

QUARTERLY NEWSLETTER

LEWIS COUNTY PUBLIC HEALTH

January - February - March 2024

Lewis County Residents,

Happy New Year! We hope that this newsletter helps you stay informed about various health topics and upcoming events.

If there is a topic you would like to know more about, please feel free to contact us at 315-376-5453 or go to lewiscountypublichealth.com.

Have a great new year, from all of us at Lewis County Public Health!

Mission

To promote and protect the health of Lewis County.

Vision

Healthy people living in a healthy community.

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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.

OCTOBER - LEAD POISONING PREVENTION

Lead poisoning occurs when lead builds up in the body. No safe blood lead level has been identified and exposure to lead can severely affect a child's health.

People are exposed to lead by the ingestion of lead paint chips, contaminated food or water, or by breathing in lead dust. Certain jobs and hobbies involve working with lead-based products, such as stained glass work, welding, construction, and bridge construction may cause parents to bring lead into the home.

The good news is that lead poisoning can be prevented. Washing hands and toys frequently reduces hand to mouth transfer of lead. Cleaning hard floorings with a wet mop can help trap dust that could be contaminated with lead. Vacuum carpets and rugs with a vacuum cleaner that is equipped with a HEPA (high efficiency particulate air) filter. Nutritious foods can help reduce the effects of lead.

If you have questions about lead poisoning prevention or would like your child lead tested, contact your child's healthcare provider or call Lewis County Public Health at 315-376-5453.

NOVEMBER- IMMUNIZATIONS

Vaccination against flu, COVID-19 and RSV is the best way to reduce our risk of having severe illness caused by these diseases.

CDC recommends that everyone 6 months and older get vaccinated with an updated COVID-19 vaccine and this season's annual flu vaccine. The RSV vaccine is recommended for certain groups. All infants should be protected against severe RSV illness by either an RSV vaccine given to pregnant people, or a preventive antibody shot given to infants after birth. Some children aged 8 months to 19 months are also recommended to receive the RSV antibody shot. Adults 60 years and older may also receive one dose of the RSV vaccine.

Vaccines are available in different places. Depending on your situation, you may get a vaccine at your health care provider's office, local pharmacy, or at your local public health office. Talk with your healthcare provider, pharmacist, or local health department if you have questions about these vaccinations. For more information on immunizations, call Lewis County Public Health at 315-375-5453.

DECEMBER- POVERTY

During the holiday season, many of us reach out to help those who are less fortunate. With all of this good focus on helping others, December is a good time to take a look at poverty in our community.

As far back as 2018, Lewis County's Priorities Council set decreasing poverty as one of its goals. They recognized that about 13% of county residents live below the federal poverty limit and even more struggle to meet basic needs and get ahead in our community. One of the ways that the Priorities Council chose to address poverty was through Bridges Out of Poverty.

Lewis County Public Health is an active part of the Bridges Out of Poverty work in our community. If you would like to know more about Bridges Out of Poverty work in Lewis County, contact Lewis County Public Health at 315-376-5453. You can follow Bridges Out of Poverty Lewis County, NY on Facebook. Information about the next Bridges Out of Poverty training in March, as well as the next Getting Ahead in a Just-Gettin'-By World session also in March, will be posted on our Facebook page.

Flu Season

The Flu (Influenza) is a contagious disease that can be severe. Almost every year, the flu causes disease in millions of people, hundreds of thousands get hospitalized, and tens of thousands die because of the flu. Lewis County Public Health urges you to take the following measures to protect yourself and others from the flu.

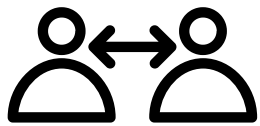
Follow these 3 steps to fight flu:

1. Get vaccinated!

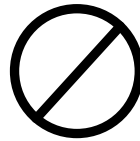
- All persons 6 months or older should get a flu vaccine, if possible before the end of October, or as soon as possible if after October
- Flu vaccines are offered in many places such as doctor's offices, clinics, health departments, drugstores, pharmacies, university health centers, and even at some schools

2.

Practice the Following



Avoid close contact with sick people



Avoid touching your eyes, nose, and mouth



Wash your hands frequently



Cover your nose and mouth when coughing or sneezing



Clean & sanitize surfaces and objects

3. Take antiviral drugs if prescribed by your doctor!

If you catch the flu, antiviral drugs can be used to treat it. Protect yourself. Protect your family. Get Vaccinated.



