



SENECA COUNTY HEALTH NEWS



Project Summary

As part of the Creating Healthy Schools and Communities (CHSC) Grant, the Seneca County Health Department and Seneca County Cornell Cooperative Extension (SCCCE) work with Seneca County schools to help them develop nutrition education opportunities for students. Seneca Falls Central School District, which participates with CHSC and Farm2School programming, has jumped in to bring quality opportunities to their students.

Issue

Based on 2018 data collection Seneca County has selected two focus areas on which to anchor their 2022-2024 Community Health Improvement Plan, healthy eating and food security being one. Results of the 2018 Behavioral Risk Factor Surveillance Survey (BRFSS) showed that close to one third of adults and almost one quarter of children in Seneca County are obese.

Obesity is a major indicator of food insecurity as products like sugary drinks and those with poor nutritional content tend to be more affordable options for families than milk and nutrient dense foods. Data from the 2021 Feeding America Map the Gap report show that food insecurity affected 12% of Seneca County residents, and 17% of Seneca County children. Food pantry data from FoodLink also shows that an increased number of households were served in 2021 compared to 2022, indicating that access to food is still a pressing issue in Seneca County.

Nutrition Education in Schools: A Success Story



Volunteers work on building raised garden beds at Mynderse Academy.

Solution

Seneca Falls Central School District has developed a nutrition education program that includes Farm2School staff, Health and Family Consumer Science educators, and district wellness champions to provide new opportunities to students.

In July, SFCSD started developing their programs by hosting a community build day that brought together volunteers to build their outdoor raised garden beds using CHSC funds to purchase the



Seneca Falls Boys' Soccer program helps fill garden beds with compost and repair compost bins.

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lumber and supplies. CCE staff and even local assemblyman Jeff Gallahan were on site to assist with the building and share information about Farm2School and CHSC.

Then, in August, the boys' soccer program volunteered by assisting with preparing the garden beds for planting by moving and filling them with compost. Seneca Green Composting Club has been a project through the school cafeterias since 2014. Repairs were also done to replace broken or rotting walls of the compost container.

"Students see the Tower Gardens in the media center and it catches their interest. They are curious and we allow taste testing of what is growing. It gets them thinking about what else could be grown in the towers," says Amanda Fleig, CHSC school liaison for SFCSD."

As the school year was about to begin Amanda Fleig, CHSC school liaison for SFCSD, and Lindsay Wilson, SFCSD teacher, prepared the districts tower gardens by planting a variety of lettuces and herbs to be grown inside. The produce has since been a huge success and hit with both students and faculty as students have been able to sample unfamiliar items, staff have used lettuces for fresh salads and on their sandwiches at lunch, and students participated in a food lab to make Chicken Caesar salad with lettuce grown in the tower gardens.

Outcome

Due to the success of the initial steps of the program the district is looking to continue to expand their nutrition education and gardening. The Seneca Falls Rotary has donated a tower garden to the middle school which holds some strawberry and tomato plants among others. More CHSC funds are also being allocated to purchase 2 additional grow towers and seeds to grow a greater variety of produce in the future.

Next Steps

Seneca Falls Central School District is also exploring additional ways to share their produce with a larger audience utilizing the cafeteria and with a partnership with a local business, Fall Street Brewing, which will be utilizing some lettuce on sandwiches served at their establishment.

The raised garden beds will have garlic planted this fall and broccoli, carrots, potatoes, beans, pumpkins, and flowers next spring. The plan is to share the veggies with our school

community first and then offer extras to the Seneca Falls community. Plans are also underway to further develop the space to include an outdoor classroom with picnic tables and umbrellas for teachers to hold instruction and labs monitoring plant growth and hold taste testing.



Students harvest lettuce from a tower garden during a food lab to create chicken Caesar salad.

