

THE NYSPHC BIMONTHLY BULLETIN

A NYSDOH Fellow Digest

MAY/JUNE 2023

ISSUE 3



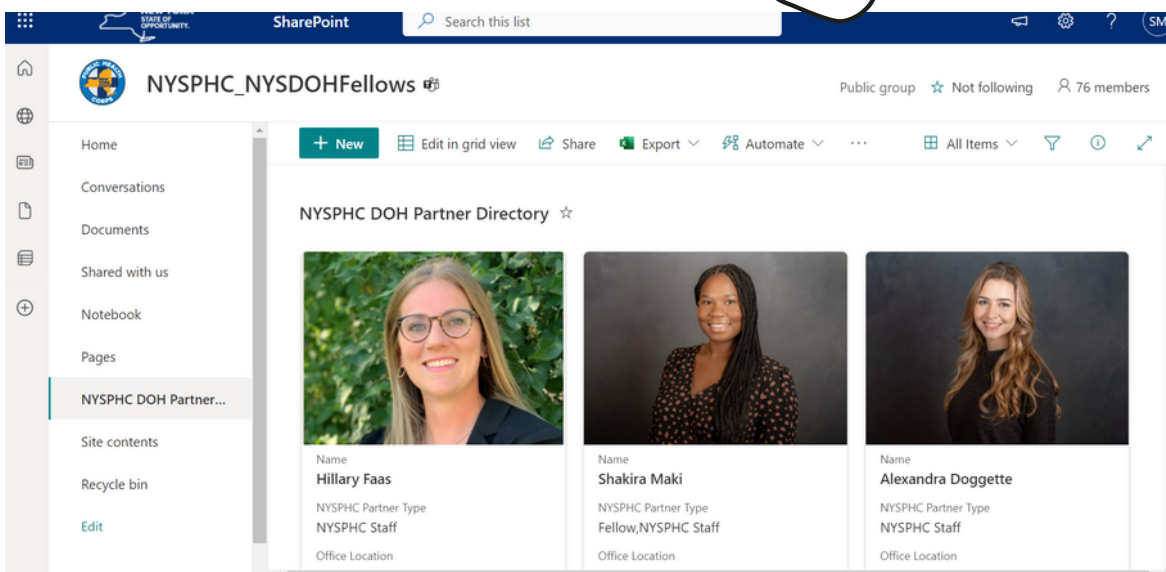
WHAT'S NEW!

We have officially launched the **NYSPHC DOH PARTNER DIRECTORY!**

The NYSPHC DOH Partner Directory has been developed to give you the opportunity to connect with the other DOH Fellows, Supervisors, and Mentors statewide. We hope you use this directory to network, collaborate, and learn more about the partners in our NYSPHC DOH Fellow network!



JOIN THE DIRECTORY!



Welcome to our newest
NYSDOH Fellows!

Jennifer Howard, WC
D'Juan Gilmore, CEH
Michelle Iannotta, WC
Elizabeth Whipple, AI
Craig Helms, OHEHR

*To date, we have 54
active fellows!*

**We're
Hiring!**



Do you know
someone
interested in
joining the public
health workforce?

Encourage them to
visit the [HRI
Careers Page](#) and
search "NYSPHC
Fellowship
Program" to apply
to one of our open
NYSDOH fellowship
positions!

NYSDOH FELLOW SPOTLIGHTS!

Michele Dolan

Public Health Specialist
CEH, Oneonta Regional Office

I am a Public Health Specialist in the Center for Environmental Health at the Oneonta District Office. The Oneonta District Office oversees public operations throughout Otsego, Delaware, and Greene counties. Our department is mainly focused on minimizing environmental health threats to the public by providing New York State sanitary code guidance and enforcing health and safety regulations relating to drinking water quality, food safety in restaurants, beach and swimming pool safety, children's camps, radiation protection, lead poisoning prevention, migrant farm worker housing, indoor tanning, tattooing and exposure to tobacco smoke.

After only seven months working in this office, I am confident that I have found my home in Environmental Health. Beyond this fellowship, I look forward to continuing in the field, building on the knowledge base, and striving to protect the public from preventable harm.



We asked:

If you had a time machine, what time period would you travel to?