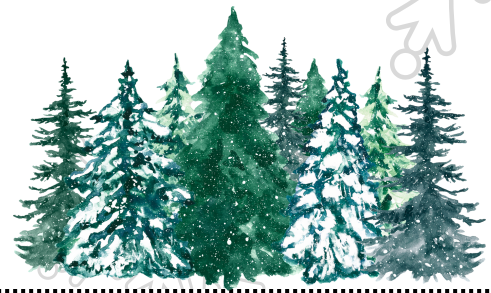
Winter Safety

Winters in Lewis County

-  The average temperature in January and February is in the single digits
-  Lewis County averages 150 inches of snow per year

Winter Clothing Tips

-  Stay dry
-  Wear a hat, gloves, and warm socks and boots because a lot of heat is lost from your extremities
-  Excess sweating will cause more heat loss, so shed layers
-  Getting fuel or alcohol on your skin while de-icing or fueling will cause the body to lose more heat
-  Constant shivering is a sign you are getting too cold



Winter Terminology

-  Wind Chill: The effect of wind in the combination with the actual temperature, which increases the rate of heat loss to the human body
-  Winter Storm Watch: Severe winter weather may affect the area
-  Winter Storm Warning: Severe winter weather conditions will effect the area

Winter Vehicle Safety

-  Clear snow and ice before departing for good visibility
-  Slow down and take your time when traveling in stormy weather
-  Keep the fuel in your car above half during the winter months
-  Keep more distance between cars
-  Snow drifts can hide pets, children, and vehicles

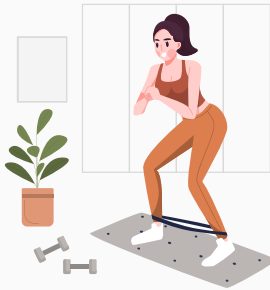
Heart Health

When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.



Learn Your Health History

Know your risks and talk to your family and doctor about your health history.



Move More, Sit Less

Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.



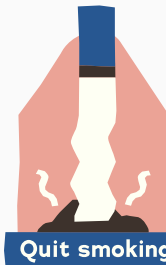
Take Medicines as Directed

If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.



Eat a Healthy Diet

Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.



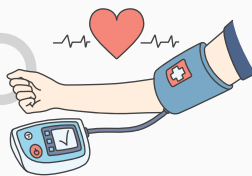
Quit Smoking

Call 1-800-QUIT-NOW for free help and take the first step on your journey to quit.



Choose Your Drinks Wisely

Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation by limiting consumption to no more than 1 drink for women and 2 for men on days that alcohol is consumed. If you are pregnant, don't drink any alcohol.



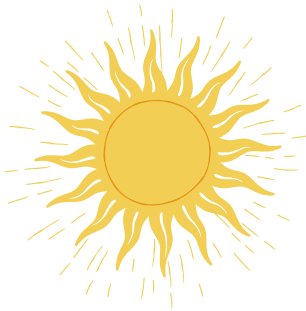
Monitor Your Blood Pressure at Home

Self-measured blood pressure monitors are easy and safe to use, and your doctor can show you how to use one if you need help.

Sleep

The connection between sleep and health is real. It impacts every one of us. Good sleep improves your brain performance, mood, and health. Not getting enough quality sleep regularly raises the risk of many diseases and disorders. These range from heart disease and stroke to obesity and dementia.

During the day



Light

Spend time in bright light during the day, natural light or equivalent brightness.



Exercise

Exercise regularly for a deeper sleep. Aim for 30 minutes a day, 5 days a week.



Mealtimes

Eat your meals at consistent times day after day.

At night



Avoid...

Avoid heavy meals, nicotine, caffeine, and alcohol before bedtime.



Wind-down

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night (7–9 hours for most adults, with same sleep and wake times.)



Environment

Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment.

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:

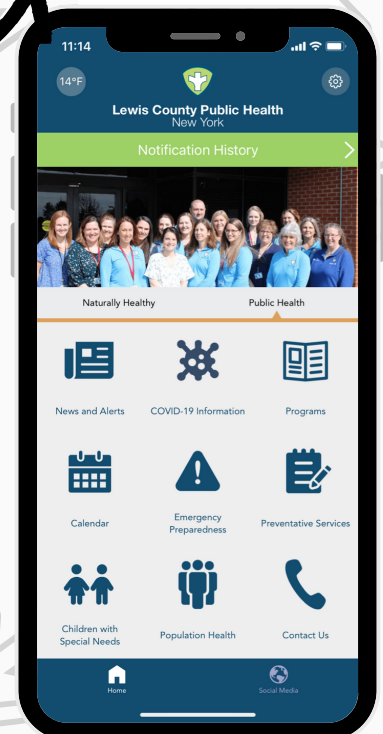
1. Search Naturally Healthy Lewis County in your app store
2. Hold your phone's camera up to the QR code here and click on the link when it pops up on your screen



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

Naturally Healthy Lewis County Scavenger Hunt

Lewis County is dedicated to providing the best resources for a naturally healthier lifestyle.

