



# NYSPHC BIMONTHLY

**A BIMONTHLY DIGEST FOR FINGER LAKES & WESTERN NEW YORK FELLOWS**

## August is National Immunization Awareness Month

Vaccinations have saved lives. As early as the 15th century, people tried to inoculate communities against smallpox by intentionally exposing healthy individuals to the virus. It wasn't until 1796 that Dr. Edward Jenner created the first successful smallpox vaccine. He used matter from a cowpox sore to vaccinate a young boy from smallpox.

We are many years advanced from the first smallpox vaccine and how it was initially prepared and administered. There are 15 vaccines, plus the COVID-19 vaccine, recommended by the CDC. Throughout modern medical history, we have learned vaccines are safe, effective and have saved millions of lives globally.



[CDC Vaccine Information](#)  
[A brief history of vaccines](#)  
[New York State Vaccine Information](#)



## welcome back!

Welcome to our August and September 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

**Chris Crawford:** Cattaraugus County

**Gabrielle Hastings:** Niagara County

**Tania Islam:** Erie County

**Theresa Moore:** Allegany County

**Laura Paolucci:** Wyoming County

**Francine Rondenell:** Chautauqua County

**Kristine Voos:** Genesee and Orleans Counties

## Fellow Spotlight!

"As a Fellow, I work on all health department policies and procedures and manage documents. I have had the pleasure of working with each program/department in the Chemung County Health Department (CCHD) to update current policies, add policies not currently documented, and make all policies and procedures electronic. Within these updates, I have assisted in revamping the CCHD header and footer and worked toward accreditation compliance. My current work is moving towards creating an audit schedule, cleaning up of the electronic files, researching document management systems that best fit the needs of the CCHD, and creating a more friendly and manageable system for all to utilize. I work remotely, part-time, for CCHD although I work in person at least once a month. I work through Zoom, phone, and in-person meetings when needed. I am a part of the Public Health Committee and look forward to being more involved once I get through my document management project. I have enjoyed attending multiple tabling events in our community and representing the Chemung County Health Department. I love getting out into the community and educating as many as possible, along with learning more about Public Health."



**Francina "Frankie" Marvin**  
Chemung County  
NYSPHC Fellow

### IMPORTANT UPCOMING EVENTS

#### Elevator Pitch and Speed Networking

*Two Dates! (Click on desired date to register)*

Tuesday, August 8, 2023, from 12-1PM

Thursday, August 24, 2023, from 12-1PM

#### Finger Lakes/Western Regional Consortium

Finger Lakes & Western Regions

Wednesday, September 20, 2023, from 10AM-12PM

### LINKS FOR YOUR FUTURE CAREER OPPORTUNITIES

[Finger Lakes Region Civil Service Openings](#)

[Western Region Civil Service Openings](#)

[DOH Employment Opportunities](#)

[StateJobsNY](#)

[HRI Employment](#)



seasonal recipe  
brought to you by bridget!

Kasaoka Beef Curry



[https://nysphcresources.health.ny.gov/sites/default/files/nysphc/shared\\_documents/2023-06/Kasaoka%20Beef%20Curry.pdf](https://nysphcresources.health.ny.gov/sites/default/files/nysphc/shared_documents/2023-06/Kasaoka%20Beef%20Curry.pdf)

### SPREAD THE WORD!

**DO YOU KNOW SOMEONE WHO RESIDES IN THE FINGER LAKES OR WESTERN REGION WHO WOULD BE A GREAT FELLOW?**

Join us!

Check out the [NYSPHC counties hiring here!](#)



Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month—a time to raise awareness of this stigmatized, and often taboo, topic. This month is used to shift public perception, spread hope and share vital information to people affected by suicide. The goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

Source: [National Alliance on Mental Illness \(NAMI\)](#).

mental health matters



If you or someone you know is struggling, please find hope in this article: [Supporting Recovery | NAMI: National Alliance on Mental Illness](#). In addition, the [988 Suicide & Crisis Lifeline](#) is a crisis hotline and national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

[Find more information and resources here.](#)

## SEPTEMBER 2023 NATIONAL SUICIDE PREVENTION AWARENESS MONTH

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

Suicide Prevention  
Safety Planning  
Risk Assessment  
Cognitive Therapy  
Gun Safety

Warning Signs  
Mental Health  
NAMI  
Crisis Lifeline  
Zero Suicide

### SUICIDE PREVENTION AWARENESS MONTH RESOURCES:

[Prevent Suicide - NYS](#)  
[Suicide Prevention - CDC](#)  
[National Alliance on Mental Illness \(NAMI\)](#)

*Puzzle key located on page 6*



## **CALL FOR VIDEOS!**



***On December 12-13, 2023, the New York State Public Health Corps (NYSPHC) Fellowship Program will host its second annual Fellowship Summit in Albany, NY.***

The Fellowship Summit will be guided by an overarching theme and a supporting tagline:

***Theme: Building Partnerships that Strengthen Public Health***

***Tagline: Systems, Infrastructure, Capacity, and Equity***



The event will include staple activities such as keynote speeches, presentations, poster sessions, panels, and workshop sessions.

