



**Public Health**  
Prevent. Promote. Protect.

**Tioga County**

## TIOGA COUNTY BOARD OF HEALTH

*PLEASE RSVP TO 607-687-8630*

*IF YOU WILL NOT BE ABLE TO ATTEND THIS MEETING*

TO: Members of the Board of Health

FROM: L. McCafferty, Secretary

DATE: November 10, 2022

RE: Board of Health Meeting - Thursday, November 17, 2022,  
7:30 a.m., Multi-Purpose Conference Room, 2<sup>nd</sup> Floor of Health and Human  
Services Building at 1062 St. Rt. 38, Owego, NY 13827.

### AGENDA

#### Introduction of Guests

- Robert Williams, Tioga County Deputy Director of Emergency Services, TC Deputy County Fire Coordinator, TC Coroner
- Paul Bishop, Project Director of Tioga County EMS Study, CGR Promising Solutions

#### Presentation

- Tioga County EMS Study Report Summary

#### Additional Items

#### Old Business

- Meeting Minutes
- Enforcements
- Rabies Control Order

#### New Business

- Election of Officers (2023-24)

#### Informational

- Agency Updates – October 2022
- **REMINDER:** Sexual Harassment Prevention Training (Due Before 12/9)

#### Next Meeting Information

- **REMINDER:** No Meeting in December
- Next Meeting is on January 19, 2022;  
Location Change: Conference Room B, HHS Building

# TIOGA COUNTY BOARD OF HEALTH

## MEETING MINUTES October 20, 2022

### **BOARD MEMBERS PRESENT (All Attended In Person):**

J. Picco, DDS, President  
T. Hills, DVM, Vice President  
T. Leary, FNP  
W. Standinger III, Legislator  
T. Nytch, DVM  
W. Simmons  
R. Kapur-Pado, DO  
T. Leary, FNP

### **ABSENT:**

J. Raftis, DO, FACEP

### **OTHER(S) PRESENT:**

L. McCafferty, Secretary to Board of Health (departed at 8:27 A.M.)  
P. DeWind, Esq., County Attorney

### **GUESTS:**

N/A

**CALL TO ORDER:** 7:34 a.m. by Dr. Picco

### **PRESENTATION:**

N/A

### **ADDITIONAL ITEMS:**

N/A

### **OLD BUSINESS:**

- Meeting Minutes: Motion to approve prior minutes made by Dr. Hills; seconded by Mr. Simmons; no discussion, all were in favor, motion approved.
- Enforcements: no discussion.
- Board Composition: Discussion commenced with review of New York State law, Board of Health Bylaws. Attorney DeWind affirmed New York State residency.
  - Dr. Picco summarized: New York State resident, 7 members, 3 physicians
  - Consensus: Follow the law as quickly as possible, address via attrition; not fill vacant positions so can achieve 7 members. Board commits to complying with 3 physician criteria.
  - Suggestion made about having member at large, A.K.A community representative. Noted that meeting is open to the public and attendees are able to speak during public comment.
  - By Laws are due for revision.
- Nominating Committee for BOH Officers (2023-24): discussed officers and terms, need to revise Bylaws to incorporate term limits on officers.
  - Nominating Committee: Dr. Hills, Dr. Kapur-Pado, and Legislator Standinger
- Rabies Control Order: Order date November 20, 2014. Board discussion about order status: to rescind, revise, reaffirm the order. Comments during discussion about Niche farms, fairs, schools, is expanded scope needed? Also raised off label usage and intersect animals with people at events. Board members will review current order and provide feedback to Ms. McCafferty.



# TIOGA COUNTY BOARD OF HEALTH

## **NEW BUSINESS:**

N/A

## **EXECUTIVE SESSION:**

- Executive Session called at 8:27 A.M.

After leaving Executive Session, the Board unanimously voted to refer Ms. Lisa McCafferty for reappointment to the title of Public Health Director to the Tioga County Legislature.

## **INFORMATIONAL:**

- Board received the Agency Report electronically and 2023 Draft Board of Health Calendar

Meeting adjourned at 8:35 A.M.

Minutes respectfully submitted by Lisa McCafferty.

