

THE
NYSPHC
FRIENDLY

NEWSLETTER



May is Mental Health

Awareness Month

According to the National Alliance on Mental Illness (NAMI), 1 in 5 U.S. adults experiences a mental health condition each year.

Here are a few ways to take care of your mental health:

- **Talk with someone.** Talking with someone you trust and cares for you can help you feel better understood and cared for.
- **Take care of your physical health.** Being physically active can improve your mental health and well-being. Get outside and enjoy the warmer weather, slow down and do some yoga, or go for a walk with a friend.
- **Spend time doing things you like.** Regularly engaging in activities you enjoy like reading, cooking, hobbies, even watching your favorite movie, can help to improve your mental health.
- **Take a moment to be present.** Try watching [this video](#) to reconnect to the present moment and help calm your thoughts.
- **Seek help.** If you feel that you are struggling with your mental health, reach out to a professional or [the Suicide and Crisis Hotline](#), call/text 988.

Source: [WHO](#)

New Additions

Welcome to our 61 newest Fellows since January!

Our newest additions are joining us in the following regions:

Capital District (3)
Central NY (9)
Finger Lakes (8)
Long Island (4)
Mid-Hudson (5)
North Country (7)
Western NY (9)
NYSDOH (16)

We have 286 active Fellows to date!

Farewells

Best wishes to our 35 fellows that have moved on to their next opportunity!

PUBLIC HEALTH ESSENTIALS COURSE

If you need any technical assistance with their website, please make sure to email helpdesk@cornell.edu

CORNELL COHORT UPDATES

March Cohort ends 5/31
May Cohort begins 5/31
July Cohort begins 7/26



From the desk of our Director

Hello Fellows!

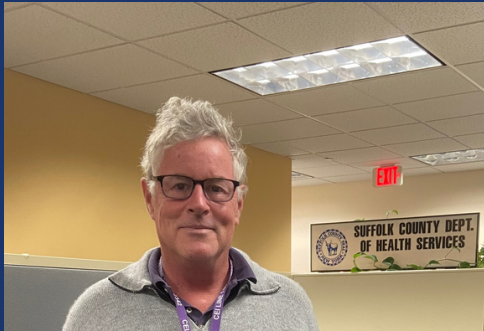
I wanted to take a few lines to welcome and thank you for being part of this wonderful opportunity in helping grow, expand, and enhance the NYS Public Health workforce through your work in the NYS Public Health Corps Fellowship Program! I'm so excited that you are part of making New York State better and healthier for all! The Fellowship Program has created an opportunity for people like you to demonstrate the drive, creativity, and passion that we know we have as New Yorkers to better serve our communities and our state. The amount of positive energy that is felt by the local health department staff, Fellows, and program partners is contagious. I look forward to seeing the impact you make throughout NYS. On behalf of the NYS Public Health Corps Program team, I thank YOU for being a part of the change!

Director
New York State Public
Health Corps Fellowship Program



NEWSLETTER

NYS PHC SPOTLIGHT



Gregory Lynch

Graduate Fellow in Suffolk County

Greg works with the STI unit at Suffolk County Department of Health Services as a Disease Intervention Specialist (DIS). Greg enjoys working with his colleagues who are highly skilled and dedicated nurses. He has had extensive DIS training since beginning his Fellowship last July.

Greg has also been working to facilitate Culturally Sensitive Training Programs given by Services & Advocacy for GLBT Elders (SAGE) to raise awareness of the needs of this population.

Greg was recently awarded an all expenses paid scholarship to attend the National Association of County and City Health Officials (NACCHO) STD Engage Conference in New Orleans this May!

From the NYSPHC Team

Thank you for being a part of the NYSPHC Fellowship!

Remember that we are all here to help you be successful on your public health journey and do not hesitate to reach out to any of the program staff if you have questions via email!

Thank you for strengthening New York State's public health workforce by participating in our Fellowship program!



KEEP IN TOUCH!

Suggestions for what you want to see featured in the next NYSPHC Newsletter?

Want to feature yourself or someone else in the next NYSPHC Newsletter?

