

QUARTERLY NEWSLETTER

LEWIS COUNTY PUBLIC HEALTH

April - May - June 2023

A Message from the Director Ashley Waite, Public Health Director

I am very excited to announce the new Lewis County Public Health quarterly newsletter. This newsletter will be an opportunity to learn about pertinent health topics, upcoming community events, what is new here at Public Health, as well as opportunities to get involved in community health.

Health is more than just absence of disease. Health is a state of complete physical, mental, and social wellbeing. This newsletter will not only provide you information on how to keep you and your family physically and mentally well, it will give you an opportunity to engage more with your community which we know is important for overall wellbeing.

Public Health is all around us, it is the water we drink, the food we eat, the environment we live in, and the way we choose to spend our time. There is so much we can each do to protect our own health and wellbeing and prevent disease. We must stay informed and prioritize our health every day. Take the information in this newsletter and the ones to follow and apply it to make the life you live a healthier one!

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National Public Health Week



Public Health
Prevent. Promote. Protect.
LEWIS COUNTY

This is a time each year to recognize the contributions that public health has made to improve your health.

Keep reading to find out what public health means to your very own local health department!

Ashley Waite, Public Health Director



To Ashley, public health means, "empowering community members to live their healthiest life. We do this through a variety of mechanisms including: Assessing the community for health risks and educating the community about those risks. Promoting healthy behaviors and disease prevention strategies. Improving access to healthy choices such as physical activity, nutritious food, and health care. Protecting the health of residents through health policy."

A public health director plans and administers comprehensive public health programs and services based on community needs and available resources. Ensures compliance with public health policies, laws, and regulations. Collaborates with local policy makers and community stakeholders from a variety of sectors to improve health outcomes.

Nurses

To the Prevent Nurses, public health means, "improving the health of our community by providing services that lead to better health and healthy lifestyles. These services include education, vaccination, testing, monitoring diseases and trends, outreach, and referrals to community services."



The Nursing team provides all the services mentioned above, but to be more specific, vaccinations are available for both adults and children. Vaccinations are available for travelers as well. Lead poisoning prevention, rabies prevention, communicable disease control, ticks, and mosquito-borne diseases are also focuses of the nursing team.

Children With Special Needs

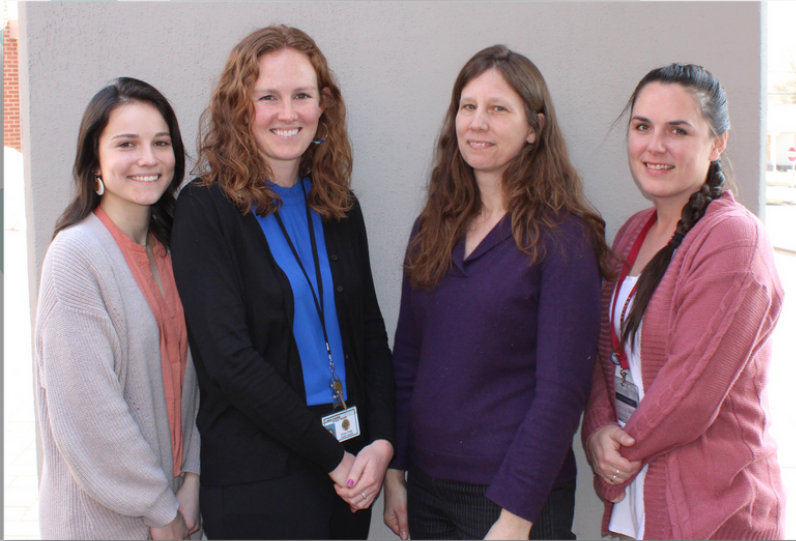
To the Children With Special Needs team, public health means, "serving our community and ensuring that families have access to services that they need, while reducing the stigma associated with developmental disabilities."



The Children With Special Needs team is committed to serving families of Lewis County by working with community members and providers to assist children from birth to age 21, and their families. The programs Lewis County Public Health has are Early Intervention, Child Find, Preschool Special Education, and Children and Youth With Special Healthcare Needs.

Population Health

To the Population Health Team, public health means, "creating communities, environments and systems where all people can live well."