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Joseph Picco, DDS; President

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Lisa C. McCafferty, R.S., MPH; Secretary

Minutes approved November 17, 2022



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November 2022 Enforcements

<u>Business</u>	<u>Type of Violation</u>	<u>Fine Paid/Date</u>	<u>Year to Date</u>
James Friend Shepard Hill Country Club 17 Chemung St. Waverly, NY	Food	\$140.00 10/17/2022	First
Stephen Sanyshyn Metros Restaurant 61 St. Rt. 96 Owego, NY	Food	\$150.00 10/19/2022	First
Chris Patel Best Western 1100 St. Rt. 17C Owego, NY	Food	\$110.00 10/26/2022	First



# Tioga County Public Health Department

Lisa C. McCafferty, R.S., MPH; Public Health Director



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**Tioga County**

## NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- We celebrated National Dental Hygiene Month and our Dental staff's combined 57 years on the Mobile Dental Van serving Tioga County residents.
- A representative from New York State Department of Health visited the Village of Candor to review the progress of the project and conduct a sanitary survey. While in Tioga County, they also assisted in the annual inspection of Johnson Bulk Water Supply. A meeting for the Candor project was held and the State inspection of the Candor Village well house was reviewed.
- Recognized by Tioga County Property Development Corporation Board for our assistance inspecting and approving an existing septic system for the properties included in Candor's NYMS Project.
- Heather Vroman was nominated as Employee of the Third Quarter!
- We fully reconciled with the Tioga County Treasurer through 2021 for Accounts Receivables.
- Attended the Tioga Opportunities Older Adult Health Fair, and Trunk or Treat events at Health and Human Services Building and Nichols Fire Department.
- Coordinated getting polio postcards and magnets delivered to elementary schools.
- The Dental van visited Elm and Lincoln St Elementary Schools in Waverly. Over 250 Waverly School students received dental services during our visit.
- We hosted a water Operator Training at the end of September.
- Partnered with Stray Haven in hosting a Rabies Clinic, over 150 animals were vaccinated!
- Katie W. completed Safe Specimen Packing and Shipping Training; Kim, Janice and Nicole completed CPR training with Roy Schreiner.
- Lisa M. attended the NYSACHO Public Health Leadership Summit. Dan attended the Central New York Regional Environmental Health meeting which reviewed a regulatory update on the Bureau of Water Supply Protection and new grant programs for Drinking Water State Revolving Fund, Water Infrastructure Improvement Act and Intermunicipal Grants.
- We said goodbye to Angel Conklin and wished her well on her next endeavor down south.
- Ongoing support/partnership in: Team Tioga, Safe Harbor Committee, Allies in Substance Abuse Prevention (ASAP), Tioga County Immunization Coalition, Anti-Hunger Task Force, Tioga County Local Emergency Planning Committee (LEPC), Child Fatality Review Team, Care Compass Network PAC Executive Council, Tioga County Council of Governments, Board of Health, Rural Economic Partnership (REAP), and External Community Advisory Board MPH Program at Binghamton University, Immunization Action Plan Coalition, and Lead Poisoning Prevention Program (LPPP) Coalition.

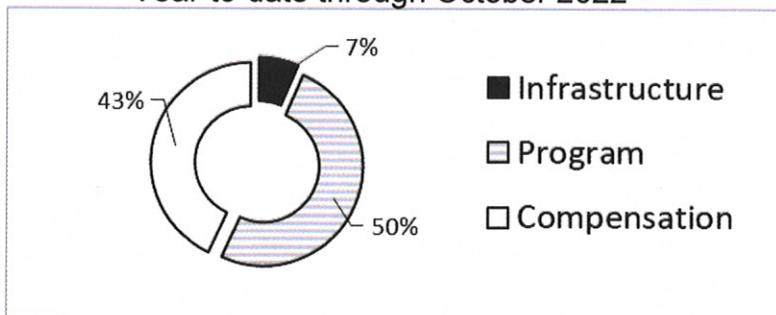
## Attachments:

1. Financial Snapshot October 2022.
2. Data Report October 2022.
3. Article: "Guest Column: October is National Dental Hygiene Month," Tioga County Courier, October 19, 2022.
4. Article: "Legislature Approves Agreements with NY Power Authority for Evolve NY Program," Candor Chronicle, October 19, 2022.
5. Article: "Back to learning," Morning Times, October 25, 2022.
6. Article: "Opinion/Letter to the Editor," Owego Pennysaver, October 9, 2022
7. Article: "Trick-or-Treat Safety," Owego Pennysaver, October 30, 2022.
8. Article: "Rabies Clinic," Richford Quarterly, Oct-Dec. 2022.
9. Flyer: "Breast Cancer Awareness," October 2022.
10. Flyer: "Is Breast Cancer Knocking at your Door?," October 2022.
11. Flyer: "Share your Favorite Healthy Recipe," October 2022.
12. Flyer: "What The Health!?", October 2022.
13. Bulletin Boards: Cancer Screening, Prevent Rabies, STDs, HHS Building, October 2022.
14. Bulletin Board: Breast Cancer Awareness, 56 Main Street, October 2022.
15. Billboard: Test for Lead, October 2022

