



NYSPHC BIMONTHLY

A BIMONTHLY DIGEST FOR FINGER LAKES & WESTERN NEW YORK FELLOWS



WELCOME BACK!

Welcome to our February and March edition of the Bi-Monthly Finger Lakes and Western Regional Digest for the NYSPHC Program! This Digest is brought to you by NYSPHC Senior Fellows Shelby Smith and Amber Whiteside of the Finger Lakes and Western Regions.

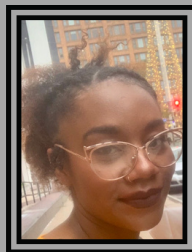
In this Digest, you will find our Fellow and Non-Fellow Spotlights, links for important upcoming events, access to our recently established NYSPHC Job Posting PDF, and so much more!

We hope that the Digest will continue to be a helpful resource for all NYSPHC Fellows, Local Coordinators, Local Health Department Staff, Supervisors, and Mentors as you continue the fantastic work being done in your counties.

-Shelby & Amber



Shelby Smith
Sr. Fellow, Finger Lakes Region



Amber Whiteside
Sr. Fellow, Western Region

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

Jillian Calmes: Wyoming County

Chris Crawford: Cattaraugus County

Wendy Douglas: Chautauqua County

Tania Islam: Erie County

Jennifer Rowan: Genesee and Orleans Counties

Black History Month

February 2023

Like many of our traditions, Black History Month came from the necessity of African Americans and African descendants across the African diaspora to learn and acknowledge their history beyond slavery and promote their modern-day accomplishments. In 1915, Carter G. Woodson and Jesse E. Moorland founded the Association for the Study of Negro Life and History, now known as the Association for the Study of African American Life and History (ASALH). In 1924, the ASALH founded and sponsored "Negro History Week," celebrated on the second week of February. By the 1960s, many colleges began to celebrate Black History Month, and in 1976, President Gerald Ford officially recognized February as Black History Month. The 2023 Black History Month theme is "Black Resistance."

To learn more about this year's theme, click [here!](#)

Click [here](#) to learn more about Black History Month!

Source: <https://blackhistorymonth.gov/about/>

Fellow Spotlight!

“ My name is Ashrafal Islam Rony, and I am originally from Bangladesh. I came to this beautiful country in the year 2018. I got my MPH from the University at Buffalo with a focus on epidemiology in May 2021. My Fellowship placement is at the Rural Outreach Center in East Aurora, New York. We are a team of four Fellows researching generational poverty in Southwestern New York. We have created a community health survey for use in the five counties of Southwestern New York (Erie, Chautauqua, Alleghany, Cattaraugus, and Wyoming counties). Our survey aims to identify health disparities in rural areas and the factors contributing to them. We hope the survey results will assist us in ensuring that local policy decisions are based on local data. Our accomplishments so far include the development of a survey for residents in Western New York and establishing contact with various community members. We also participate in and organize community events, community conversations and visit other community establishments to discuss our projects and collect survey responses.

Additionally, we analyze data from collected responses to understand the specific requirements of rural Western New York communities; we are creating educational materials for distribution in the rural areas of Southwestern New York. As a Fellow, I have assisted the Erie County Department of Health in hosting a vaccination clinic for the Bangladeshi population. Currently, I'm working with the cancer department team at the Erie County Department of Health to create flyers, videos, and in-person trainings to increase cancer awareness in the Bangladeshi community.



Ashafal Islam Rony
Erie County
NYSPPHC Graduate
Fellow

IMPORTANT UPCOMING EVENTS

NYSPPHC Educational Series

Data-Based Decision Making
February 8, 2023, from 12-1 PM (virtual)



Finger Lakes/Western Regional Consortium

Wednesday, March 1, 2023, from 10AM-12PM

NYSPPHC Fellow Virtual Lunch & Chat

Finger Lakes & Western Regions
Monday, March 27, 2023, from 12-1 PM

NYSPPHC Educational Series

Justice, Equity, Diversity, Inclusion (JEDI)
April 12, 2023, from 12-1 PM (virtual)

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 Finger Lakes or Western Region who would be a great Fellow?