Every three years, Lewis County Public Health works with its partners to complete a Community Health Assessment and develop a Community Health Improvement Plan. In the plan, we identify different evidence-based programs that we will implement over the three-year period to address various health indicators. Our top three priorities are, prevent chronic disease, promote a healthy and safe environment, and promote well-being and prevent mental and substance use disorders.

Fiscal/Business

To the Fiscal/Business Team, public health means, "the all encompassing health of one community. One Agency. One Community. One Goal."



The fiscal/business staff includes a Fiscal Manager, Administrative Assistants, Account Clerk, and Senior Account Clerks who handle all of Lewis County Public Health's fiscal duties for the agency's various programs including grants, claiming, State Aid, and general running of Public Health business. They make sure everyone has the tools to do their jobs from postage to supplies and equipment.

Health Matters Highlights

Each month, Lewis County Public Health submits a Health Matters article to the Journal & Republican. To read the full articles, you can find them in past copies of the Journal.



JANUARY - POVERTY IN AMERICA AWARENESS MONTH

Lewis County Public Health has taken a lead role, among other agencies, in working to end poverty in Lewis County.

Lewis County Public Health staff are active in the Lewis County Bridges Out of Poverty Initiative and with Getting Ahead in a Just Gettin'-By World sessions.

Getting Ahead (GA) is a place where people in poverty can gain knowledge and support to make the transition to stability. Getting Ahead participants are people from Lewis County communities who are experiencing a lack of resources. They learn skills to gain stability in their lives. The most recent group to graduate (pictured left) took place this past February!

FEBRUARY - CHILDREN'S DENTAL HEALTH MONTH

Tooth decay is one of the most common chronic diseases of childhood.

If tooth decay is not treated, the excess amount of bacteria could lead to brain or heart infections, gum disease, blood poisoning, and sepsis (blood infection). Risk factors that lead to tooth decay are family members having cavities, eating and drinking sugary foods/liquids, having special healthcare needs, and wearing braces or other oral appliances. If any of these apply to your child, speak with your dentist or pediatrician to take extra steps to protecting your child's teeth.

Lewis County Public Health professionals work within the community promoting the importance of children's dental health by providing presentations and dental supplies. If you are interested in scheduling a presentation for your school or daycare, please contact us at 315-376-5453.



MARCH - DEVELOPMENTAL DISABILITIES MONTH

Developmental disabilities are defined as impairments in physical, learning, language or behavior areas and can include autism spectrum disorder, cerebral palsy, attention-deficit/hyperactivity disorder, learning or intellectual disabilities, hearing loss, vision impairment, and other developmental delays.

The Centers for Disease Control and Prevention (CDC) offers many free materials that can be used to track child developmental milestones, including the CDC Milestone Tracker app, which is free to download. These resources help parents and providers to work together to monitor child's development and know when there might be a concern if more screening is needed.



If you feel your child is not meeting the milestones for his or her age you can also contact the Children with Special Needs Program at Lewis County Public Health.

Naturally Healthy App

Did you know that Lewis County Public Health now has an app? It's free too!



Naturally Healthy

The first side of the app, called Naturally Healthy, has a lot of great resources for low or no cost physical activity opportunities, farm stands and stores, right here in Lewis County. You will find:

- Farmers Markets
- Trails
- Farm Stands & Stores
- Parks & Playgrounds
- Recreation Facilities
- Seasonal Activities

Each section contains more information like location, hours, who you can contact, photos, and more!

You can download the app two ways:

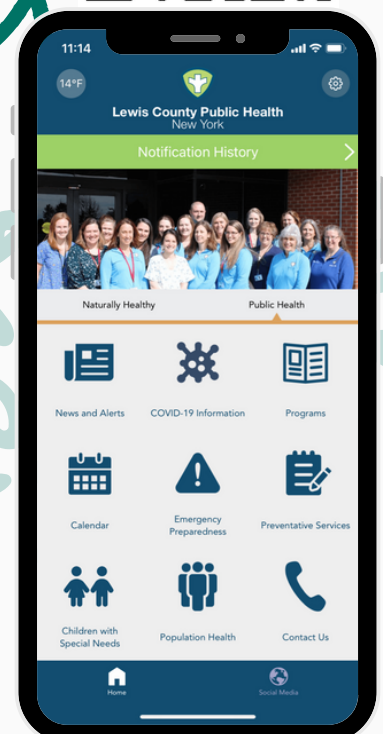
1. Search Naturally Healthy Lewis County in your app store
2. Hold your phone's camera up to the QR code here and click on the link when it pops up on your screen