Submit via the Training and Resources Website HERE





NYSPHC Resources

Keep up with events in your area and throughout NYS:

[NYSPHC Events Calendar](#)

Catch up on Educational Series, Consortia, recommended trainings, and more:

[Training & Resources Website](#)

Connect with other NYSPHC Fellows:

[NYSPHC LinkedIn Group](#)

Shout of a colleague, supervisor, another fellow, etc.:

[NYSPHC Shout Out Form](#)

Building Partnerships that Strengthen Public Health

The 2023 NYSPHC Annual Summit will be December 12th & 13th at the Albany Capital Center. More details to come!



What's Happening In YOUR Region?

Capital District

Central NY

Finger Lakes

Long Island

Mid-Hudson

Mohawk Valley

North Country

Southern Tier

Western NY

NYSDOH



NEWSLETTER

Capital District

Alberto Guzman

Fellowship Placement Coordinator

Highlights

Fellows across the Schenectady and Albany Region have made huge steps in addressing period poverty across the Capital District! The group, led by Representatives Claire Jennings, Annabelle Rieseler, and Brynn Watkins, established the first period pantry at Bethesda House in Schenectady and has been rapidly expanding their pantry boxes around the Capital District. The period pantry, made of a refurbished newspaper vending machine painted pink, includes products such as pads, liners, and tampons. Brown paper bags are also provided for individuals to carry the products, and menstrual cups and period underwear will be available in the future. The group believes that menstrual hygiene products should be free for everyone, as they are not covered by WIC benefits or SNAP benefits. Great work, Fellows!



Central NY

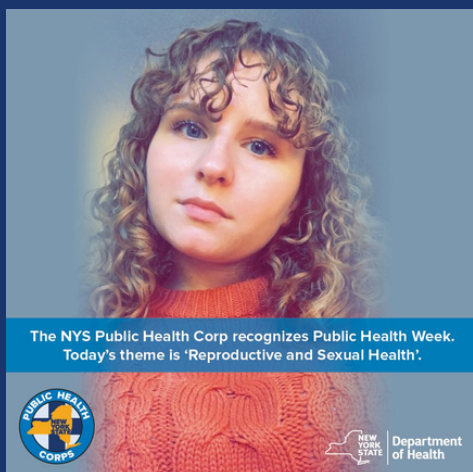
Jennifer Heidemann

Fellowship Placement Coordinator

Shirley Wild

Senior Health Program Coordinator

Highlights



The NYS Public Health Corp recognizes Public Health Week. Today's theme is 'Reproductive and Sexual Health'.



Recently, during National Public Health Week, the New York State Department of Health highlighted Public Health events and workers throughout the state. Onondaga County Fellow Sydney Gale was recognized for her hard work and success in communications and social media. The NYSDOH praised Sydney for her ability to develop and utilize "creative communications to promote HIV testing and prevention to girls and women in Onondaga County."

Congratulations Sydney!



NEWSLETTER

Finger Lakes

Sarah Walker

Fellowship Placement Coordinator

Shelby Smith

Senior Health Program Coordinator

Highlights

NYSPHC March Consortium Recap

Sending a huge THANK YOU to our March 2023 Consortium speakers, Dr. Frank Cerny, Margi Taber, Jill Harper, Tina Murty, and Elizabeth Whelan!

THANK YOU!

What I've learned

- Build relationships every chance you get
- Have clear vision and goals
- Look for what voices are missing
- Value the time and expertise of the members

PROBLEM --> VISION

VISION --> GOALS (SMART)

GOALS --> MEASURES

Vision connects back to relationships

The Art of Collaboration

Training objectives:

- Improve participant level of awareness of building capacity for collaborations
- Consider where they are at with collaboration building and possible next steps participant may want to apply to their work.


Check out the Finger Lakes and Western Region March 2023 Consortium recording [here!](#)
Passcode: ?bia0+!F




Amber and Shelby tabled at the Buffalo State Job & Internship Fair in March!

Training & Resource Hub

PUBLIC HEALTH TRAINING & RESOURCE HUB



Check out the newly created **Training & Resource Hub** created by the Finger Lakes Region Local Coordinators!



