

# ***SENECA COUNTY***

# ***HEALTH NEWS***



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

S P R I N G 2 0 2 3

## **NEW PROGRAM ALERT!**

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**HEALTHY  
NEIGHBORHOODS  
PROGRAM (HNP)  
IS HERE!**

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**NATIONAL INFANT  
IMMUNIZATION  
AWARENESS WEEK  
2023**

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**PRENATAL CARE**

**[SenecaCountyHealthDepartment.com](http://SenecaCountyHealthDepartment.com)**



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✉ [HEALTHEDUCATION@CO.SENECA.NY.US](mailto:HEALTHEDUCATION@CO.SENECA.NY.US)

🌐 [WWW.SENECACOUNTYHEALTHDEPARTMENT.COM](http://WWW.SENECACOUNTYHEALTHDEPARTMENT.COM)



### CHILDREN & YOUTH WITH SPECIAL HEALTHCARE NEEDS

Learn more about services provided by our Children & Youth with Special Healthcare Needs program!



### EASY BEEF STEW

One-pot meals that contain all your food groups are an easy way to get dinner on the table without too much fuss. Serve this beef stew with a slice of whole-grain toast for a delicious family meal.

## ➔ WHAT IS PRENATAL CARE?

Prenatal care is the care that you receive while you are pregnant. You can make sure to take care of yourself and your baby by:

- Getting early prenatal care. If you know you're pregnant, or think you might be call your healthcare provider and schedule a visit.
- Make sure you're getting regular prenatal care. Your doctor will schedule you for many checkups over the course of your pregnancy.
- Don't miss any--they are all important.
- Follow your care team's advice--that's what they are there for.



## ➔ WHY DO I NEED PRENATAL CARE?

Prenatal care can help keep you and your baby healthy. Babies and mothers who do not get prenatal care are 3 times more likely to have a low birth weight and those babies are 5 times more likely to die before age 1 than those born by mothers that receive prenatal care.

Health care providers can spot and treat health problems early when they see mothers regularly.

## ➔ HOW OFTEN SHOULD I SEE MY HEALTHCARE PROVIDER?

Your healthcare provider will give you a schedule of all the visits you should have while you are pregnant.

## WHAT TYPES OF PROVIDERS OFFER PRENATAL CARE?

There are several types of medical professionals that can provide prenatal care.

1. An OB/GYN– These providers offer complete women's care, prenatal care, labor and delivery care and have expertise in high risk pregnancies and surgery. They deliver in a hospital setting. They can offer medical interventions including cesarean section.

2. A Certified Nurse Midwife– These providers offer complete women's care, prenatal care, labor and delivery care and postpartum care for low risk pregnancies. They can help a mother deliver in a hospital setting, a birth center or in your home!

3. A Maternal Fetal Medicine Specialist– These providers offer non-routine care, prenatal, labor and birth care for high risk pregnancies. They deliver in a hospital setting. They have higher rates of interventions due to complications for mom or baby.

4. A Family Care Provider– These providers typically offer limited prenatal care to patients. However, they can provide important information including education on pregnancy planning, healthy eating during pregnancy and other healthy habits to keep you and your baby safe. They can order labs and some will do pelvic exams. These providers do not deliver babies.



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Seneca County, NY

# CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS (CYSHCN) PROGRAM

\*including but not limited to the 27 health conditions listed below

ADD or ADHD

Allergies

Anxiety

Arthritis/  
Joint Problem



Asthma

Autism or ASD

Behavioral /Conduct Problem

Blood Disorder

Cerebral Palsy

Cystic Fibrosis

Depression

Develop-  
mental Delay

Diabetes

Down Syndrome

Epilepsy /Seizure Disorder

Genetic or Inherited Condition

Head Injury

Hearing Problem

Heart Problem

Intellectual Disability

Learning Difficulty

Migraines

Other mental health condition

Speech or Language Disorder



Substance Use Disorder

Tourette Syndrome

Vision Problems



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@SenecaCountyHealth



Visit our website

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The CYSHCN program is a no-cost resource and referral program.

The CYSHCN program is for children from birth to 21 years who have, or are suspected of having, a serious or chronic physical, developmental, behavioral, and/or emotional condition.