Each location you go to that is located on the Naturally Healthy Lewis County app is one entry to win a prize at the end of the summer!

Make sure you download the free Naturally Healthy Lewis County app from your app store!

For more information about how you can participate in the scavenger hunt, go to lewiscountypublichealth.com, click on Population Health Information, and scroll down to Naturally Healthy Lewis County.

Download the app by scanning this QR code!



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 lewiscountyny.gov

Are you up to date on your vaccines?
We can help!
Are you uninsured or underinsured
and need a vaccine?
We can help!

¿Estás al día con tus vacunas?
¡Podemos ayudar!
¿No tiene seguro o tiene un seguro
insuficiente y necesita una vacuna?
¡Podemos ayudar!

Scan a QR code below to take our self assessment survey to find out if you are up to date on your vaccines!



English



Español

Escanee un código QR a continuación para realizar nuestra encuesta de autoevaluación y saber si está al día con sus vacunas.



Inglés



español

Contact Us

315-376-5453

lewiscountypublichealth.com



Contáctenos

315-376-5453

lewiscountypublichealth.com



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



SUICIDE BEREAVEMENT SUPPORT GROUP

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

All ages
welcome!



When:

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

Register by:

emailing

sierrakempney@lewiscounty.ny.gov

or

calling 315-376-5453

GROWING TOGETHER: PARENTING WITH A TWIST

STARTING OCTOBER 12, 2023

10:00 - 11:00 AM

WILLIAM T. BUSH LIBRARY
MARTINSBURG, NY

GROUPS WILL BE HELD ON THE SECOND
THURSDAY OF EACH MONTH

Meet with fellow
parents/caregivers
to discuss and
learn new
parenting
strategies!

Hosted By:

Dixie Lehman, FPA, NRCIL
&
April Seymour Ritz, Public
Health Specialist, Lewis
County Public Health

Call Dixie: 315-836-3735
or April: 315-376-9687
for more information
or accommodations

Each week will feature a
new topic including
special needs, behavior
management, sensory
concerns, nutrition,
speech/language and
more!

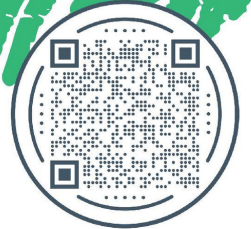


NRCIL

Your Disability Rights and Resource Center



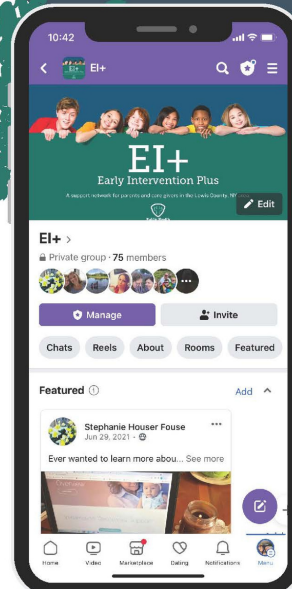
Join our Early Intervention Plus Private Facebook Group!



Scan the QR
code to join
the group!

What is it?

- EI+ is a support network for parents and caregivers in the Lewis County, NY area
- Parents and caregivers can connect and encourage one another by sharing knowledge and experiences
- This is a safe space for parents and caregivers to express concerns, needs, and issues that arise while caring for their special needs child



Other Events We Will Be At:

Rabies Clinic

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



January 20, 2024

Maple Ridge
7421 E Rd, Lowville, NY 13367

10 AM-12 PM

A \$10 donation per pet is suggested to defray the cost of the vaccine and clinic staffing.

Please have all dogs on a leash and cats & ferrets in a carrier or strong pillowcase/sack.

Please provide a record of previous vaccination.

All pets must be vaccinated (minimum 12 weeks old), even if an indoor pet.

We Want to Hear From You!

Would you like to subscribe to this newsletter to be sent to you each quarter?

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

Where You Can Find Us



315-376-5453



lewiscountypublichealth.com



Lewis County Public Health



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



Naturally Healthy Lewis County

Winter Double Puzzle

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Unscramble each of the clue words.

Copy the letters in the numbered cells to other cells with the same number.