Public Health

The other side of the app, the Public Health side, you will find up to date information about our core services, including:

- News & Alerts
- COVID-19 Information
- Programs
- Calendar
- Emergency Preparedness
- Preventative Services
- Children With Special Needs
- Population Health
- Contact Us



Upcoming Events

Rabies Clinic

- ✓ Please social distance while waiting in line
- ✓ If possible, one pet per person in line

Sponsoring a Rabies Clinic for all dogs, cats and ferrets 3 months of age or older.



May 10, 2023	Constableville Fire Hall	7-8 PM
May 11, 2023	Copenhagen Fire Hall	7-8 PM
May 15, 2023	Lyons Falls Fire Hall	7-8 PM
May 17, 2023	West Leyden Fire Hall	7-8 PM
May 18, 2023	New Bremen Fire Hall	7-8 PM
May 22, 2023	Harrisville Fire Hall	7-8 PM
May 24, 2023	Lowville Town Barn	7-8 PM
May 25, 2023	Osceola Town Barn	7-8 PM

A \$10 donation per pet is suggested to defray the cost of the vaccine and clinic staffing.
All pets must be vaccinated, even if an indoor pet. If an unvaccinated pet bites, it must be confined x10 days in an approved kennel/shelter at owner's expense.
All animals need 2 shots-one year apart, then every 3 years.
Please have all dogs on a leash and cats & ferrets in a carrier or strong pillowcase/sack.
Please provide a record of previous vaccination.



LEWIS COUNTY PUBLIC HEALTH PRESENTS

DIABETES PREVENTION PROGRAM (DPP)

A FREE lifestyle change program that reduces your risk of Type-2 Diabetes

EVENINGS FROM 5-6 PM

LEWIS COUNTY JCC EDUCATION CENTER
7395 EAST RD LOWVILLE, NY 13367

What do Lewis
County
Residents say?

"The people I met in my class have motivated me and I hope to keep them in my circle of friends."

"With your support, I am a new person! Thank you for helping me start a new lifestyle!"

"I learned a lot from this class. I plan to continue using the information I learned for the rest of my life."

"After 16 weeks, I've learned when to eat, what to eat and how to eat. I also learned that we are responsible for ourselves. We have the willpower when it comes to eating and exercising. Most of all, we are able to forgive ourselves if we make a mistake. We start over and make better choices and continue on."

Sign up by calling 315-376-5453
or fill out the self-referral form at lewiscountypublichealth.com

LEWIS COUNTY PUBLIC
HEALTH PRESENTS

DIABETES SELF- MANAGEMENT PROGRAM (DSMP)

Join us for a 6-week workshop to learn the skills needed to manage type 2 diabetes!

Topics may include:

- ways to deal with diabetes symptoms, fatigue, pain, and stress
- exercise for maintaining and improving strength and endurance
- healthy eating
- taking medications as prescribed
- working more effectively with health care providers

Classes take place each week and are 2 1/2 hours long.

They will be at the JCC Education Center:
7395 E Rd, Lowville, NY 13367

Have questions or want to sign up?
Call us!
315-376-5453



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SUICIDE BEREAVEMENT SUPPORT GROUP

All ages
welcome!

Supporting suicide loss survivors in Lewis County and the surrounding areas.



When:

The 4th Tuesday of each month
6:00-7:30

Register by:

emailing sierrakempney@lewiscounty.ny.gov
or
calling 315-376-5453



BRIDGES TO HEALTH & HEALTHCARE

Join us to learn of fresh opportunities to improve health outcomes. With this training, you will understand how income levels may influence patient perception and compliance through the review of research data linking health disparities to economic class allowing for the fine tuning of best practices for building outcomes with diverse economic populations.