The CYSHCN program provides resources for families to improve the health and care of children who need special assistance.

Contact info:  
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ckuhlmann@co.seneca.ny.us

POWER TO  
PROTECT

#ivax2protect

# National Infant Immunization Week



N

ational Infant Immunization Week (NIIW) is April 24-30, 2023. Each year, NIIW celebrates the critical role vaccination plays in protecting the health of our children and families — and this year we’re reminding parents of the importance of staying up to date with routinely recommended vaccines following disruptions from COVID-19.

Check out our free 2023 Vaccines for Children clinic schedule below.

If you’re pregnant, now is a great time to find a doctor for your baby and schedule a visit to discuss any questions you have about vaccines.

### 2023 Immunization Clinic Schedule

\*Appointments are necessary for clinics\*  
315-539-1920

2nd Tuesday VFC Immunization 2 months through 18 years 9am-12pm	4th Tuesday VFC Immunization 2 months through 18 years 1:30pm-4pm
January 10	January 24
February 14	February 28
March 14	March 28
April 11	April 25
May 9	May 23
June 13	June 27
July 11	July 25
August 8	August 22**9:00-3:00
September 12**9:00-4:00	September 19(3rd Tues) **9:00-4:00
October 10 **1:30-4:00	October 24
November 14	November 28
December 12	December <i>No Clinic</i>

As a parent, you want to protect your little one from harm. Vaccinating your child according to the recommended immunization schedule gives him or her the best protection against 14 serious childhood illnesses — like measles and whooping cough — before the age of 2.

The Seneca County Health Department encourages you to make sure your child is up to date on vaccines by ensuring that they haven’t missed any check-ups. Well-child visits are essential.

Eligible participants for the VFC clinics are uninsured, underinsured, Alaskan native, Native American, Child HealthPlus, and Medicaid recipients.



# RABIES CLINICS

**FREE!**  
**REGISTRATION**  
**REQUIRED!**

March 21st @ 6:00pm Waterloo Fire Department  
June 12th @ 6:00pm Seneca County Highway Department  
August 2nd @ 6:00pm Ovid Fire Department  
October 27th @ 6:00pm Waterloo Fire Department  
Call: 315-539-1671





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# SENECA COUNTY HEALTHY NEIGHBORHOODS PROGRAM (HNP)

"Creating a Healthier Seneca County One Home at a Time"

**T**he Seneca County Healthy Neighborhoods Program is a grant funded program through New York State. Eligible residents can receive a free in-home assessment to identify possible environmental hazards or safety concerns inside the home. Based on the in-home assessment, HNP staff will provide residents with free materials and products to address the identified safety concerns.

**HNP eligibility is determined based on zip code. There are no income-eligibility requirements.**

The eligible zip codes for the Seneca County Healthy Neighborhoods Program (HNP) are:

- 14521 (Ovid)
- 14860 (Lodi)
- 14541 (Romulus)
- 13165 (Waterloo)
- 14847 (Interlaken)

The Healthy Neighborhoods Program (HNP) can provide **FREE** products to residents based on the results of their in-home assessment.

Some of the products that you could receive are:

- Smoke Detectors
- Carbon Monoxide Detectors
- Fire Extinguishers
- Cleaning and Disinfecting Products
- Pillowcases and Bed Covers

- Child Safety Products
- Pest Control Products
- Gun Locks
- Water Filters
- And more!



*Appointments are open now for no cost home assessments!  
Call to schedule an appointment today!*

Contact Us to Schedule Your No Cost In-Home assessment:

**Phone:** (315)-539-1638

**Email:** HNP@Co.Seneca.NY.US

**Online:** SenecaCountyHealthDepartment.com

# Protect Your Children From Lead Poisoning

*Lead poisoning is a serious problem for children - the younger the child, the greater the risk.*

## 7 Steps to Protect Your Children From Lead Poisoning:



Get your child tested for lead poisoning, even if he or she seems healthy.



Clean floors, window frames, window sills, and other surfaces weekly. Use a mop, sponge, or paper towel with warm water and a general all-purpose cleaner.



Make sure your child is not chewing on anything that may be covered with lead-based paint.