“ I'd enjoy brief time traveling stints into the late 60's to witness a portion of the rock revolution, see the Beatles in concert, and participate in Woodstock. ”

Anh Le

Senior Health Program Coordinator
NYSPHC, Office of Public Health Practice

I've been a Senior Health Program Coordinator with NYSPHC for almost 10 months now! I'm mainly responsible for program evaluation and data analysis for the NYSPHC Fellowship Program in order to ensure that everyone has a beneficial experience. There is a lot of data to keep track of in the fellowship program, starting from the moment that applications are sent in, to fellows leaving the program and beyond. My main responsibilities include data quality assurance and improvement, as well as analyzing feedback from fellows and supervisors. I also regularly create many reports on our applicants, budgets, programmatic activities, and more to help guide the program as a whole.

Before this, I worked in workforce development with high school students and college students for a few years, and that work consisted of outreach and program implementation. This fellowship has been a wonderful opportunity to expand my skills in evaluation and data analysis. It has also been enlightening to learn about workforce development from the perspective of local health departments and NYSDOH.

Workforce development is something that I'm quite passionate about, especially the chance to promote diversity and equity in public health. One of my very ambitious goals is to find a way to integrate high school pipeline programs and college pipeline programs into a fellowship program like NYSPHC. I believe it is important to nurture the passion of students as early as possible while providing support to address inequity at every step of the way.



We asked:

If you had to choose one superpower, what would it be?

“ Shapeshifting! My hair has been almost every color of the rainbow, and this way, I could change my hair color as many times as I want without dyeing it. ”

NYSDOH MENTOR SPOTLIGHT!

Melanie Warren, MPH

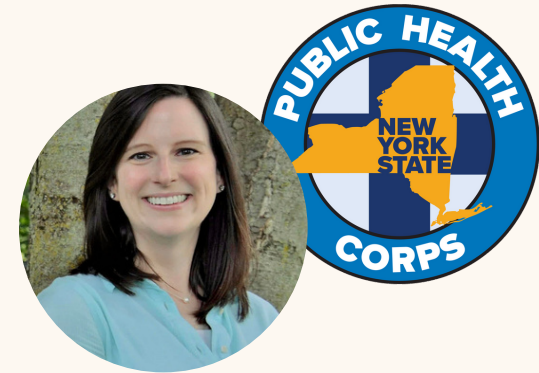
NY State of Health Marketplace
Office of Health Insurance Programs

I have worked since 2012 on the Communications, Outreach and Marketing team for NY State of Health: The Official Health Plan Marketplace. NY State of Health connects New Yorkers to affordable health insurance, helps consumers compare health plans and find the right insurance for themselves and their families. I oversee the NY State of Health informational website including content creation, publication, and management; manage projects of various types related to marketing/education campaigns, including material development and design; and coordinate the development and implementation of various multimedia projects such as paid advertising campaigns, texting campaigns and organic social media. I also assist in the management of advertising campaigns and placement across all media platforms, including acting as a liaison for administrative processes between NY State of Health staff and contracted vendors.

I've really enjoyed working with and getting to know the fellows in my cohort. It's been a great experience to learn about the various communications projects they're working on, then share ideas and resources with each other that can help us all in our different but similar roles. I've also enjoyed sharing with them things I've learned about the state's processes and functions, especially the things I wish I had known early on in my career.

A Word of Advice to Fellows:

I've found the following three concepts to be invaluable in my public health career to date. (1) Stay informed about state, national, and global health issues. Everything is connected in public health, and so much of what happens elsewhere will affect the area in which you're working. (2) Be a good writer. Writing well is key in all industries and public health is no different. It's a practical component of this work since we write memos and papers, educational materials, summaries of research and bills, and lots (and lots) of email. Communicate clearly by writing all these pieces well. (3) Be organized, especially with electronic files. I've often been the go-to person on a project or program area just because I am organized and aware of how activities are progressing. Learn how to use all the valuable tools in Microsoft Office 365 and use them so you can help lead the way in getting work done efficiently.



We asked:

What bucket list item do you most want to check off in the next six months?

“Over the past several years I've enjoyed visiting many national parks, so a bucket list goal is to visit as many as possible. This summer my husband and I are going to Yosemite and Sequoia National Parks, which I haven't been to yet. I'm really looking forward to it!”

Fellows in the Community



Jefferson Garcia, NYSDOH Fellow OPH, MARO-NYC

FC Give is an NYC-based 501-c3 non-profit organization founded in 2010. FC Give is a grass root collective that pursues social change through fundraising, pickup soccer matches and charity engagement. I have been an organizer for over 10 years. We support charities such as South Bronx United, Street Soccer USA, Round Star Foundation and even provide scholarship internationally to students in Colombia.