Financial Snapshot  
Year-to-date through October 2022

	2018 Actual	2019 Actual	2020 Actual*2	2021 Actual	2022 Budget	Actual*1,3 YTD 2022	Percentage of 2022 Budget
<b>Revenues</b>							
Fees	1,100,359	1,112,262	739,661	625,355	980,235	646,945	66 %
State/Federal	2,680,110	2,704,275	2,047,032	2,315,802	3,072,051	1,485,670	48 %
Local	2,147,623	2,103,208	1,924,103	1,906,875	2,874,312	1,664,759	58 %
<b>TOTAL</b>	<b>5,928,092</b>	<b>5,919,745</b>	<b>4,710,796</b>	<b>4,848,032</b>	<b>6,926,598</b>	<b>3,797,374</b>	<b>55 %</b>
<b>Expenses</b>							
Compensation	1,734,508	1,728,302	1,889,627	2,136,196	2,554,190	1,635,689	64 %
Program Expense	3,671,760	3,661,604	2,518,252	3,928,472	4,003,830	1,914,299	48 %
Core Infrastructure	521,824	529,838	302,917	347,691	368,578	247,386	67 %
<b>TOTAL</b>	<b>5,928,092</b>	<b>5,919,745</b>	<b>4,710,796</b>	<b>6,412,359</b>	<b>6,926,598</b>	<b>3,797,374</b>	<b>55 %</b>
<b>FTE:</b> 2022 Approved Headcount of 37 FTE: 31 FT & 6 PT Plus 3 Temps	23.8	26.3	23.7	29.2	30.8	-----	-----

Allocation of Expenses  
Year-to-date through October 2022\*1,3



- \*Notes:
1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (10/31/2022), and are not the FINAL October 2022 figures.
  2. During 2020, the Legislature required a 10% cut in expenses from all County departments. This was removed from the Expense side of the ledger, but not the offsetting revenue portion, thus inflating the reported "Local Share" of Public Health by nearly \$375K.
  3. COVID Specific funds have been removed from these tables, as they skew the numbers due to their large amounts. Currently over \$2.6 million has been appropriated of Covid funding within Public Health.

2022 Data Report

<b>PUBLIC HEALTH ACTIVITIES</b>	<b>Y-E 2020</b>	<b>Y-E 2021</b>	<b>Oct-22</b>	<b>Y-T-D</b>
<b>Community Health</b>				
Healthy Neighborhoods Program Visits	94	112	0	188
- HNP revisits	40	14	0	7
Communicable Disease	618	0	93	679
- Respiratory (Legionellosis, Strep)	143	4	1	8
- Influenza	571	49	22	232
- Tick caused	19	105	24	196
- Hepatitis	20	53	13	82
- Gastrointestinal Disease	16	40	11	42
- PPD Test Administered	5	0	0	0
Child Passenger Safety Seats Inspected	6	20	11	36
- Child Seats FAILED Inspection	5	10	7	27
PH Interns	1	2	0	2
Immunizations total child and adult	35	0	3	18
People Trained w/ Narcan	9	2	0	1
Narcan Distributed (added 8/18)	41	160	0	64
<b>Dental</b>				
New Clients	124	154	69	290
Dental Screenings	631	782	162	946
- Clients with no tooth decay	237	328	8	234
- Clients WITH tooth decay	116	310	55	407
- Clients with EXTENSIVE tooth decay	251	128	97	294
Extractions	91	179	8	87
<b>Children Services</b>				
Early Intervention Referrals	132	138	16	127
- Early Intervention CURRENT Caseload Monthly total	531	638	50	N/A
<b>Environmental Health</b>				
Animal bite investigations	119	150	11	147
Rabies Clinics	2	6	0	6
- Number of Animals	391	1098	0	948
Food Establishment Inspections	81	182	27	143
- Establishments with Violation	10	26	1	17
Temporary Food Inspections	2	8	0	57
- Clean Indoor Air Act Violations (Smoking)	0	0	0	0
Mobile Home Park Inspections	3	37	0	5
Swimming Pool Inspections	9	14	0	18
Children's Camps	5	4	0	8
Agriculture Fairgrounds	0	2	0	2
Nuisance Complaints	58	17	1	15
Enforcement Actions	11	31	2	28
<b>Weights &amp; Measures</b>				
Inspection Sites	69	129	14	101
- Devices Inspected	277	499	93	299
Petroleum Quality Samples Taken	0	0	0	12
<b>COVID-19</b>				
* Days Public Health EOC activated from year start	285	364	N/A	308
Total COVID Cases for period	<del>5849</del>	5628	551	6745
Individuals Tracked	5849	13224	551	7032
Calls Taken	15257	7824	16	490
Quarantine/Isolation Orders Issued	4323	13586	0	2886
Household Trips/deliveries	2518	1772	0	34
COVID-19 Related Complaints	144	41	0	1
Vaccination Clinics	<del>36</del>	36	0	2