Don't try to remove lead-based paint yourself. Use a lead-safe certified firm.



Don't bring lead dust into your home from work or a hobby.



Flush your home's pipes before drinking the water. Ways to flush your home's pipes include running the tap, taking a shower, doing laundry or doing a load of dishes.



Eat right and don't store food or liquids for long periods of time in lead crystal glassware or old or imported pottery.



# Community Bulletin

**988**  
SUICIDE  
& CRISIS  
LIFELINE



**988** SUICIDE & CRISIS  
**LIFELINE**

98888



If you or someone you know needs support now,  
CALL or TEXT 988 or CHAT at [988lifeline.org](https://988lifeline.org)



## Child Passenger Safety Seats



**T**he Seneca County Health Department is a certified Child Passenger Safety Seat fitting station which receives State funding to purchase child passenger safety seats and educational materials.

Certified technicians are available to provide instruction and demonstration of safety features and proper use of child safety seats.

**I**f you are a parent or guardian to a child age newborn to 14 years old and receive any of the following benefits you may qualify for a free child passenger safety seat:

- Temporary Assistance for Needy Families (TANF)
- Supplemental Nutrition Assistance Program (SNAP)
- Medicaid
- Foster Care
- Women, Infant, Children (WIC)



# Children & Youth with Special Healthcare Needs

## Resource Library



**Did you know we have a growing library of books regarding different medical conditions for children with special needs?**

**Subjects of these books range from activity ideas, to instructional, to parenting techniques. Below is a list of our current offerings, with more to come.**

**Books are available for families to borrow or keep free of charge at the Seneca County Health Department.**

**The Sensory Processing Disorder  
Answer Book  
-Tara Delaney, MS, OTR/L**

**Autism Life Skills  
-Chantal Sicile-Kira**

**Special Kids Need Special Parents  
-Judith Loseff Lavin**

**A Beginner's Guide on Parenting  
Children with ADHD  
-Richard Bass**

**Steps to Independence  
-Bruce L Baker, Alan J Brightman**

**My Brother is Different  
-Esther Lutchie**

**Chersti Kuhlmann, CYSHCN Program Coordinator**

**(315)-539-1938**

**SENECACOUNTYHEALTHDEPARTMENT.COM**



## MARIJUANA USE & EDUCATIONAL OUTCOMES

Studies show that marijuana interferes with attention, motivation, memory, and learning. Students who use marijuana regularly tend to get lower grades and are more likely to drop out of high school than those who don't use. Those who use it regularly may be functioning at a reduced intellectual level most or all of the time.

**MOST MARIJUANA USE BEGINS IN ADOLESCENCE**

**78%**  
of the 2.4 million people who began using in the last year were aged 12 to 20.<sup>1</sup>

**As perception of harm decreases...**

**teen marijuana use increases.<sup>2</sup>**

**EVERY DAY, 3,287 TEENS USE MARIJUANA FOR THE FIRST TIME<sup>1</sup>**

## MARIJUANA MAY HURT THE DEVELOPING TEEN BRAIN

The teen brain is **still developing** and it is especially vulnerable to drug use.

**IQ**

Regular heavy marijuana use by teens can lead to an IQ drop of up to **8 points<sup>3</sup>**

