



A BIMONTHLY DIGEST FOR FINGER LAKES & WESTERN NEW YORK FELLOWS

November is National Diabetes Awareness Month!

Did you know?



Diabetes in New York State

- An estimated 1.58 million New York State adults report being diagnosed with diabetes (10.3%)
- The percentage of New York State adults who have diagnosed diabetes increased from 6.3% in 2000 to 10.3% in 2020

Diabetes in the United States

- 37.3 million Americans have diabetes
- Diabetes is the 7th leading cause of death in the United States
- The total estimated cost of diagnosed diabetes in 2017 is \$327 billion

Consider that while almost 30 million people in the U.S. have some form of diabetes, one in four don't even realize they're walking around with the disease. National Diabetes Month is an annual event each November to boost awareness about the risk factors, symptoms, and types of diabetes. If you've been recently diagnosed with either Type 1 or Type 2, or if you are considered pre-diabetic, hear the stories, check out the latest research, and connect with others who can help you on your journey to live a healthier life.

Sources:
[National Today](https://www.nationaltoday.com)
[Health.NY.gov](https://www.health.ny.gov)

welcome back!

Welcome to our October and November 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!

Jordan Kensinger is serving as a Public Health Fellow in Niagara County. Jordan graduated from Niagara University in 2019 with his bachelor's degree in food marketing, specializing in management. He is placed with the Catholic Health System as an Older Adult Specialist, advocating for older adults living and receiving health care in Niagara County. As a fellow, he is learning about age-friendly programming and elder mistreatment, which has helped him understand older adults' medical, social, and emotional needs. In addition, Jordan is working with several local organizations, such as the Dale Association, the Age-Friendly Health System, the Health Association of Niagara County, Inc. (HANCI), and the Niagara Falls Health Equity Task Force to form and strengthen the Catholic Health System's partnerships. Finally, Jordan provides education to the community about the new Lockport Memorial Hospital. When Jordan is not working, you can find him spending time with his cat, Otto, at Buffalo Bills games or local bingo nights. Jordan is looking forward to making connections within the community and growing his career in public health.



Jordan Kensinger
Niagara County
NYSPPHC Fellow

IMPORTANT UPCOMING EVENTS

NYSPPHC Educational Series

Understanding Disparities: When Data is the Problem
Wednesday, October 11, 2023, from 12-1pm

NYSPPHC Educational Series

Transitioning into a New Role
Wednesday, November 8, 2023, from 12-1pm

NYSPPHC 2023 Summit (in-person event)

Albany Capital Center, 55 Eagle St, Albany, NY 12207
Tuesday, December 12 - Wednesday, December 13, 2023
Registration deadline: November 28, 2023
*See last page of Digest for more details

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 sarah!

World's Best Lasagna



<https://www.allrecipes.com/recipe/23600/worlds-best-lasagna/>

SPREAD THE WORD!

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

Join
us!