[Public Health Training & Resource Hub.ny.gov](https://publichealthtrainingandresourcehub.ny.gov)

Long Island

Gianna Woodard

Fellowship Placement Coordinator

Randy Hansen

Senior Health Program Coordinator

Highlights

Suffolk County Community Health Assessment and Improvement Plan 2022-2024

Steven Bellone, Suffolk County Executive
Gregson Pigott, MD, MPH, Commissioner of Health



Sarah Hennis, Senior Fellow at Suffolk County Department of Health Services, recently completed the 2022- 2024 Suffolk County Community Health Assessment and Improvement Plan. She gathered data alongside the Long Island Health Collaborative to better understand the health issues facing Suffolk County communities and offered suggestions for program improvement. You can access the Community Health Assessment and Improvement Plan [HERE](#). Sarah also graduated with her MPH from Adelphi University in December 2022! Congrats Sarah!

JOIN US! on May 19th from 3:00-5:00pm for a Fellow Group Activity at Heckscher State Park, Field 4. Sign up for something to bring [HERE](#). Watch your inbox for more details. We can't wait to see you all there!



NEWSLETTER

Mid-Hudson

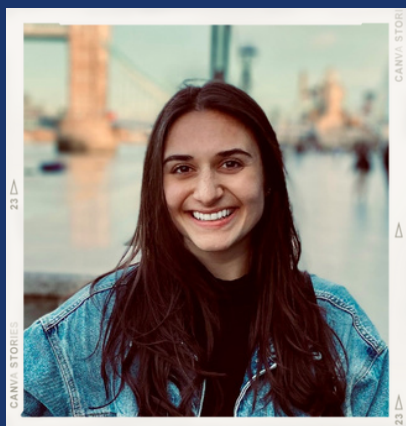
Molly Ridley

Fellowship Placement Coordinator

Ankita Dahiwade

Senior Health Program Coordinator

Highlights



Hannah Matthews is a Public Health Fellow with the Division of Epidemiology and Public Health Planning at the Orange County Department of Health and has been heavily involved in both the data collection and writing process for the county’s Community Health Assessment (CHA). Hannah will be attending the 2023 Council of State and Territorial Epidemiologists (CSTE) conference in Salt Lake City, Utah, to present her abstract: “One Size Doesn’t Fit All: Aggregate Data Mask Differences in Perceived Community Needs from Urban, Suburban, and Rural Communities in Orange County, NY.” The study explored the application of the U.S. Department of Agriculture’s rural-urban commuting area codes to investigate differences in perceived community needs based on population density, which contributed to the selection of priority areas in Orange County’s 2022–2024 CHA and Community Health Improvement Plan (CHIP). This analysis provides a model for using geographic units of analysis to identify trends and inform priority area selection and public health resource allocation.

Mohawk Valley

Aletha Sprague

Fellowship Placement Coordinator

Cali Riese

Senior Health Program Coordinator

Highlights



Kaylee Mahoney, Schoharie County Fellow and Senior Public Health Specialist, attended the annual New York Statewide Immunization Meeting in Saratoga Springs on March 28th and 29th. It was a two-day conference with a full agenda of speakers presenting all facets of immunization information, from updates to clinical protocols. Representatives from every county in NYS attended, and Kaylee represented Schoharie County. It was perfect timing, as Kaylee had recently created a complete Vaccine Management Plan Binder for the department, which contains the most updated information on storing and distributing vaccines.



NEWSLETTER

North Country

Gabrielle Mayfield

Fellowship Placement Coordinator

Benjamin Przepiora

Senior Health Program Coordinator

Highlights



Brandin Cousineau, a Public Health Specialist at the St. Lawrence County Public Health Department (SLCPHD), started as a fellow recently. Brandin has been working on the project to assist SLCPHD to become accredited through a performance management system VMSG. By working towards accreditation, SLCPHD is committed to continuously improving its programs and services. This shows their commitment to quality improvement and following evidence-based standards. Accreditation utilizes health equity to identify and address health priorities and disparities within the community. For example, one of our priority areas is to prevent chronic diseases through healthy eating and food security. SLCPHD is committed to continuously improving its programs and services to the community. Brandin is excited to be a NYSPHC Fellow in St. Lawrence County!