## HEAVY MARIJUANA USE BY TEENS IS LINKED TO<sup>4</sup>:

### Educational Outcomes

**lower grades and exam scores**

**less likely to graduate from HS or college**

**less likely to enroll in college**

**lower satisfaction with life**

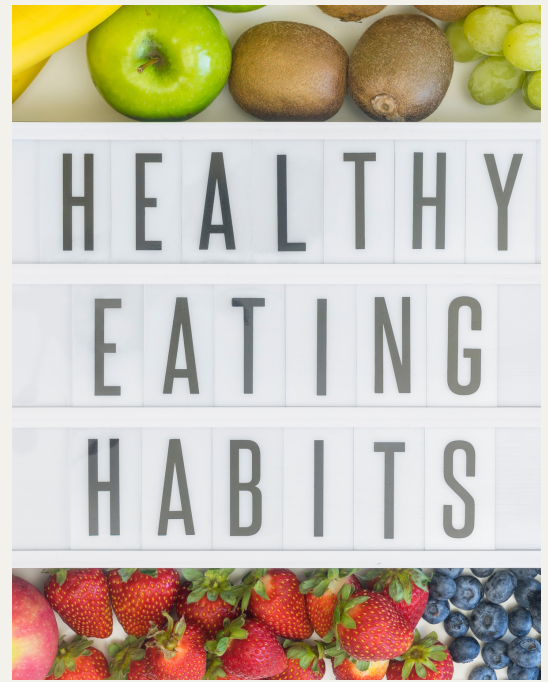
**more likely to earn a lower income**

### Life Outcomes

**more likely to be unemployed**

# March is National Nutrition Month

Each March, the Academy of Nutrition and Dietetics develops a campaign to promote healthy nutrition, informed decisions and physical activity. Originally, an awareness week in 1973 the campaign grew to become a full awareness month in 1980. Registered Dietitian Nutritionist Day, will also be observed on March 9, 2023 to recognize and celebrate the contributions of these medical professionals for their commitment to helping people enjoy healthy lives. This year's theme is "Fuel for the Future," focusing on eating with sustainability in mind to nourish ourselves during every phase of life and protect the environment.



## Eat with Heart Health in Mind

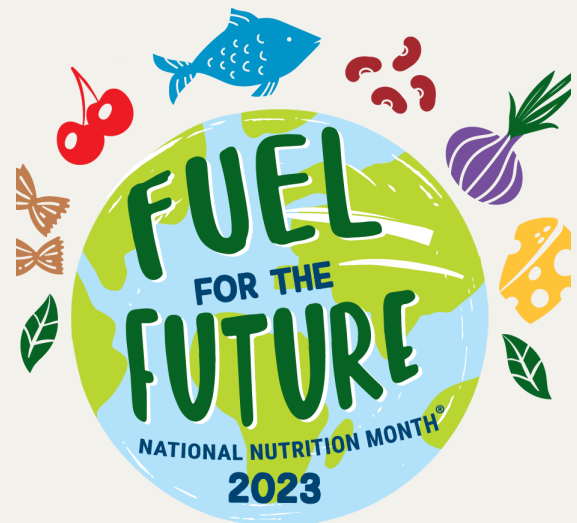
Although American Heart Health month was celebrated in February, that doesn't mean we shouldn't continue to focus on our cardiovascular health. The two most common indicators of heart health are an individual's blood pressure and cholesterol levels. Hypertension, having high blood pressure, and high cholesterol put you at risk for heart disease and stroke, the leading causes of death in the United States.

## Hypertension Prevention

There are things you can do to prevent hypertension, and even to lower your blood pressure. Practicing healthy living habits like maintaining a healthy weight, being physically active, limiting alcohol consumption, and smoking cessation can reduce your risk of hypertension. You also should choose healthy meal and snack options to help you avoid high blood pressure and its complications. Be sure to eat plenty of fresh fruits and vegetables. Talk with a Registered Dietitian about eating a variety of foods rich in potassium, fiber, and protein and lower in salt (sodium) and saturated fat. For many people, making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.

## Sara Flack

*Project Director, Creating Healthy Schools and Communities*



# EASY BEEF STEW

## Ingredients

- 1 tsp. (5ml) Olive Oil
- 1 lb. (500 grams) diced beef
- 2 cups (500 ml) sliced onion
- 1 clove of garlic
- 1/2 tsp. (2 ml) dried thyme
- 1/2 tsp. (2 ml) black pepper
- 1 cup (250 ml) whole button mushroom
- 1 cup (250 ml) low sodium broth (beef, chicken, or vegetables)
- 2 cups (500 ml) turnip, peeled and diced small
- 1 cup (250 ml) carrot, peeled and diced small
- 1 cup (250 ml) sweet potatoes, peeled and diced
- 2 cups (500 ml) Yukon gold potatoes, peeled and diced
- 1 cup (250 ml) cold water
- 1 & 1/2 tbsp. (22 ml) cornstarch

## Directions

1. Preheat oven to 350°F
2. In a large oven proof pot, heat oil over medium heat
3. Add meat and brown for about 10 minutes. Add onion, garlic, thyme, black pepper and mushrooms and cook until the onions are soft, about 10 minutes
4. Add soup stock, turnip and carrots and bring to a boil. Cover and place in the oven for 30 minutes
5. In a small bowl mix cold water and cornstarch. Remove stew from the oven and stir in cornstarch mixture, sweet potatoes and potatoes. Cover and return to the oven for 30 minutes
6. Remove the lid and cook for an additional 15 minutes. Serve.