For more information, please contact:

Sara Flack

Project Director, Creating Healthy Schools and Communities

Email: sflack@co.seneca.ny.us



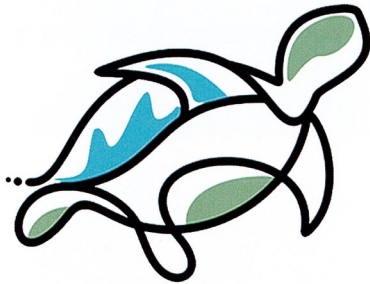
Seneca County
Health Department



**Creating Healthy Schools
and Communities
in Seneca County**



Ted's Troupe



Love Your Library for Life
at the Interlaken Public Library
8390 Main St, Interlaken NY

Monday's
10:00am

Early Literacy
for kids & caregivers

Read Sing Art Play

www.interlakenpubliclibrary.org

Read

Early literacy starts at birth
Introduces concepts like numbers, letters, and shapes
Builds listening, memory, and vocabulary skills
Helps children learn about the world

Ask Questions

Pause as you read to ask questions
Be expressive in your facial expressions and voice
Talk about the pictures you see

Be Patient

Contact helps bond baby and caregivers
Children listen even when they are busy
Give your child lots of time to answer questions

Use the Library

Librarians are eager to assist
Check out a variety of materials
The library is more than just books!
Ted's Troupe participants receive a FREE tote and
early literacy toolkit

Interlaken Public Library
8390 Main Street, Interlaken NY 14847
(607) 532-4341 | www.interlakenpubliclibrary.org



Free vaccines for eligible children

Immunization Clinic:

**The 2nd & 4th Tuesday
of each month**



**While we encourage children to see their primary care physician,
we can provide vaccinations for the following: No Insurance,
Medicaid, Child Health Plus, Native American**

Appointments necessary: Call 315-539-1920



Seneca County
Health Department



Public Health
Prevent. Promote. Protect.
Seneca County, NY

The very people who love your baby also have the power to protect him.

Most babies get whooping cough from a family member.

Ask your **friends and family** to get the whooping cough vaccine.

www.VaccinateYourFamily.org



**DID YOU
KNOW?**

STDs are at an all-time high and prevention is critical. The good news: there are many ways to get STD care! Seneca County Health Dept. provides free and confidential STD testing through Urgent Care in Seneca Falls and Finger Lakes Community Health in Ovid.

Have questions? Call the Health Department 315-539-1920

#STDWeek

DYK?

MANY

STDS HAVE

NO SYMPTOMS

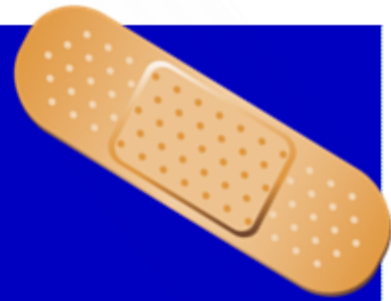
PROTECT YOUR HEALTH

GET TESTED

GYT

GET YOURSELF TESTED

5 Myths About the Flu



- 1. Flu shots can give you the flu.**
Fact: The flu shot cannot cause the flu because the vaccine does not contain any of the live virus.
- 2. The flu is just a bad cold.**
Fact: Since 2010 there have been 12,000- 79,000 deaths yearly because of the flu.
- 3. Healthy people don't need the flu shot.**
Fact: The CDC recommends flu shots for every person over the age of six months old.
- 4. You don't need to get vaccinated every year.**
Fact: The flu virus changes each year requiring new vaccine for the new strain. Therefore, the flu shot must be given annually.
- 5. Antibiotics can fight the flu.**
Fact: Antibiotics fight bacterial infections, the flu is a viral infection.

Finger Lakes Area Immunization Coalition
Livingston · Monroe · Ontario · Seneca · Wayne · Yates

The Dangers of Lead

With the holidays coming upon all of us many people start to decorate their homes for the festive season. Unfortunately, that can mean that sometimes we bring the risk of potential Lead poisoning into our homes. Many holiday decorations, toys, and ornaments aren't going to hurt you, but some can pose health risks if they aren't handled appropriately.

While newer decorations manufactured in the United States may not contain Lead, if you've been hanging onto a box of old Christmas decorations and ornaments since as far back as you can remember, or have some that have been handed down from generation to generation there is a strong potential that they could contain Lead. The older they are the higher the chance of them containing high levels of Lead.

