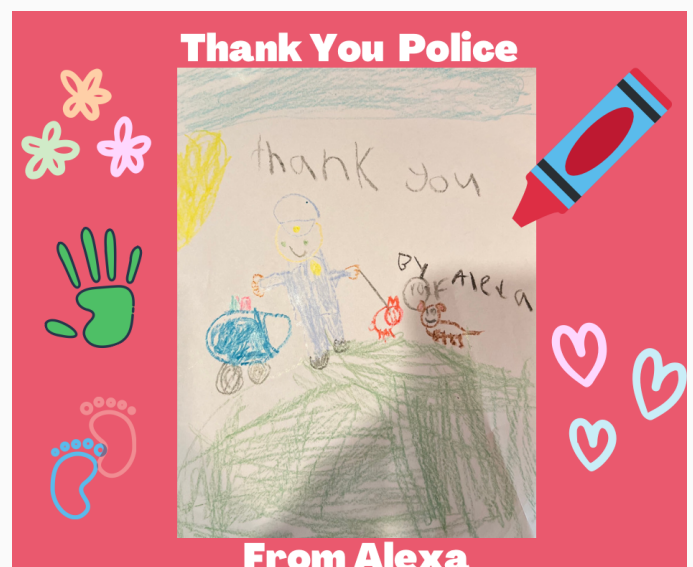
The Foundation would like to continue these messages of support throughout the year. Please submit your message to us at info@monroecountysheriffsfoundation.org



Police men and women - You are my heroes.....



I am thankful because you catch the bad guys



From Alexa



WE BACK THE BLUE

MCSF Supports Launch of Health & Wellness Program

KIM BUTLER, DIRECTOR OF MCSO HEALTH & WELLNESS



May 2022

Nationwide law enforcement agencies are under scrutiny with their training and response to individuals in crisis. It is the role of Monroe County Sheriff's Office to assure a successful and effective response to our community. This is an absolute priority but without resilience and wellness, officers cannot respond with the empathy and compassion the community deserves. The Monroe County Sheriff's Office MCSO Health & Wellness Program recognizes the stronger, more resilient, and well trained deputy will be more responsive and empathetic in their response.

The MCSO Health & Wellness Program is designed to provide individualized support to the staff, both sworn and civilian, of MCSO and their families. The Health and Wellness Program is a three-pronged approach, (1) Peer support program (2) Embedded clinicians for immediate contact/engagement, and (3) Expanded wellness training and programming department wide.

The Sheriff's Foundation has provided integral support to help launch the MCSO Health and Wellness Program. Some highlights are listed below:

- The Sheriff's Foundation funded the cost of the development and launch of the first year of the Cordico Wellness App, which is available to all MCSO employees, town and police agencies, their families, and retirees. This app was developed with the MCSO Health and Wellness Program, allowing for a confidential means to connect to peer support, vetted referral options, chaplains, as well as self-assessments, wellness resources, etc. The goal is to get resources and means for connection to deputies, civilians, and their families. This app has been downloaded by nearly 700 people in the first two months.
- The Sheriff's Foundation funded a partnership with Elevate Fitness, who provides fitness classes, 1:1 training, a fitness app, and nutrition training and meal planning.
- The Sheriff's Foundation funds yoga and meditation on alternate months, taught by a retired deputy. Yoga and meditation have been found to decrease overall stress for law enforcement as well as promote mental wellbeing.
- The Sheriff's Foundation is funding the first Monroe County Sheriff's Office (8 hour) wellness day in June 2022. The wellness day will offer a variety of stress relief work stations, hoping to give deputies new insight about the stresses of the job (and life) and how to gain some stress relief.
- The Sheriff's Foundation provided a healthy meal to deputies on New Year's Eve. It is a day that many have off, yet law enforcement work tirelessly despite the danger so this recognition (and a meal) was much appreciated.

The Sheriff's Foundation is such a strong partner for the MCSO Health and Wellness Program, bringing opportunities to promote wellness to both sworn and civilian staff as well as their families. Officer wellness is at the heart of recruitment, retention, and general life satisfaction (both on the job and off.) The funding and support provided over the last year has benefitted countless deputies, civilians, and their families. We are stronger together.





Please Join us @ MCSF Annual Golf Classic

2002 ANNUAL MCSF GOLF TOURNAMENT

Date: Monday, July 11, 2022

Location: Midvale Country Club, Penfield, N.Y.

Our premier fund-raising event is our Annual Monroe County Sheriff's Foundation Golf Classic held at Midvale Country Club in Penfield, NY. A full field of 144 players and more than 100 additional dinner guests help us celebrate the good work of the Monroe County Sheriff's Office.