As a volunteer, I help organize fundraising events such as pickup games, one-day tournaments and I participate in charity tournaments as a FC Give representative. I also help manage the FC Give social media account on Instagram.

Our grassroots football club is a volunteer-led effort to encourage physical fitness and generosity. In our 13 years of hosting local games for global change we have distributed \$247K in grants to 20 different initiatives.

Search for PlaySoccer2Give on the meetup to join us on the pitch in 2023 and help us fund our annual South Bronx United College Scholarships and monthly support for a youth soccer club in Cartagena, Colombia.

CHECK OUT FC GIVE
ON [INSTAGRAM!](#)



LEARN MORE ABOUT
FC GIVE



JOIN FC GIVE'S
[MEETUP](#) GROUP



If you want to be our next Fellow or Mentor Spotlight or "In Your Community" feature, let us know. We'd love to shout you out!





NYSDOH Fellows got together for a fun game of trivia during our DOH Fellow In-Person Networking Event on 4/25/23 at the Corning Tower in Albany. Thanks to Cecelia Guthrie for being an awesome trivia host!



NYSDOH Senior Fellows, Shakira Maki and Anh Le, and NYSPHC Administrative Assistant, Ali Doggette, attended the Dr. Martin Luther King, Jr. Career Fair held at the Empire State Plaza Convention Center on 4/6/23 to promote the NYSPHC Fellowship program to job seekers in the Capital Region.

LGBTQ+ Pride Month June 2023

Pride Month History

"Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. In the United States the last Sunday in June was initially celebrated as "Gay Pride Day," but the actual day was flexible. In major cities across the nation the "day" soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, symposia and concerts, and LGBTQ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that lesbian, gay, bisexual and transgender individuals have had on history locally, nationally, and internationally."

Source: [Library of Congress/](#)

LGBTQ+ Population & Public Health

"People who are lesbian, gay, bisexual, or transgender (LGBT) are members of every community. They are diverse, come from all walks of life, and include people of all races and ethnicities, all ages, all socioeconomic statuses, and from all parts of the country. The perspectives and needs of LGBT people should be routinely considered in public health efforts to improve the overall health of every person and eliminate health disparities."

Resources

- [Healthy People 2023](#)
- [Advancing Effective Communication, Cultural Competence, & Patient-and-Family-Centered Care for the LGBT Community.](#)
- [GLMA: Health Professionals Advancing LGBT Health Equality.](#)

Source: [CDC - LGBT Health](#)

Mental Health Awareness Month May 1 - 31, 2023

According to the National Institute of Mental Health (NIMH) "Mental health encompasses our emotional, psychological and social well-being and impacts how we think, act and cope with the everyday stressors of life. Mental health also effects how we manage stress, make choices and relate to others. Through all stages of life, mental health is important."

Ways to improve & maintain mental health

- **Exercise regularly:** Just 30 minutes of activity per day can help boost your mood
- **Eat healthy, regular meals and drink water:** A balanced diet and water can improve mood and focus
- **Get good sleep:** Maintain a consistent sleep schedule and reduce your exposure to blue light from phones and electronic devices before bed
- **Set goals and priorities:** Decide what has to be done immediately and what can wait. Practice saying "no" and not overloading yourself with tasks and responsibilities
- **Stay Connected:** regularly reach out to family and friends who can provide emotional support

Source: [National Institute of Mental Health](#)

When to seek Professional help

Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to perform usual daily functions and responsibilities

ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH May 1 - 31, 2023

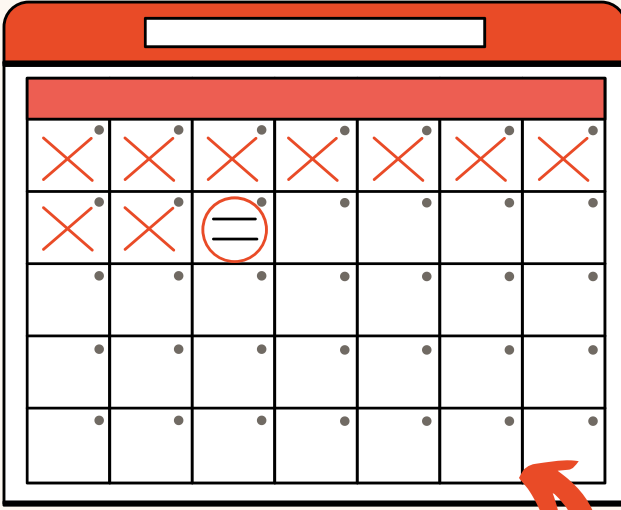
"May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants."