Parents should exercise some caution with young children around holiday ornaments and decorations. Lead exposure is unlikely through skin contact, but it can very easily enter the body through the mouth which could happen with a young child that has a lot of hand to mouth activity- that would be a direct pathway for exposure.

During and after decorating for the holiday season you should insist on good hygiene habits like hand washing (not only for germs) but also to prevent the potential transfer of unwanted metals and chemicals when you bring down that dusty box of decorations out of the attic.

Have a safe and happy holiday season!



DID YOU KNOW...



Parents whose children are enrolled in Preschool Special Education classrooms can be reimbursed for driving their children to school !

Driving your child to Preschool gives you a chance to:

- Participate more actively in your child’s preschool program.
- Spend some special time talking, singing and playing with your child while carefully driving in the car.
- Interact regularly with your child’s school staff.
- See and get to know some of the other children and their parents.
- Ensure that your child arrives at school on time each day.
- Receive reimbursement for providing your child with transportation to Preschool.



Reimbursement is only available for Preschool Special Education Classroom Programs.

Reimbursement is at the IRS Standard Mileage rate.
2022 rate is \$.625 a mile (Adjusted as of July 1, 2022)
Parents will be asked to submit a W-9 form.

- 3 Easy Steps to starting the Reimbursement process:
1. Decide which days and directions you can drive your child to their Preschool Special Education Classroom Program.
 2. Contact your School District’s Committee on Pre-school Special Education (CPSE) Chairperson and ask them to add Parent Reimbursement to your child’s IEP.
 3. Contact Seneca County’s Children with Special Needs Program Coordinator to have proper forms sent to you to fill out each month.
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- CLAIMING YOUR REIMBURSEMENT:
- You will receive a Parent Transportation Information Packet from the Seneca County Health Department with invoice forms to submit.
 - You must complete a monthly invoice listing the days and miles you drove with the child in the car and mail it to the Seneca County Health Department. Invoices must be submitted immediately at the end of each month to: **Seneca County Health Department, 2465 Bonadent Dr., Suite 3 Waterloo, NY 13165**
 - After your invoice is verified and processed you should receive a check in the mail. (Payments usually arrive within 4 –6 weeks)
- Questions?
Call **315-539-1938** and speak with the Children with Special Needs Program Coordinator

Have Questions About Breastfeeding or Infant Child Health?

Seneca County's Maternal Child Health program offers education for infant safety and connection to local resources.

If interested please call **315-539-1920**
Monday through Friday 8:30-5 pm.



MILESTONES MATTER: LET'S TALK ABOUT THEM!

MILESTONES AT 4 MONTHS

- Begins to babble
- Responds to affection



MILESTONES AT 6 MONTHS

- Likes to play with others
- Responds to own name



MILESTONES AT 9 MONTHS

- Has favorite toys
- Understands "no"



MILESTONES AT 1 YEAR

- Tries to say words you say
- Waves "bye-bye"



MILESTONES AT 2 YEARS

- Begins to run
- Begins to sort shapes, colors



MILESTONES AT 3 YEARS

- Knows name and age
- Climbs and runs well



Get free milestone checklists for these ages and more at www.cdc.gov/Milestones or by calling 800-CDC-INFO (800-232-4636).



Public Health
Prevent. Promote. Protect.
Seneca County, NY

Seneca County Children and Youth with Special Healthcare Needs Program

The goal of the program is to work with families to help them meet the medical and non-medical needs of children with special needs.

We Can:

- Connect families with health care providers
- Provide information regarding health insurance
- Make referrals to other County agencies such as Preschool and Early Intervention Programs as well as to other agencies to accommodate the child's needs
- Advocate on behalf of the families to help them meet their Childs needs





Public Health
Prevent. Promote. Protect.
Seneca County, NY

2465 Bonadent Drive
Suite 3
Waterloo, New York 13165

Monday - Friday 8:30a-5:00p
Phone: (315) 539-1920
Toll Free: 800-688-7188 x1920
Fax: (315) 539-9493



winter

For more information,
visit Seneca County Department of Health
online at:

<https://senecacountyhealthdepartment.com/>
<https://www.facebook.com/SenecaCountyHealth/>