\* EOC originally activated starting 3/14/20

# Guest Column: October is National Dental Hygiene Month

submitted by *Tioga County Public Health*

National Dental Hygiene Month serves as a reminder to practice good oral hygiene year-round, but especially during the holiday season when people may be consuming more sugary foods than normal.

While enjoying the occasional treat is acceptable, we need to make sure we are properly caring for our teeth to prevent tooth decay, gum disease, and other

oral complications.

In 2021, over 50% of patients seen for a dental screening on the Tioga County Mobile Dental Van

had some extent of tooth decay.

Dental problems are not only painful, they can negatively impact our overall health by limiting the nutritious foods we can comfortably eat which may lead to malnutrition. Follow these tips for a healthy smile across your lifespan!

For Babies:

- Wipe their gums with a soft, clean cloth twice a day – once in the morning after their first feeding and again before bed.
- When their teeth come in, start brushing them twice a day with soft, small-bristled toothbrush and plain water.
- Schedule a dental visit by your baby's first birthday.
- Talk to their doctor or dentist about putting fluoride varnish on their teeth as soon as their first tooth comes in.

*Left to right: Janice Heyman, Nicole Whitmore, Kim Thomas, and Dr. John Sarnicola.*

*Janice and Kim are Hygienists, Nicole is the Director of Dental Services and is also a hygienist, and Dr. Sarnicola is the dental van dentist.*

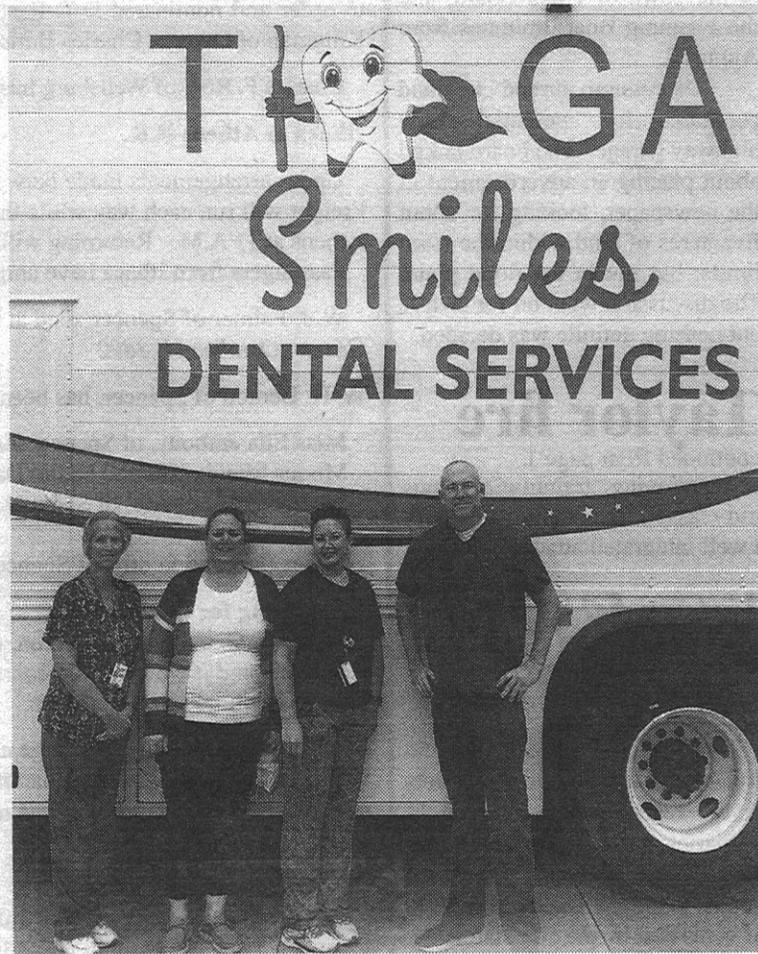
*Tioga County Courier 10/19/22*

For Children:

- Brush their teeth twice a day with fluoride toothpaste.
- Ask their dentist when they should start flossing.
- Ask your child's dentist to apply sealants, if appropriate.
- Serve them more fresh fruits and vegetables! Limit foods high in processed/added sugar.

For Adults:

- Brush your teeth twice a day and floss daily.
- Visit your dentist regularly, at least 1-2 times per year.
- Do not use tobacco products and limit alcoholic drinks.
- Limit foods high in processed/added sugar (cake, candy, cookies, soda, juice, etc.)
- Control chronic health conditions, like diabetes.



Candor Chronicle  
10/19/22

# Legislature Approves Agreement with NY Power Authority for Evolve NY Program

BY ANNE O. STOUT

At the Oct. 11 meeting of the Tioga County Legislature a resolution was passed approving an agreement with NY Power Authority (NYPA) for Evolve NY Program. The number of electronic vehicle purchases is increasing in Tioga County and across the country, and EV charging stations can be a tourist draw.

Tioga County Courthouse has 70 parking spots rarely used so NYPA will install and maintain four fast charging EV stations at no cost to Tioga County.

The Village of Owego is willing to pay the county \$500 annually to cover any additional insurance premium for the duration of the 10-year Site Host Agreement.

Tioga County Economic Development and Planning (TCEDP) was approved to create the Education Workforce Coordinator position, funded by way of grant funds and Sean Lanning is appointed to the position of Education Workforce Coordinator. The Hooker Foundation has agreed to provide funds for the position in the amount of \$100,000 annually for over three years.

The legislature approved the Director of Emergency Services' request to enter into an agreement with Onondaga County for Master Site Server Radio Network Service at a cost not to exceed \$43,125 per year for the period of Sept. 1, 2022 through Dec. 31, 2026.

A contract was authorized with Syracuse Time and Alarm Company at an annual cost of \$10,594.

Another contract was also awarded for cleaning services for county buildings to GDI Services in the amount of \$358,208.64.

The Legislature authorized a contract with Excellus Blue Cross/Blue Shield of Central NY to administer health insurance benefits for Tioga County. A contract was also authorized with Lifetime Benefit Solutions, Inc. to administer flexible spending and health reimbursement account programs.

A contract was approved to contract with National Test Systems for instant urine tests and lab testing for the needs of the Tioga County Probation Department.

Vera Lin Layman was appointed Election Commissioner for the Republican Party from Jan. 1, 2023 through Dec. 31, 2024.

The legislature passed a resolution adopting Ag and markets new SEQR short environmental assessment form for agriculture district modifications.

A public hearing has been set on the 2023 budget for Tuesday, Nov. 15 at 10 a.m. in the Hubbard Auditorium.

A proclamation was passed by the legislature proclaiming the week of Oct. 23, 2022 to Oct. 29, 2022 as Lead Poisoning Prevention Week. New York State Public Health Law states all one-to-two-year-olds be tested for lead levels. Between 2019 and 2021 Tioga County Public Health provided case management and environmental health

services to 30 children with elevated blood lead levels.

A resolution was passed recognizing David Ayres for his 33 years of dedicated service to Tioga County.

# Back to learning

## Waverly school officials break down COVID policy, stimulus usage

By JOHNNY WILLIAMS  
News Editor

WAVERLY — During its latest school board meeting Thursday, Waverly Central School District officials explained the district's updated COVID response plan, and how they spent the dollars allocated to the district from the various COVID stimulus funds.

Director of Curriculum and Instruction Elizabeth McIntosh explained that students who test positive for COVID-19 will be sent home for five days, and a mask will be required for five days upon their return to school. All other masking is optional.

Additionally, McIntosh encouraged any students who are experiencing COVID-like symptoms to get tested promptly, and to stay home if they're not feeling well. She noted that testing kits are available in the nurse's office.