Southern Tier

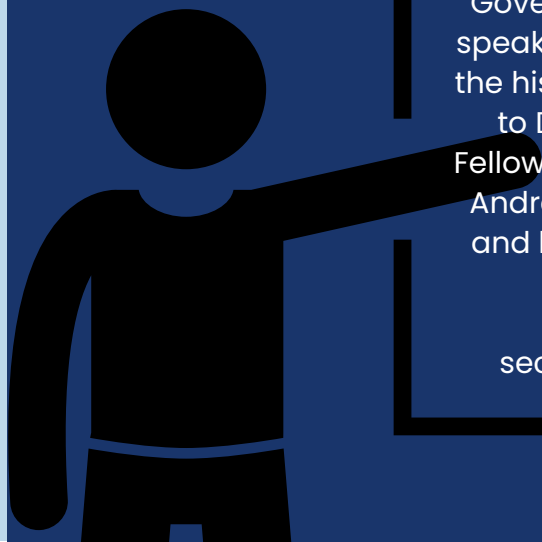
Eleanor Lopez

Fellowship Placement Coordinator

Binta Ceesay

Senior Health Program Coordinator

Highlights



During the Southern Tier’s March Consortium, we had the pleasure of having Dr. Jamila Michener, Professor of Government and Public Policy at Cornell University, as our speaker. Dr. Michener gave an excellent presentation about the history of healthy equity and policy in the US. In addition to Dr. Michener’s presentation, we also heard from our Fellows, Bri Very and Amy Fassold from Broome County, and Andrea Blowers and Chris Connolly from Herkimer County and learned more about their current Fellowship projects. The Consortium recording is available on the [“Resources by Region”](#) section of the NYSPHC Training and Resource website.



NEWSLETTER

Western NY

Bridget Kasaoka

Fellowship Placement Coordinator

Amber Whiteside

Senior Health Program Coordinator

Highlights

Non-Fellow Spotlight!

David E. Bell, Ph.D. MPH is the Emergency Preparedness Coordinator for the Genesee and Orleans County Health Departments (GO Health). At the height of the COVID-19 response, he supervised four temporary county positions dedicated to assisting response activities, including mass vaccination and testing operations. When the NYS PHC Fellowship Program became available, these temporary positions quickly transitioned to become the first GO Health NYS PHC Fellows, helping lead the ongoing local public health response to the pandemic. David, alongside Cora Young as the GO Health Emergency Preparedness Educator and Jennifer Rowan as the GO Health NYS PHC Local Coordinator, has had the privilege of leading an exceptionally talented group of Fellows dedicated to the safety and well-being of local communities during many critical times of the COVID-19 pandemic. As demand for immunization and testing declined, two Fellows have continued with David to help him rebuild traditional planning components of the Emergency Preparedness program. In contrast, other Fellows began to take on new duties with other supervisors, including routine immunizations, wastewater analysis, public health education, and accreditation planning. David finds the opportunity to work with Fellows as a chance to build on the ideals of public health: fostering collaboration, interagency bridges, greater workforce training, and new or improved public health services where they are most needed. GO Health Fellows have become foundational for making a difference when and where public health innovation has been most needed in the counties of Genesee and Orleans.



David E. Bell, Ph.D. MPH NYS PHC Supervisor Genesee and Orleans County Health Departments Emergency Preparedness Coordinator

NYS DOH

Hillary Faas

Fellowship Placement Coordinator

Shakira Maki

Senior Health Program Coordinator

Highlights

March 2023 NYSDOH Consortium Recap



NYSDOH Senior Fellows, Shakira Maki, Binta Ceesay & Kirstin O'Sullivan attended career fairs in March to promote the NYS PHC Fellowship Program!

We would like to thank Dr. Kya Connor for providing such a thought-provoking presentation on the topic of JEDI at our March DOH Consortia Meeting!



To learn more about Dr. Connor, visit her website, here!

Visit the NYS Department of Health tab to access the full recap from Consortium!