Seasonal Recipe Brought to you by Sarah!

Italian Lentil Soup



<https://www.gimmesomeoven.com/italian-lentil-soup-recipe/>



Teen Dating Violence Awareness Month (TDVAM)

February is also Teen Dating Violence Awareness Month. When most people think about domestic violence, they often think of adult relationships and familial relationships, but teen dating violence is a quiet yet huge problem among our youth. **Nearly 1.5 million high school students (of all gender identities) nationwide experience physical abuse from a dating partner in a single year.** For many reasons, our teens may not come to us when things like this happen, making it so much more critical for trusted adults, peers, community members, and school staff to recognize the signs of abuse and where to find resources.

Facts about Teen Dating Violence

- One in three girls in the US is a victim of physical, emotional, or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.
- Half of the youth who have been victims of dating violence and rape attempt suicide, compared to 12.5% of non-abused girls and 5.4% of non-abused boys.
- Eighty-one (81) percent of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.
- College students are not equipped to deal with dating abuse – 57% say it is difficult to identify, and 58% say they don't know how to help someone experiencing it.

Signs of Teen Dating Violence

Is your child:

- *More withdrawn than usual, or exhibiting changes to their personality?*
- *Spending less time with friends and family and more time with their partner?*
- *Spending less time doing things they previously loved doing?*
- *Frequently preoccupied with their relationship?*
- *Exhibiting cuts or bruises?*
- *Starting to excessively apologize or being more self-critical?*
- *Making excuses for their partner's bad behavior or things they say?*

Is their partner:

- *Excessively texting, calling, or messaging them on social media?*
- *Demanding to know where they are, who they are with, and what they are doing?*
- *Putting your child down or making them feel bad about something?*



All facts, data, and resources used in the section can be found on the New York State Teen Dating and Abuse Awareness and Prevention Website. The website is linked below. For immediate help, if violence is suspected or known, please call the New York State Domestic and Sexual Violence Hotline at 1-800-942-6906, text 844-997-2121, or chat at [opdv.ny.gov](https://www.opdv.ny.gov)

Source: <https://www.nyscadv.org/>

For more information about TDVAM, click this [link](#)

March is Colorectal Cancer Awareness Month



SCREENING
SAVES
LIVES

You'd do anything for your loved ones. How about treating yourself like a loved one? Be there for them by prioritizing you. Talk to your doctor about #ColorectalCancer screening today.

https://www.cdc.gov/cancer/colorectal/basic_info/screening/

The Cancer Services Program (CSP) provides breast, cervical and colorectal cancer screenings and diagnostic services at **NO COST** to people who:

- Live in New York State
- Do not have health insurance
- Have health insurance with a cost share that may prevent a person from obtaining screening and/or diagnostic services
- Meet income eligibility requirements
- Meet age requirements

To find the CSP nearest you for breast, cervical and colorectal cancer screening, diagnostic services and referral to treatment and support, call **1-866-442-CANCER (2262)**.

You can also visit our [Community Programs List](#) to find your local CSP by county or borough and call directly.

<https://www.health.ny.gov/diseases/cancer/services/>

Reminder: Bookmark the NYSPHC Training & Resources website for quick access!

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



Amber and Shelby tabled at the Western New York Career & Internship Fair in January!



Let's Connect!



New York State Public Health Corps Fellowship Program



Join the NYSPHC LinkedIn Group

QUICK LINKS

[NYS DOH](#)

[NYSPHC](#)

NYSPHC Educational Series

These are live monthly educational sessions addressing the Core Competencies of Public Health on the Second Wednesday of every month!



Data-Based Decision Making

February 8, 2023, from 12-1 PM

[Register Here](#)

Justice, Equity, Diversity, Inclusion (JEDI)

April 12, 2023, from 12-1 PM

[Register Here](#)



Upcoming topics to be covered (12-1PM):

Change Management: May 10, 2023

Grant Writing: July 12, 2023

FINGER LAKES REGION

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WESTERN REGION

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