Superintendent Dr. Eric Knolles added that remote learning will only be utilized as an emergency option if required by the Tioga County Department of Health.

As for the pandemic stimulus funds, McIntosh said the district received financial relief in the form of three different sources — the CARES Act, CRRSA Act and the ARP ESSR Fund.

While the funding from the CARES Act has now closed, McIntosh

explained how the district spent the over \$1.3 million from CRRSA and the \$1.1 million and the \$2.97 million allocations from the ARP ESSR fund.

"We looked at sustainable ways to spend the money," she said. "Because the expectation is that these funds won't be replenished down the road."

Some of the CRRSA funds were allocated for positions, such as a social studies teacher, guidance counselor, speech language pathologist, special education teacher and director of management services, while other items included professional development, iPads for students and a Jeep Cherokee for transporting students.

"Lots of professional development," McIntosh said. "And transportation is always an issue for our kids, especially in the winter when access can become an issue."

The smaller chunk of the ARP ESSR funding was spent similarly — such as professional development and learning tools like STEM Scopes kits and a core phonics program — but the larger block of ARP ESSR monies saw much more diversity in terms of how it was spent.

In addition to more professional development and partial funding for several positions, items such as computer stations, water bottle filling stations, air filters, laptops, and furniture for the Chemung Innovation Center were purchased using the money. Additionally, the popular Winner's Circle program, in which students construct a race car, was funded through the ARP ESSR.

Morning Times 10/25/22

## OPINION/LETTERS TO THE EDITOR

Dear Editor,  
New York State (NYS) data show that some people who have insurance and a doctor are not getting preventive care, such as breast cancer screening. This month the New York State Department of Health released data from a 2020 survey of women ages 50-74 years that asks if they have had a mammogram within the past two years (Behavioral Risk Factor Surveillance System). It is surprising that most women who said no had insurance (nearly 92%) and a regular healthcare provider (almost 85%).

One barrier may be a lack of paid time off from work for cancer screening. Without paid time off, an employee may have to choose between a potential life-saving screening and

the paycheck on which she and her family rely.

For Breast Cancer Awareness Month, the Cancer Prevention in Action Program is encouraging employers to help their employees stay up-to-date with mammograms by adding a paid time off benefit for cancer screenings.

Research has shown that offering specific time off for cancer screening (not sick or vacation time) increases employee screening rates. Studies also show that employers who offer paid time off for cancer screening have a healthier workforce. This is because staff is encouraged to make regular healthcare visits. In addition, employer savings related to finding cancer early essentially pays for the costs of provid-

ing paid time off for cancer screenings.

If you are an employer interested in creating a healthier workforce, saving lives, and reducing business costs, please contact the CPiA program at (607) 687-8619 for more information.

Sincerely,  
Laura Bennett, Public  
Health Educator  
Cancer Prevention in  
Action of Tioga County

Editor's Note: Owego Pennysaver 'Letters to the Editor' must be signed and a daytime phone number included for verification. Letters should be no more than 400 words in length. We reserve the right to edit for length or clarity. 'Letters to the Editor' do not necessarily represent the opinions of this publication.

Owego Pennysaver 10/19/22

# Trick-or-Treat Safety



**CONTRIBUTED BY  
TIOGA COUNTY PUBLIC  
HEALTH**

Did you know that, on average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year? This is primarily due to lack of visibility due to low lighting.

Take these precautions to get the most "treat" out of Trick-or-Treat.

## **Walk Safely**

Cross the street at corners, using traffic signals and cross walks; look left, right, and left again when crossing, and keep looking as you cross; put electronic devices down and keep heads up; walk, don't run, across the street; and teach children to make eye contact with drivers before crossing in front of them.

Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic, as far to the left as

possible. Children should walk on direct routes with the fewest street crossings.

Watch for cars that are turning or backing up. Teach children to never dart out into the street or cross between parked cars.

Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, remind them to stick to familiar areas that are well lit, and trick-or-treat in groups.

## **Costumes**

Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors. Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.

Always test makeup in a

small area first to see if irritation develops. Remove all makeup before children go to bed to prevent skin and eye irritation.

Have kids carry glow sticks or flashlights to help them see and be seen by drivers. When selecting a costume, make sure it is the right size to prevent trips and falls.