APRIL 18, 2023 | 9AM - 4PM | JCC LEWIS EDUCATION CENTER
LUNCH & MATERIALS PROVIDED

REGISTER FOR FREE AT
BRIDGESLEWISCOUNTY@GMAIL.COM

SPONSORED BY:





TACTICAL COMMUNICATION FOR **FIRST RESPONDERS**

LED BY RETIRED POLICE CHIEF, GARY RUDICK
35 YEAR VETERAN OF OKLAHOMA LAW ENFORCEMENT

Tactical Communication is a set of tools to gain the cooperation and respect of people from all economic backgrounds, especially those from poverty.

Information from Bridges Out of Poverty is tailored to help first responders understand the driving forces in poverty, middle class, and wealth. A better understanding of class allows first responders to be more effective on each call and receive fewer complaints.

MAY 11, 2023 | 9AM - 4PM | LEWIS COUNTY SEARCH & RESCUE
LUNCH & MATERIALS PROVIDED

REGISTER FOR **FREE** AT
BRIDGESLEWISCOUNTY@GMAIL.COM

SPONSORED BY:





SAVE THE DATE

5TH ANNUAL
**LEWIS COUNTY
COMMUNITY
CUP**

MAY 31 - JUNE 3, 2023

**LEWIS
COUNTY**
NEW YORK

We Want to Hear From You!

Would you like to subscribe to this newsletter so you automatically get it sent to you?

Have a suggestion for the Naturally Healthy App?

Is there a certain health topic you want to know more about?

Have a question about the services we offer?

Lewis County Public Health wants to hear from you!



sierrakempney@lewiscounty.ny.gov

Follow our Socials!

Do you want even more public health content?
Follow us on our social media accounts!



