



NYSPHC BIMONTHLY

A BIMONTHLY DIGEST FOR WESTERN NEW YORK FELLOWS

HELLO!

Welcome to our first Western Regional Digest for the NYSPHC Program! This digest is being brought to you by NYSPHC Senior Fellows, Shelby Smith and Amber Whiteside of the Finger Lakes and Western Regions (Go Bills!) We are so excited to bring you this bi-monthly digest to offer important information and programmatic updates throughout your region!

Before becoming Senior Fellows, we both worked within various organizations to promote public health initiatives across our region's communities. Shelby recently obtained her MSPH degree from Roberts Wesleyan College in 2021 and is a Credentialed Alcoholism and Substance Abuse Counselor (CASAC). She has clinical experience working in various Behavioral Health settings, specifically with vulnerable and stigmatized populations. Amber previously worked with the Boys and Girls Club of Buffalo, becoming the Assistant Director of the John F. Beecher Clubhouse during her 8 years with the organization. Following her departure from the Boys and Girls Club, she worked at a local urgent care with many vulnerable, lower-income individuals and families who did not have access to health information.

We hope that the Western Regional Digest will be a helpful resource for all NYSPHC Fellows, Local Coordinators, and Mentors as you continue the amazing work being done in your counties.

-Shelby & Amber



Shelby Smith, Finger Lakes Region Sr. Fellow



Amber Whiteside, Western Region Sr. Fellow

eCornell Public Health Essentials Tips for success!

- Consider logging on before the course starts to get familiar with the interface, and to learn along the way!
- Work with your Local Coordinator to know when your start date is
- Work with your supervisor to set aside 5-hours per week for learning for 14 weeks
- Build a learning community (colleagues, supervisor)
- Stay on track (1 module/week! 1 assignment/week!)
- Use office hours, engage with the facilitator

OUR LOCAL COORDINATORS

FINGER LAKES REGION

Maggie Steele: Chemung, Schuyler, and Seneca Counties

Margarita Sumeguín: Ontario and Yates Counties

Kathy Wille: Livingston, Steuben, and Wayne Counties

WESTERN REGION

Wendy Douglas: Chautauqua County

Jillian Calmes: Wyoming County

Chris Crawford: Cattaraugus County

Tania Islam: Erie County

Jennifer Rowan: Genesee and Orleans Counties

Fellow Spotlight!

Alyssa Dean joined the Cattaraugus County Health Department as a NYSPHC Fellow in December of 2021, and has spent the majority of her time working in health education, planning, and communications. She completed a public health internship with the Cattaraugus County Health Department and presented research related to epidemiology at a Board of Health meeting last year. Alyssa is a Certified Health Education Specialist and a graduate of St. Bonaventure University, where she received her Bachelor of Science in Public Health.



Alyssa Dean, CHES
Cattaraugus County
NYSPHC Fellow

LINKS FOR YOUR FUTURE CAREER OPPORTUNITIES

[Finger Lakes Region Civil Service Openings](#)

[Western Region Civil Service Openings](#)

[DOH Employment Opportunities](#)

[StateJobsNY](#)

[HRI Employment](#)

Spread the word!

Do you know someone who resides in the Western or Finger Lakes Region who would be a great Fellow? Keep an eye out for the NYSPHC job posting link in the next Digest!



IMPORTANT UPCOMING EVENTS

NYSPHC Elevator Pitch & Speed Networking

October 5, 2022 from 11AM-12PM

October 11, 2022 from 2-3PM

NYSPHC Fellow Virtual Lunch & Chat

November 2, 2022 from 12-1PM

First Annual NYSPHC Fellowship Summit

November 15 & 16, 2022

Empire State Plaza Convention Center - Albany, NY

NYSPHC Educational Series

Budget & Financial Management

December 14, 2022 from 12-1PM (virtual)

Finger Lakes Regional Consortium

Wednesday, March 8, 2023 from 10AM-12PM

Western Regional Consortium

Wednesday, March 29, 2023 from 1-3PM

A week in the life...

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Hi! I'm Kathy Wille, the Local Coordinator (LC) for Livingston, Steuben, and Wayne Counties. Every week, I communicate with the Fellowship Placement Coordinator (FPC), Sarah Walker. We discuss questions that arise at meetings, Fellows' feedback on NYSPHC programs, and share Fellow successes.

As I meet with all my Fellows, I find ways to expand upon what Fellows are doing and encourage them to share ideas and experiences to facilitate connections with other Fellows. For example, a Wayne County Fellow will be providing Narcan training for Fellows, LCs, and FPC in the Finger Lakes Region; Multi-county data Fellows have met to share resources.

I also meet with other Local Coordinators weekly to share best practices and resources. Currently, the LCs of the Finger Lakes are working on developing a training and resource hub that will link training/webinar opportunities for Finger Lakes Fellows.

I share Fellow meeting summaries with supervisors after regular meetings with Fellows. The summaries are shared with supervisors, Fellows, Local Health Department (LHD) Public Health Directors, FPC, and Senior Fellows to keep them abreast of Fellow projects in LHD and Host Agencies.



Kathy Wille
Local Coordinator
Livingston, Steuben,
and Wayne County

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NYSPHC ELEVATOR PITCH & SPEED NETWORKING

Two Opportunities! (click preferred date to register)

October 5, 2022 from 11AM-12PM

October 11, 2022 from 2-3PM

Before the activity, please read and prepare your elevator speech using the following instructions. Homework does not require intense preparation but should be done in advance to maximize the experience.

Elevator Pitch Steps (Tailor to Public Health Experience)

- Step 1:** *Who am I? (List your name, Fellowship position, and worksite name, 1 sentence)*
- Step 2:** *What do you do? (Use 1-2 sentences to describe what your position is)*
- Step 3:** *Why should I care? (Tell what your service role does for Public Health. Make it timely and relevant in 2-3 sentences)*
- Step 4:** *So what? (Why is your Fellowship role special or essential to Public Health? Limit to 1-2 sentences)*
- Step 5:** *Who do you want me to tell this to? (This step is useful when you are networking and want someone to pay information forward about you)*
- Step 6:** *One more time, who are you? (In 1 sentence, state your name and tagline again)*
- Step 7:** *Put it all together!*

In this activity, you will have time to practice and trim down your elevator speech to 60 seconds, roughly 150 words

Fellows are strongly encouraged to attend with supervisory approval. LHD staff and Mentors are invited to attend.



Bookmark the NYSPHC Training & Resources website for quick access!

Training Resource Center | New York State Public Health Corps (ny.gov)



Bridget Kasaoka and Sarah Walker, our Western & Finger Lakes Region Fellowship Placement Coordinators, recently promoted the NYSPHC Program while tabling at the SUNY Brockport Career Fair!

NYSPHC Educational Series Starting December

These are live monthly educational sessions addressing the Core Competencies of Public Health!
(Registration details coming soon)

Topics to be covered:

- Budget and Financial Management
- Policy Engagement
- Data-Based Decision Making
- Justice, Equity, Diversity, Inclusion (JEDI)
- Change Management

Tentative Dates (12-1PM):

- December 14th, 2022
- January 11th, 2023
- February 8th, 2023
- April 12th, 2023
- May 10th, 2023

QUICK LINKS

[NYS DOH](#)

[NYSPHC](#)

[Join the NYSPHC LinkedIn Group](#)

FINGER LAKES REGION

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WESTERN REGION

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