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



**Preparation Time : 15 min**



**Total Time : 1 h , 35 min**



**Servings : 5**

## Nutritional Information

**Per serving (1 cup / 250 ml)**

**Calories:** 245

**Protein:** 22 g

**Sodium:** 182 mg

**Potassium:** 833 mg

**Total fat:** 4 g

**Saturated fat:** 1 g

**Cholesterol:** 39 mg

**Carbohydrates:** 31 g

**Fiber:** 4 g

**Recipe By  
Nadine Day, RD**

# WELL DISINFECTION PROCEDURES

## Seneca County Environmental Health

Do you have concerns regarding the quality of your well water? Have past water tests shown the presence of bacteria?

If so, you can disinfect your well following the procedures listed below. Please contact the Environmental Division of the Seneca County Health Department at **(315)-539-1945** with questions or concerns regarding well water quality.



- Inspect the well. Remove the well cap and look for any debris, insects, etc. and eliminate
- When there are no longer any obstructions, add the correct amount of household bleach according to the table below.
- Circulate the water. In order to mix the household bleach thoroughly throughout the entire system, it is necessary to circulate the water in the well. This can be accomplished by connecting a hose to an outside faucet that is located after the pressure tank. Use the hose to run water back down to the well. From time to time, move the hose so that the household bleach bathes the sidewalls of the well casing.
- Bring water into the entire distribution system. Run all faucets in the house, one at a time, until you smell household bleach at the faucet. Don't forget outside faucets, washing machine, icemaker, and both hot and cold water taps.
- Allow the household bleach to stand in the system for at least six (6) hours; preferably overnight. After this, connect a hose to an outside faucet and flush the water to an area where the household bleach water will not cause environmental damage or affect the water supply of others
- Flush the system. Allow water to run until household bleach can no longer be smelled. Repeat flushing at each faucet in the system. For a typical well, this will take 3-4 hours. NOTE: To avoid pump overheating and possible damage, turn off the water when flow is a trickle and wait at least 15 minutes before turning pump on again.
- After the system is flushed, put any water treatment equipment back into service. You may perform a bacterial analysis after you are sure no household bleach is left
- In some cases, one treatment WILL NOT be sufficient. Repeat disinfecting procedures as needed.

If Your Well Depth is:	Add this much liquid household bleach
Up to 150 feet	1 Quart
151 to 300 feet	2 Quarts
301 feet and over	At least 1 gal and 1c. Crushed swimming pool tablets

## THREE FUN OUTDOOR ACTIVITIES FOR KIDS

### ➔ Obstacle Course



Turn your yard into an obstacle course using cones, sticks, hula hoops, or other items around the house!

Race against your siblings, friends, or even your parents for the right to be crowned King of the Backyard!

### ➔ Watch for Wildlife



Build a bird feeder and turn your backyard into a fancy restaurant for animals! Watch the wildlife that visits your yard!

Keep a notebook of the different birds, squirrels, or other animals that come to eat in your backyard!

### ➔ The Balance Challenge



#### Challenge #1: Lean on Me

1. Pair up into teams of two (2)
2. Sit back-to-back with your partner
3. You and your partner must stand up without using your hands

#### Challenge #2: The Bunny Hop

1. Put a bandana on one of your feet
2. Lift the foot with the bandana in the air
3. Hop up and down as many times as possible without dropping the bandana
4. Whoever has the most hops wins!

#### Challenge #3: Ball Me

1. Pick locations for a starting line and a finish line
  2. Place a basketball, soccer ball, or kickball between your legs
- Race 1:** Walk from the starting line to the finish line with the ball between your legs  
**Race 2:** Place the ball between your legs and hop from the starting line to the finish line  
**Race 3:** Place the ball between your legs and skip from the starting line to the finish line



# Kids Corner

By Seneca County Public Health Education

Spring is here!