We will incorporate a NYSPHC Fellow's Video Project into the Summit again this year. It is our hope that the NYSPHC Fellow's video project will continue to provide a creative opportunity for Fellows to share what they are working on with the State and Local Health Departments. The videos will help to visually highlight individual Fellows, the State and Local Health Departments, and agencies that they are working with, that paint the picture of the future of New York's public health workforce.

**As a person involved with the NYSPHC Fellowship program who will have a long-lasting impact on the public health workforce, we invite you to be part of the NYSPHC Fellow's Video Project!**

### **Video Submission Guidelines:**

- Using a smartphone or other recording device, capture a video (90 seconds or less) of yourself or group responding to one of the following questions listed below. You can also submit pictures and audio clips, if desired. We encourage creativity. Please feel free to respond with a standard verbal response or use dance, music, poetry or other medium to give your video a creative spin!

1. ***How have you addressed public health response during your Fellowship about ensuring that access, equity, and sustainability continues moving forward beyond 2023?***
2. ***What innovative contributions have you made during your Fellowship to address the needs that arise in transitioning New York to a post-pandemic future?***
3. ***What excites you about your Fellowship? How does it support building partnerships that strengthen Public Health?***

*\*Please click the following link to access simple tips for creating videos: [Video Tutorial](#)*

- Shoot the video in landscape format (horizontal, not vertical).
- Shoot the video in a quiet space with ample lighting (direct light should be in front of you, not coming from behind). Speak clearly in a command voice. Ensure the phone volume is set at the highest level.
- Use either standard or Bluetooth headphones when recording for optimal audio outcomes.
- Provide your response in 90 seconds or less. Videos longer than 90 seconds may need editing as determined by the video review committee. The committee reserves the right to edit any videos.
- Please ensure that your video file does not exceed 100 MB.
- Please indicate the one question represented by your video and provide a word-by-word written transcript, preferably in Microsoft Word, double spaced, and 12-point font size. If editing is required, the transcript will help to ensure the main points of your video submission will be shared.
- Complete the release form that will allow the NYSDOH to use your video; this release is embedded in Cadmium.
- Submit your video, transcript and completed release form to Cadmium by 9/15/2023.

*To create an account and get details on how to submit your video, please follow this link: <https://www.abstractscorecard.com/cfp/submit/login.asp?EventKey=UAALKQTN>*

***We truly hope you will be part of this exciting project!***

Please contact us at [NYSPublicHealthCorps@health.ny.gov](mailto:NYSPublicHealthCorps@health.ny.gov) if you have any questions or concerns. Thank you!

***- The New York State Public Health Corps Summit Planning Committee***

# Non-Fellow Spotlight!

"My name is Tania Islam, the Local Coordinator for the Erie County Fellowship Program. Words can't fully express the profound impact it has on our county. Each participant gains something truly invaluable from this program. I've been inspired by Erie County Leadership's vision to empower grassroots communities and foster diversity. The program's success stems from aligning its mission with Erie County Department of Health (ECDOH) leadership. The unwavering support and trust from the NYSPHC team and ECDOH leadership have been instrumental in empowering me to implement my ideas and ensure the success of this program. I am immensely grateful for the trust placed in me by ECDOH to establish this program from scratch. We have achieved substantial utilization of Community-Based Organizations (CBOs) as our host sites, exceeding 75%. We have achieved remarkable milestones, including successfully employing 80 talented Fellows and establishing a program that embraces diversity. Currently, we have 65 active Fellows in our program. It is gratifying to see that many of our Fellows have transitioned to permanent positions within their current sites or secured jobs within the public health field, showcasing the effectiveness of our program's mission. We are determined to recruit an additional 40 Fellows, aiming to have 100 active participants in the near future. Uplifting grassroots communities and promoting diversity is the driving force behind our achievements. With dedicated efforts and valuable collaborations, we are making a lasting impact and empowering the next generation of public health professionals."



**Tania Islam**  
 NYSPHC Supervisor  
 Erie County Department of Health Local Coordinator

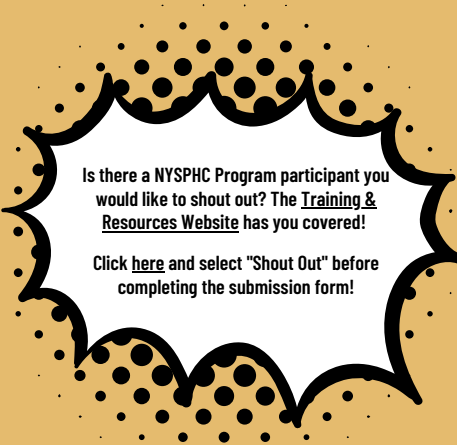
## Make sure to Bookmark "Resources By Region" [Resource Hub!](#)

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**



## FELLOWS IN ACTION



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!



On June 24, 2023, Bridget and Amber joined the Erie County Department of Health at the Ride for Roswell 2023. Team Erie County did the 10-mile River Ride and raised \$1,641 to help end cancer! This was a wonderful opportunity to spend time and get to know more about the Erie County Fellows. Thank you to Tania, El, Brian, Elizabeth, Syed, Sadat, Sefati, and Dana for inviting us to ride with you!



### NYSPHC Educational Series

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

*The Educational Series is taking a break for the summer and will resume with brand-new sessions in October 2023!*

***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)



### National Suicide Prevention Awareness Month puzzle key

*puzzle on page 3*



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

### FINGER LAKES REGION

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