



# NYSPHC BIMONTHLY

A BIMONTHLY DIGEST FOR FINGER LAKES & WESTERN NEW YORK FELLOWS

## Alzheimer's & Brain Awareness Month June 2023

At what age should we worry about our brain's health? Our 50s? 60s? 70s? Or younger? Alzheimer's disease is the most common form of dementia. Most cases of Alzheimer's disease are diagnosed at age 65 or older, but 10% of new cases of Alzheimer's disease are of people under 65, according to [Harvard Medical School](#). Although early onset is fairly uncommon, it is possible. Extreme cases of early-onset Alzheimer's can occur in your 30s.

There are several major causes of Alzheimer's in people 65 years or younger, other than a family history. Poor sleep, illegal drug use, medication side effects, alcohol use, depression, and anxiety are some lifestyle concerns that can negatively affect your brain health.

There are different activities you can do to help improve your memory to help combat dementia:

- Getting quality sleep
- A healthy diet (e.g., nuts, fruits, vegetables, fish, olive oil, avocados, etc.)
- Physical activity, such as exercising daily
- Quality social time
- Stay mentally active (e.g., reading, puzzles, crossword puzzles, brain exercises, etc.)
- Stay on top of your health, especially if there are any chronic illnesses to manage

To learn more about protecting your brain's health, check out the links below to help get you started.

Source: [Harvard Health](#)



### Brain Health Resources:

- <https://www.nia.nih.gov/health/early-onset-alzheimers-disease-resource-list>
- [Alzheimer's & Other Dementia - Home | Department of Health \(ny.gov\)](#)

## welcome back!

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

In this Digest, you will find our Fellow and Non-Fellow Spotlights, links for important upcoming events, information on public health awareness months, access to the recently created Training and Resource Hub, and 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 in your counties. As always, if you have any suggestions or ideas for future Digests, let us know!

*-Shelby & Amber*



**Shelby Smith**  
Sr. Fellow, Finger Lakes Region



**Amber Whiteside**  
Sr. Fellow, Western Region

## NYSPHC 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
- Tracy Fricano Chalmers:** Niagara County
- Tania Islam:** Erie County
- Kristine Voos:** Genesee and Orleans Counties

## Fellow Spotlight!

"Serving as a NYS Graduate Public Health Fellow has been an honor! I graduated from St. Bonaventure University with an M.Ed. and a NYS School Administration certification. As an area educator for over 30 years, as a classroom teacher, school administrator, and lecturer at St. Bonaventure, I have been dedicated to supporting children by finding ways to meet their needs inside and outside the classroom. In 2020, I co-founded Operation Warm Hearts (OWH), a 501c3 charitable foundation based in Olean, NY, to serve children needing clothing, coats, and boots. My fellowship has allowed me to develop collaborations with various Cattaraugus County Health Department programs and divisions to ensure their services reach those who need them most while visiting OWH. These collaborations have included work with the Women, Infants, and Children (WIC) Program, the Healthy Neighborhoods Program, the Children and Youth with Special Healthcare Needs program, and the Public Health and Education and Planning Division. OWH has now become a hub for families to connect with health and social services outside the clinical setting. We now can offer a comprehensive network of support to families and children in our community."



**Ann Marie Sitter-Tompkins**  
Cattaraugus County  
NYSPHC Graduate  
Fellow



### IMPORTANT UPCOMING EVENTS

#### Finger Lakes/Western Regional Consortium

Finger Lakes & Western Regions  
Wednesday, June 7, 2023, from 10AM-12PM (virtual)

#### NYSPHC Educational Series

Grant Writing  
Wednesday, July 12, 2023, from 12-1 PM (virtual)

#### Elevator Pitch and Speed Networking

*\*E-mail with details coming soon*

### 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 Shelby!

[Mixed Berry Spinach Salad with Strawberry Balsamic Vinaigrette Dressing](#)



<https://tasty.co/recipe/mixed-berry-spinach-salad-with-strawberry-balsamic-vinaigrette-dressing>



# MINORITY

# Mental Health Matters

**JULY IS NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH!**

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

Mental Health  
 Mental Wellness  
 Minority Health  
 Health Equity  
 Emotional Wellness

Selfcare  
 Trauma  
 Mental Health Stigma  
 Behavioral Health

**NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH IS OBSERVED EACH JULY TO BRING AWARENESS TO THE UNIQUE STRUGGLES THAT RACIAL AND ETHNIC MINORITY COMMUNITIES FACE REGARDING MENTAL ILLNESS IN THE UNITED STATES. THE OFFICE OF MINORITY HEALTH (OMH) ENCOURAGES STATE, TRIBAL, AND LOCAL LEADERS, COMMUNITY-BASED ORGANIZATIONS, FAITH LEADERS, HEALTHCARE PROVIDERS AND INDIVIDUALS TO EDUCATE YOUR COMMUNITIES REGARDING MENTAL HEALTH STIGMA.**