A spot in this event is one of the most sought after on the summer tournament schedule. Participants enjoy a round of golf with friends, and especially appreciate the chance to meet and mingle with MCSO team members. The mounted patrol and K-9 units are also on hand to make the day even more special.

The event raises more than \$70,000 to help support the ever-growing community education and specialized equipment needs of the MCSO.

Register online today at
monroecountysheriffsfoundation.org

“Our premier
fund-raising
event is our
annual Golf
Classic”



WE BACK THE BLUE

MCSF Supports Teen Police Academy

FUNDS UNIFORMS

The Monroe County Sheriff's Foundation is funding the purchasing of uniforms for all participants in the two July 2022 sessions of the MCSO Teen Police Academy. The Academy is designed to give teens across the county an introduction to law enforcement training. Teens will also gain an understanding of law enforcement's role in our community. The training will include classroom instruction, actual role-plays and rigorous physical fitness training. Teens will build confidence while learning good decision-making and leadership skills



Mission BBQ Raises Funds For MCSF

PROCEEDS OF HERO CUP SALES



On April 4th, 2022 Mission BBQ in Henrietta presented the Foundation a check for \$3,382 raised from the sale of their Hero Cups. Thank you Mission BBQ for your generous support



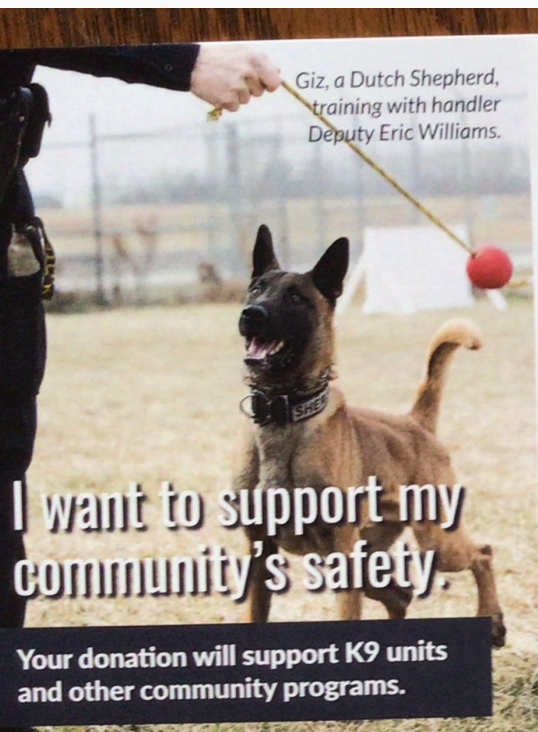
Are You Ready To Make A Difference?

MAKING A DONATION HAS NEVER BEEN EASIER

Your Gift to the Foundation will help us continue to support the important needs of the Sheriff's Office and our local law enforcement.

Give your gift on line at monroecountysheriffsfoundation.org

Mail in your gift to the Monroe County Sheriff's Foundation
C/O RDG+Partners
10 Winthrop Street
Rochester, NY 14607



Giz, a Dutch Shepherd, training with handler Deputy Eric Williams.

YES! I would like to support Monroe County Sheriff's Foundation

Donate Today


City Churchville State NY Zip 14428-9429

☐ Check enclosed (please make out to Monroe County Sheriff's Foundation)

☐ Charge my credit card:

Card No. _____

Expiration _____ CVV _____

 Donations can be made online by visiting MonroeCountySheriffsFoundation.org/donate or by scanning the QR code on the left.

I want to support my community's safety.

Your donation will support K9 units and other community programs.

 **MONROE COUNTY SHERIFF'S FOUNDATION** | 45 East Avenue • Rochester, NY 14604
MonroeCountySheriffsFoundation.org

Are you ready to make a difference?

Making a donation has never been easier. See your options below:

✉ MAIL IN YOUR GIFT

Enclosed with this letter is a reply card and addressed envelope. Please fill out the card and mail it to the address provided below:

Monroe County Sheriff's Foundation
C/O RDG + Partners
10 Winthrop Street
Rochester, NY 14607

💻 GIVE YOUR GIFT ONLINE

Scan the QR code or visit the donation page on our website linked below to make a secure online donation of any amount:

MonroeCountySheriffsFoundation.org/donate



Scan the code (left) to be taken directly to the donation page on our website.

Background features Jay, a German Shepherd.