Lewis County Public Health

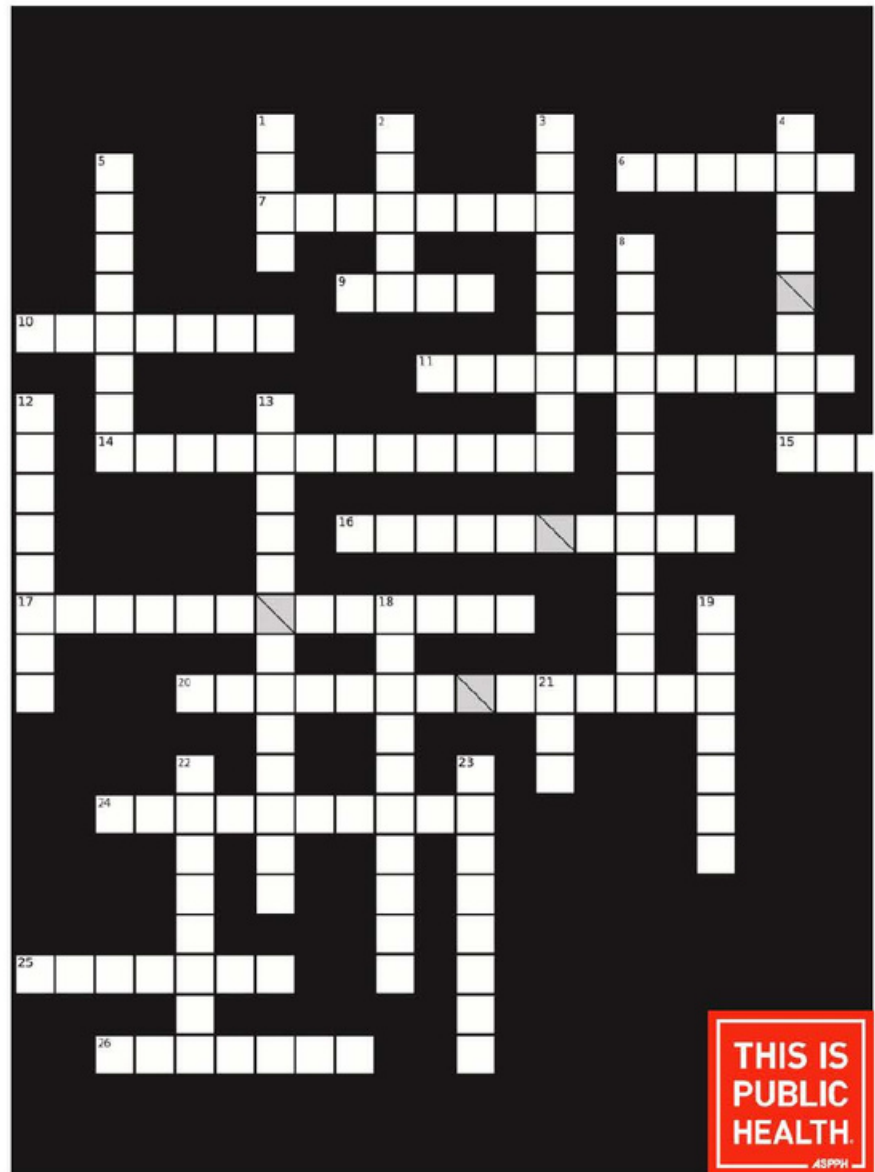


[lewisco_publichealth](https://www.instagram.com/lewisco_publichealth)

Public Health Crossword Puzzle

Across

- 6 Form of contraception that is, other than abstinence, the most effective form of prevention against sexually transmitted diseases such as HIV.
- 7 Group of minerals used as fireproof insulation material. Unfortunately, the large fibers of this material can cause severe respiratory problems such as mesothelioma and asbestosis.
- 9 Also known as the Occupational Safety and Health Administration, a government entity associated with ensuring the welfare of workers in the United States.
- 10 Administration of a weakened or inactive virus, highly important in the global elimination of smallpox.
- 11 Where we live and breathe; we are only as healthy as this.
- 14 A field of public health that uses biostatistics to indicate possible trends and risk factors for health problems in the population.
- 15 Also known as the World Health Organization, a vast organization that provides leadership on global health matters and works within the United Nations (UN).
- 16 Additive found in many foods and known to predispose one to cardiovascular problems. Banned from foods in California and New York restaurants. (2 words, e.g. xxxx xxxx)
- 17 Focusing on prevention, ensuring the health of entire populations. (2 words, e.g. xxxx xxxx)
- 20 Worsened by the burning of fossil fuels, resulting in large changes in temperature and environment. (2 words, e.g. xxxx xxxx)
- 24 A public health measure to reduce exposure to disease through isolation and mostly used as a last resort. Eliminating the ability for the individual to have a choice in the matter, this creates the debate of liberty versus security.
- 25 Spread by mosquitoes in the form of protozoan parasites, a deadly disease highly prevalent in Africa. Those who are genetically heterozygous for the Sickle Cell Disease trait are actually protected against this affliction.
- 26 Unbreakable material that replaced glass in many instances, leading to more durable containers. However, there are great environmental concerns over creating the product and whether chemicals can go into foods and liquids.



Down

- 1 Harmful metallic element found largely as a component of paint, poisoning has taken numerous lives since, even after it was banned from paint products.
- 2 Found on rats, the vehicle for bubonic or black plague that ravaged Europe during the 14th Century.
- 3 Inequity, a lack of equality that can lead to reduced health.
- 4 Considered by many to be the first epidemiologist in recorded history. (2 words, e.g. xxxx xxxx)
- 5 Federal health insurance program for those over the age of 65. Primarily concerned with increasing access to health care and medication.
- 8 Public health initiative targeting water, which lowered the rates of cavities nationwide.
- 12 Viral infection, deemed by the World Health Organization in 1979 to be eradicated mostly through vaccination.
- 13 The leading cause of death in America. Risk factors include old age, high blood pressure, and smoking. (2 words, e.g. xxxx xxxx)
- 18 Form of treatment against bacterial infection that can become ineffective through improper or overuse. Penicillin is an example.
- 19 One of the largest emerging public health issues worldwide and responsible for a variety of health afflictions including type II diabetes and heart disease. Approximately 1/3 of Americans combat this on a daily basis.
- 21 Retrovirus that can cause Acquired Immunodeficiency Disorder Syndrome. Transmitted through blood (i.e. blood transfusions, intravenous drug use) and sexual contact.
- 22 Unicellular organisms that can be beneficial or detrimental to the body; found in foods such as cheese and yogurt. Escherichia Coli (E. Coli) is an example.
- 23 Federal health insurance program for those below the poverty line. Increases access to health care and medication.

Public Health Crossword Puzzle (Answers)

Across

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