**NYSPPHC**  
**Spring Student**  
**Presentation Series**  
**Recap**

**Presenters:**

Sarah Walker & Shelby Smith  
 Finger Lakes Region

Bridget Kasaoka & Amber Whiteside  
 Western Region

**PARTICIPATING**  
**INSTITUTIONS OF HIGHER**  
**EDUCATION**



**Buffalo State**  
**Columbia University**  
**Cornell University**  
**CUNY**  
**Daemen College**  
**Finger Lakes Community College**  
**Hartwick College**  
**Keuka College**  
**Nazareth College**  
**New York University**  
**St John Fisher**  
**St Rose College**  
**SUNY Binghamton University**  
**SUNY Cobleskill**

**SUNY Downstate University**  
**SUNY Geneseo**  
**SUNY Jefferson**  
**SUNY New Paltz**  
**SUNY Old Westbury**  
**SUNY Plattsburgh**  
**SUNY Polytechnic**  
**SUNY Stony Brook**  
**University at Albany**  
**University at Buffalo**  
**University of Rochester**  
**Upstate Medical University**  
**Utica College**  
**Vassar College**

*Interested in viewing our recording? Check out this [LINK!](#)  
 Passcode: #2Autp#5*

# Non-Fellow Spotlight!

Kerry VanAuken, MPH, has been the Deputy Director of Wayne County Public Health since September 2020, where she oversees the provision of disease prevention services, health promotion programs, and health care services to those in need to maintain and enhance the longevity and quality of life of Wayne County residents. Kerry has extensive experience in Public Health, including being a Public Health Educator for a decade and a half at Seneca County Health Department before coming to her leadership role at Wayne County Public Health. Her previous titles include Senior Public Health Educator, Emergency Preparedness Coordinator, and Coordinator of Performance Management and Quality Improvement (PMQI). Kerry demonstrates excellent skill in establishing collaboration among many community partners and county residents to achieve better health outcomes in Wayne County. She serves as a role model for colleagues through her professionalism, dedication, and sense of integrity. Working side-by-side with the Public Health Director Diane Devlin, RN, MS, BSN, Kerry has been instrumental in rolling out the New York State Public Health Corps Fellowship Program in Wayne County with Fellowship placements at the Local Health Department as well as host organizations, including Pivotal Public Health Partnership, Finger Lakes Community Schools, Wayne Behavioral Health Network, and Wayne County Department of Social Services. Kerry is the site supervisor for one of the Wayne Fellows. Kerry keeps updated on all Fellows' work (not just the Fellow she oversees) and provides constant information on professional development opportunities (symposia, conferences, trainings, helpful webinars) to the Wayne County Fellows and the Fellows in the Finger Lakes region.



**Kerry VanAuken, MPH**  
 NYSPHC Supervisor  
 Wayne County Public Health  
 Deputy Director

*Thank you, Kerry, for your experience, knowledge, and support in fostering vital collaborations for the NYSPHC Wayne County Fellows! We appreciate you!*

## Make sure to Bookmark "Resources By Region" [Resource Hub!](#)

1. Scroll down and click on "Finger Lakes Region"
2. Select "Public Health Training and Resources Hub"
3. Select the current month for the most up to date information!

**PUBLIC HEALTH  
 TRAINING &  
 RESOURCE HUB**



## FELLOW IN ACTION



As a Fellow in the New York State Public Health Corps (NYSPHC), Kris Joslyn (far left) works with the Wayne County Department of Social Services (DSS) to assist the intake team with screenings, response plans, and identifying resources for individuals and families presenting as homeless. Kris develops informational brochures on vision, physician, dental, educational, and other services for clients and attends Health Fairs across Wayne County to share these resources and additional DSS information. Here Kris is pictured with the Finger Lakes Local Coordinators (Kathy Wille, Maggie Steele, and Margarita Sumeguín) at a Health Fair promoting NYSPHC.

Is there a NYSPHC Program participant you would like to shout out? The [Training & Resources Website](#) has you covered!

Click [here](#) and select "Shout Out" before completing the submission form!



### NYSPHC Educational Series

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

#### Grant Writing

July 12, 2023, from 12-1 PM

[Register Here](#)

The Educational Series is taking a break for the summer and will resume with brand-new sessions in the fall.

More to come soon!

### Let's Connect!



New York State Public Health Corps Fellowship Program



[Join the NYSPHC LinkedIn Group](#)

### QUICK LINKS

[NYS DOH](#)

[NYSPHC](#)

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

Training Resource Center | New York State Public Health Corps ([ny.gov](http://ny.gov))



### National Minority Mental Health Month puzzle answer key

puzzle on page 3



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

### FINGER LAKES REGION

**Sarah J. Walker, MSHSA**  
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