Source: [AsianPacificHeritage.gov](#)

Upcoming Events

NYSPHC Events Calendar



Don't forget to check the NYSPHC Events Calendar for more events!

NYSPHC Orientation

Fri, June 9, 2023 | 10:00AM-11:30AM

[Register Here](#)



NYSDOH June Consortium

Fri, June 16, 2023 | 10:00AM-12:00PM

[Register Here](#)

Grant Writing

(NYSPHC Educational Series Session)

Wed, July 12, 2023 | 12:00PM-1:00PM

[Register Here](#)



FAREWELL AND GOOD LUCK TO OUR NYSDOH FELLOWS WHO HAVE LEFT THE PROGRAM!

Fellow Farewell!!



ABBIE GUIBOND, MPH

Senior Fellow - Project Operations Specialist - OOTC

I have been a fellow since June 2022, and it has been an extremely rewarding and life changing experience. I began working as a Special Assistant to former Commissioner of Health Dr. Mary T. Bassett where I assisted with emergency response efforts for Monkeypox and Polio, provided programmatic and budget support, and coordinated the Commissioner's Grand Rounds program. Communicating on the Commissioner's priorities with senior staff, internal NYS agencies, and external partners daily gave me a better understanding of how to advance policies that support the health of New Yorkers. In January of 2023, I transitioned in my fellowship to work under Deputy Commissioner Adam Herbst and Deputy Director Valerie Deetz in the Office of Aging of Long Term Care (OALTC) to support the development and implementation of the New York State Master Plan for Aging. On May 11th, I will begin a new role with OALTC as a Senior Health planner, where I will continue to provide policy and programmatic support for the Master Plan for Aging and assist with its various stakeholder, state agency, and public engagement activities. I am very grateful to have had so many great opportunities in just 11 months and to have served as a fellow. I wouldn't be where I am today without the fellowship, so thank you!

Sandra McNary

Fellow - Public Health Specialist I - WC

"My fellowship placement has been within the DOH Clinical Laboratories Evaluation Program, assisting with regulatory oversight on permit holding clinical laboratories/blood banks and qualifications of personnel. As a result, I have accepted a permanent position as Health Program Administrator Trainee within CLEP to broaden my skills and abilities to ensure proper performance of diagnostic laboratory tests affecting the public health, safety and welfare of all NYS residents. This CLEP team consists of outstanding, committed professionals, rich with knowledge, and becoming a member of this team has become the highlight of my career. The fellowship program has provided new opportunities, instilled new passions, and has broadened my perspective on public health objectives that are critical for all of us!! Thank you for re-motivating my professional drive with this exceptional Fellowship Program!!"

Good Luck!

Kirstin O'Sullivan

Carly Burns

FYI

[HRI Careers Page](#)

[HRI Payroll](#)

[HRI Human Resources](#)

[HRI Travel](#)

[SAP Litmos](#)

At the Table with Ali!



Summer Peach Spinach Salad with Avocado, Toasted Almonds + Goat Cheese

Summer's coming! Try this delicious and refreshing salad for lunch, or you can add your favorite protein to make it a hearty weeknight dinner!



We're on LinkedIn!



New York State Public Health Corps Fellowship Program



Join the NYSPHC LinkedIn Group!

PUBLIC HEALTH ESSENTIALS UPDATES

March Cohort:
Ends on 6/28/23

May Cohort:
Starts on 5/31/23

July Cohort:
Starts on 7/26/23

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

REMINDERS & HELPFUL LINKS

* For any DOH Fellow Travel or Purchasing inquiries, please contact:

NYSPHC_DOH_FELLOWS@health.ny.gov

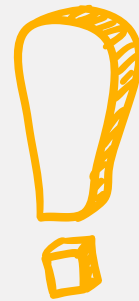
[NYSPHC Website](#)

[NYSPHC LinkedIn Group](#)

[NYSDOH Website](#)

[Fellow Training & Resources](#)

[Resources by Region](#)



Stay Connected with Us!

Contact us any time with questions, comments, or Fellow Spotlight & In Your Community stories of your own!



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