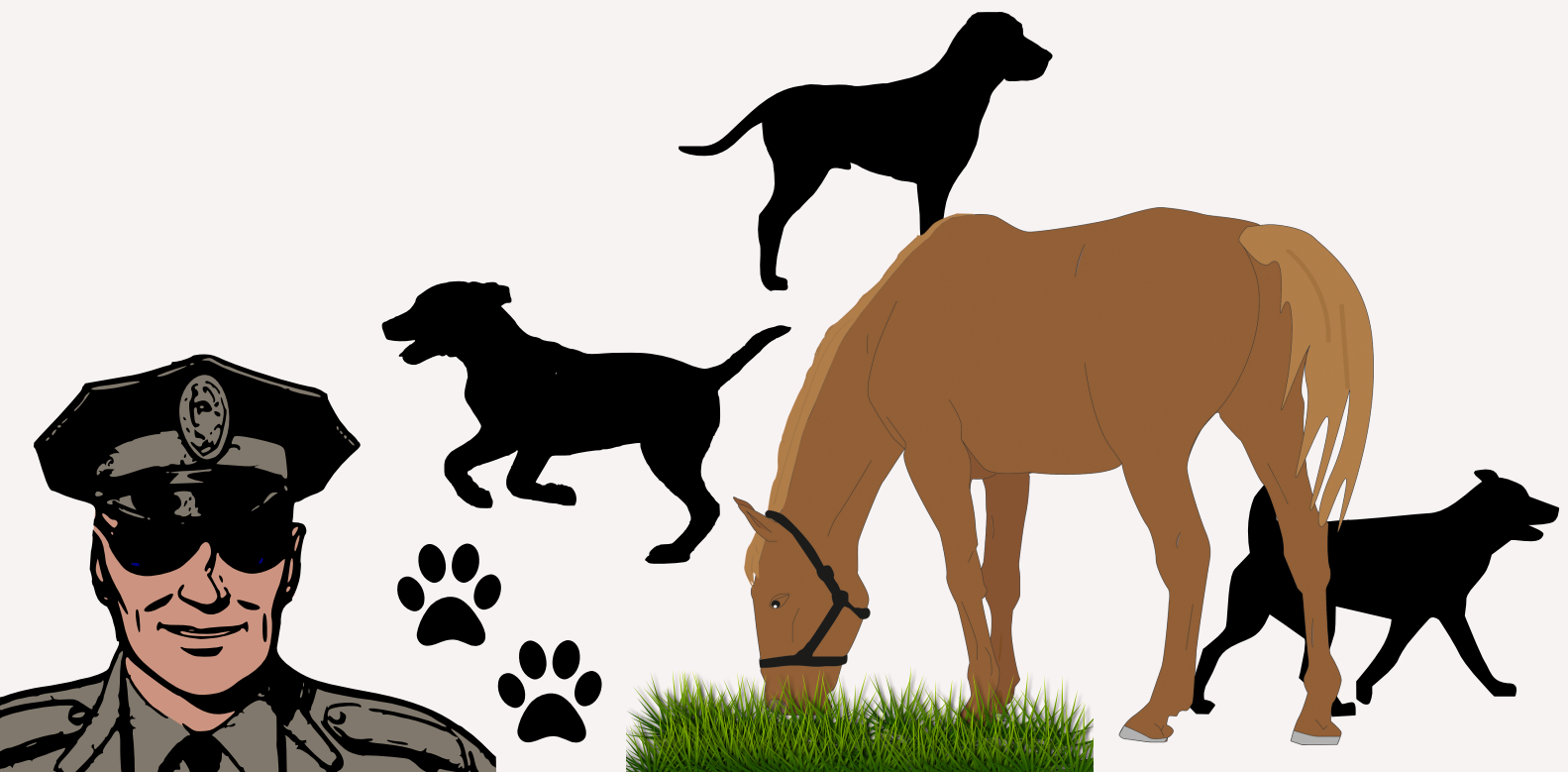
WE BACK THE BLUE



MONROE COUNTY SHERIFF'S FOUNDATION

MCSF Helps Fund Three New K9's and Horse

We are excited to report that your donations have allowed for the recent purchasing of three new police dogs for the K9 Unit and a new horse for the Mounted Unit. All are presently in training and we will look forward to introducing them to you soon upon their successful completion and passing necessary certifications allowing them to officially begin their service with the Monroe County Sheriff's Office. More details to follow.



We Are On Facebook and Instagram



MONROE COUNTY SHERIFF'S FOUNDATION

Be a Foundation Friend!

Like, Follow, &
Share Our Social
Media Pages

Sign Up For Our
Email Newsletter!



www.monroecountysheriffsfoundation.org



WE BACK THE BLUE

A SAFER COMMUNITY STARTS WITH YOUR SUPPORT

**Donate now at
www.monroecountysheriffsfoundation.org
100% of your donation supports MCSF initiatives!**



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