## **Drive with Extra Caution**

Slow down and be especially alert in residential neighborhoods. Children are excited when trick-or-treating and may move in unpredictable ways. Take extra time to look for kids at intersections, on medians, and on curbs.

Enter and exit driveways and alleys slowly and carefully. Eliminate any distractions inside your car so you can concentrate on the road and your surroundings. Drive slowly, anticipate heavy pedestrian traffic, and turn your headlights on earlier in the day to spot children from greater distances.

Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m., so be especially alert for kids during those hours.

*Owego Pennysaver, 10/30/22*

## **RABIES CLINIC**

The rabies vaccination clinic held on September 8th at Rawley Park was well attended with over 100 dogs and cats receiving vaccinations. We thank the Tioga County Health Department for their dedication to providing these clinics for our residents and their pets and look forward to working with them to bring another clinic back to northern Tioga County next year.

*Richford Quarterly, Oct-Dec 2022*



# BREAST CANCER AWARENESS

Each year in the United States, about 255,000 women get breast cancer and 42,000 women die from the disease.

Men can get it too! Though it is less common, in the U.S. about 1 in every 100 breast cancers diagnosed is found in a man.

## LOWER YOUR RISK!

Keep a healthy weight, exercise regularly.

Limit alcohol.

Breastfeed, if possible.

Know your family history.

Perform monthly self-checks.

See your primary care provider regularly.



# IS BREAST CANCER KNOCKING AT YOUR DOOR?

**1 IN 6 BREAST CANCERS OCCUR  
IN WOMEN AGES 40-49.**

## Know the signs:

- Red, swollen or tender breast
- Lump or change in the breast
- Dimple or puckering in the skin of the breast
- Fluid or discharge, other than breast milk, from the nipple
- A lump in the underarm area
- Nipple inversion (turning inward)

**FOLLOW-UP WITH YOUR PRIMARY HEALTHCARE  
PROVIDER FOR ROUTINE SCREENINGS.**

For more information  
visit [cancer.gov](http://cancer.gov)



# SHARE YOUR FAVORITE HEALTHY RECIPE!

ALL TYPES OF RECIPES WELCOME!

- SOUPS
- SALADS
- BAKED GOODS
- MAIN DISHES
- SIDES
- SNACKS
- AND MORE!

THOSE WHO SUBMIT A RECIPE WILL BE ENTERED TO WIN A PRIZE!

PLEASE EMAIL OR TEXT YOUR FAVORITE HEALTHY RECIPE TO LAURA BENNETT!

BennettL@TiogaCountyNY.gov  
607-972-5114



Important Information:

Please make sure your recipes contain a detailed ingredient list & thorough directions.

Optional - If you have a picture of the completed dish, please send it in with the recipe!

Indicate if you would like your name included next to the recipe.

Recipes due by October 24th!



RECIPES WILL BE COMPILED TO CREATE A "TIOGA COUNTY WORKPLACE WELLNESS COOKBOOK" TO SHARE WITH ALL COUNTY EMPLOYEES!

# WHAT THE HEALTH!?

## National Dental Hygiene Month!

- BRUSH YOUR TEETH THOROUGHLY AT LEAST TWICE A DAY
- FLOSS DAILY
- VISIT THE DENTIST EVERY 6 MONTHS
- DO NOT USE ANY TOBACCO PRODUCTS
- LIMIT SUGARY FOODS LIKE CANDY AND BAKED GOODS

**Did You Know?**  
CHILDREN WITH POOR ORAL HEALTH STATUS ARE ABOUT 3 TIMES MORE LIKELY TO MISS SCHOOL DUE TO DENTAL PAIN!



## SAFE TRICK OR TREAT

WALK, DON'T RUN, FROM HOUSE TO HOUSE.

TRICK OR TREAT IN GROUPS: MAKE SURE AN ADULT IS SUPERVISING.

LOOK BOTH WAYS BEFORE CROSSING THE STREET. USE CROSSWALKS IF THEY ARE AVAILABLE.

CARRY GLOWSTICKS OR FLASHLIGHTS.

INSPECT CANDY. DISCARD ANYTHING HOMEMADE OR THAT HAS ALREADY BEEN OPENED.