After being inside all winter, it's important to get outside and exercise. Break out the old baseball glove, clean off the soccer cleats, and get outside!

Did you know you need 60 minutes of exercise a day? Being active and getting enough exercise is an important part of being healthy. Exercise is not only good for your physical health (things like your heart, muscles, or bones) but it is also good for your mental health!

Physical activity releases chemicals in your brain that put you in a better mood and make you happier! Being physically active can also help you get better grades and boost your confidence!

Take a look at some fun activities you can do with your friends and family!



# SPELL YOUR NAME

## Activity for KIDS

**A** Chomp your arms 10 TIMES like an ALLIGATOR

**B** Bounce up and down 15 times

**C** CLAP your hands above your head 10 times

**D** DANCE around like a Monkey for 2 minutes

**E** Pretend you are an ELEPHANT for 20 seconds

**F** FLAP your arms like a bird 20 times

**G** GALLOP like a horse for a minute

**H** HOP like a bunny 20 times

**I** 10 Jumping Jacks and high as possible

**J** JUMP on one foot for the count of 10 then switch feet and jump 10 more times

**K** 10 Side KICKS on each leg

**L** Squat down and JUMP up high 10 times

**M** Shake your HIPS side to side for the count of 15

**N** 10 TOE touches

**O** Pretend you are an OCTOPUS and swing your arms around for 5 seconds

**P** 15 AIR Punches

**Q** Stretch up high to the sky and then touch the floor 10 times

**R** Jump Like a FROG 10 times

**S** Skip for 20 seconds

**T** Go up on your tip toes and back down 10 times

**U** 20 Elbow to your Knee touches

**V** Put your hands on your hips and twist left to right 10 times

**W** WIGGLE all over for 10 seconds

**X** MARCH like a soldier for 30 Seconds

**Y** Kick back like a DONKEY 10 times on each leg

**Z** Jump with your feet together 10 jumps forward

# Spring Word Search

N E J F J S U N S H I N E X W D F D  
J V J J G T S A X X T D B L O O M U  
B C H C R U X W B Z V P I D X N G B  
G I G Q E L Q B U R A I N D J W R C  
K R R R E I V K T I K O Q A C U J A  
B D O D N P C A T E R P I L L A R N  
K U V W S T P V E E I F A D D D L D  
S Q N F L O W E R S F B J F C R Z Y  
W V M N H C B E F G J S P R O U T V  
C R I J Y J Q W L A N C E J S M D A  
R F T K C X J I Y P U D D L E X B F  
G F S S S P R I N G L Y F I J B S U

Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

BIRDS  
BLOOM  
BUNNY  
BUTTERFLY  
CANDY  
CATERPILLAR

FLOWERS  
GREEN  
GROW  
PUDDLE  
RAIN  
SPRING

SPROUT  
SUNSHINE  
TULIP



# Message from the Director

Dear Readers,

As we emerge from the challenges of these last three years, I encourage you to take advantage of the programming and services offered by the Seneca County Health Department. Our team of dedicated and experienced professionals care deeply about the community they serve (YOUR community) and are eager to help connect you and your family, friends, and others with the services and programs that might benefit them. From long-established programs such as Vaccines for Children and Early Intervention, to the technical expertise offered by our Environmental Services Division, to our new Healthy Neighborhoods Program, there is likely something that we can do to help you or those around you! Please check out our website ([SenecaCountyHealthDepartment.com](http://SenecaCountyHealthDepartment.com)) or contact us by phone at 315-539-1920 if you would like to learn more.

Be safe and stay positive.

Sincerely,

Scott King, Public Health Director

**Did You Know?**

The Seneca County Health Department offers TB skin tests (PPD) for any resident of Seneca County completely free of charge.

Call to schedule an appointment!  
315-539-1920



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Seneca County, NY



**Public Health**  
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Seneca County, NY

2465 Bonadent Drive  
Suite 3  
Waterloo, NY 13165

Monday-Friday 8:30am-5:00pm

Phone: (315)-539-1920

Toll Free: 800-688-7188 x1920

Fax: (315)-539-9493



SPRING



Happy  
EASTER