## IS BREAST CANCER KNOCKING AT YOUR DOOR?

1 IN 6 BREAST CANCERS OCCUR IN WOMEN AGES 40-49.

### Know the signs:

- Red, swollen or tender breast
- Lump or change in the breast
- Dimple or puckering in the skin of the breast
- Fluid or discharge, other than breast milk, from the nipple
- A lump in the underarm area
- Nipple inversion (turning inward)

FOLLOW-UP WITH YOUR PRIMARY HEALTHCARE PROVIDER FOR ROUTINE SCREENINGS.

For more information visit [cancer.gov](http://cancer.gov)

## GET YOUR FLU SHOT AT ANY OF THESE LOCATIONS!

Your Primary Care Provider!

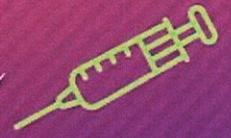
**Owego Pharmacy**  
1135 NY-17C, Owego, NY (Grand Union Plaza)  
(607) 687-8779

**CVS Pharmacy**  
39 Park St., Owego, NY  
(607) 687-5623

**Walgreens Pharmacy**  
153 Main St., Owego, NY  
(607) 687-0891

21 N Main St., Newark Valley, NY  
(607) 642-3355

Tioga County Public Health  
October 2022 607-687-8600





# Breast Cancer Awareness

### Lower Your Risk!

Maintain a healthy weight.  
Exercise regularly.  
Limit alcohol to one drink per day.  
Breast-feed your children, if possible.

If you have a family history of breast cancer or inherited changes in your BRCA1 and/or BRCA2 genes, talk with your provider about other ways to lower your risk.

### Warning Signs of Breast Cancer

- A lump or mass in the breast or axilla
- Thickening or swelling of the breast
- Change in the size, shape, or color of the breast
- Change in the way the breast feels
- Change in the way the breast looks
- Change in the way the breast feels

Additional Warning Signs: Nipple changes, including redness, scaling, or crusting; Nipple discharge, including bloody or clear fluid; Pain in the breast or axilla; Swelling of the breast or axilla; Change in the way the breast feels.

### Get Screened!

Get the recommended best way to detect breast cancer early, when it's easier to treat.

Screening only can detect breast cancer before it has caused any symptoms.

Women who are at average risk can start at 40-74 years old and have a mammogram every 2 years.

Women with a family history of breast cancer or a higher risk may benefit from starting mammography at the age 40.

### Mammography Screenings

**Ascension**  
Lourdes Mobile Mammography Van  
Locations: Cortland, Oneonta, Schoharie, Warren, and Yates Counties

**GUTHRIE**  
Guthrie's Saturday Screening Mammograms  
October 1, 8, 15, 22, 29  
At Guthrie Hospital, locations: Cortland, Oneonta, Schoharie, Townsboro, and Troy.  
To schedule an appointment, call 866-GUTHRIE (628-4743)



Bulletin Board 56 Main St., Oneonta  
October 2022

PARK OUTDOOR



**TEST FOR LEAD AT AGES 1 AND 2!**

LEAD POISONING CAN CAUSE LIFELONG HEALTH PROBLEMS!



Billboard October 2022

**COUNTY OF TIOGA  
EXECUTIVE PROCLAMATION**

WHEREAS: Lead poisoning is a serious, permanent condition that can lead to medical ailments, stunted physical and mental growth, behavioral problems, and developmental delays in children; and

WHEREAS: Lead poisoned children have increased medical costs, educational needs and increased risk for criminal behavior as adults; and

WHEREAS: The goal of New York State's Healthy People 2030 is to reduce blood lead levels in children; and

WHEREAS: New York State Public Health Law states that all one- and two-year-olds be tested for lead levels to identify poisoned children; and

WHEREAS: Tioga County Public Health works with medical providers and parents to advocate child lead testing to reduce the risk of exposure to lead in the home; and

WHEREAS: Between 2019-2021 Tioga County Public Health provided case management and environmental health services to 30 children with elevated blood lead levels; and

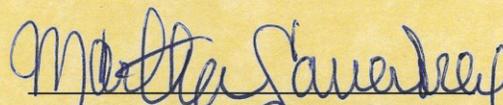
WHEREAS: Lead poisoning is completely preventable by knowing and eliminating all possible lead sources children may have access to; therefore

The TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the week of October 23-29, 2022 as

**LEAD POISONING PREVENTION WEEK**

and urges all residents to take steps to educate themselves, their families, and the community about the importance of lead poisoning prevention.

DATED: October 11, 2022

  
MARTHA SAUERBREY, CHAIR  
TIOGA COUNTY LEGISLATURE