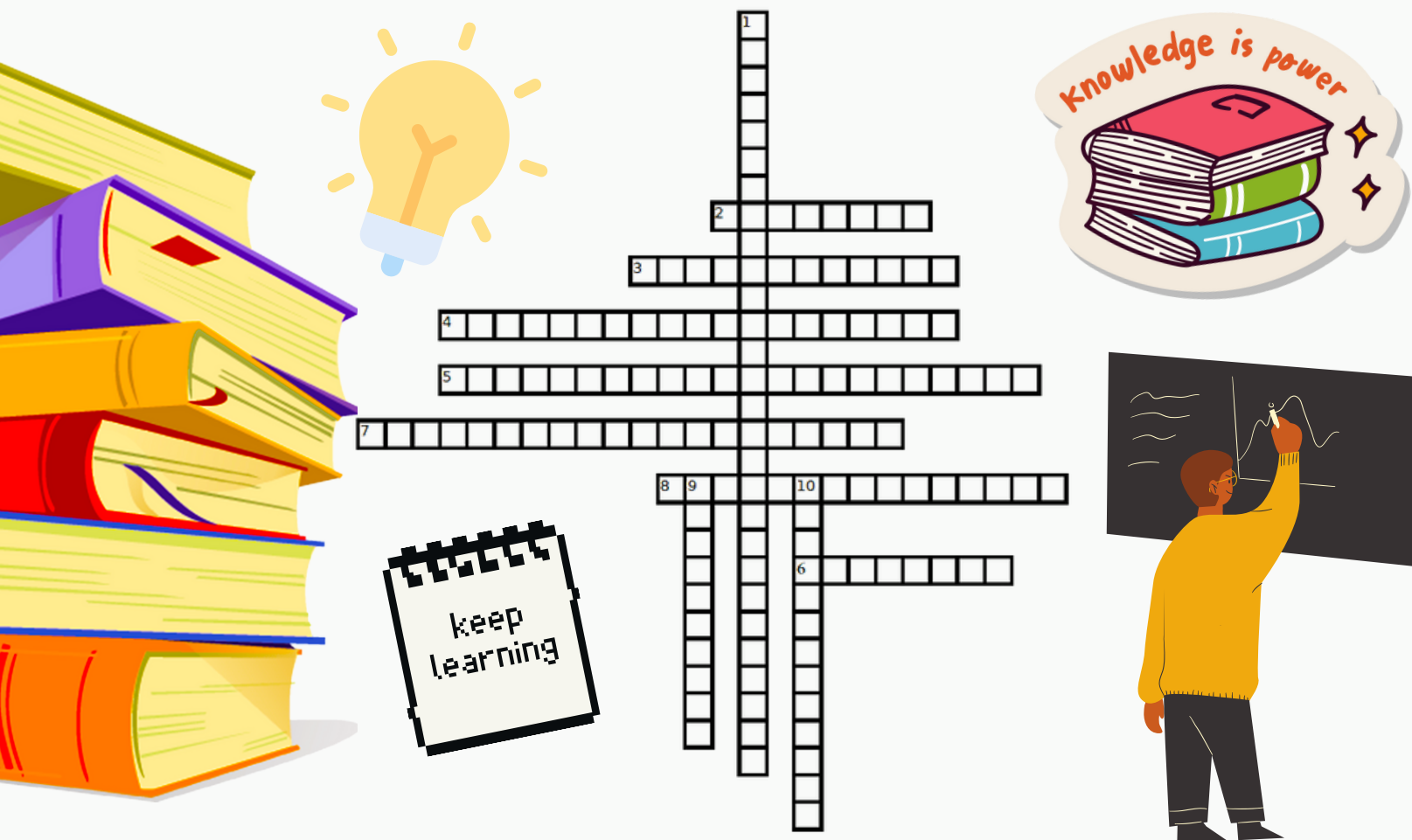
Check out the
[NYSPPHC counties hiring here!](#)



October is Health Literacy Month!

Health literacy month is a time when health organizations, literacy programs, libraries, social service agencies, businesses, professional associations, government agencies, and other groups work together to integrate and expand the mission of health literacy. Together, we can build a world with greater health equity where all people can attain positive health outcomes. Visit healthliteracymonth.org today to learn how you can turn awareness into action!

Source: <https://health.gov/our-work/national-health-initiatives/health-literacy/national-action-plan-improve-health-literacy>



Down:

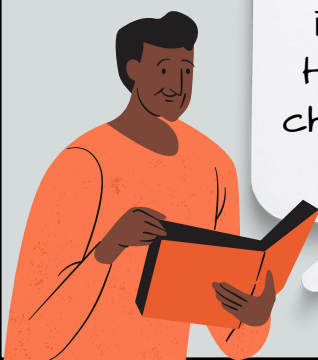
- 1. The degree to which organizations equitably enable individuals to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
- 9. Assessment of a component of an intervention that compares what was observed with the stated goal(s).
- 10. A nationwide health promotion and disease prevention plan with measurable objectives and targets to be achieved each decade.

Across:

- 2. Factors that get in the way of an audience adopting a desired behavior change.
- 3. The science and art of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research on the prevention of disease and injury.
- 4. A key strategy to inform the public about health concerns and to maintain important health issues on the public agenda; the use of the mass media, multimedia, and technological innovations to disseminate useful health information to the public and increase awareness of specific aspects of individual and collective health.
- 5. The degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.
- 6. The ability to understand, evaluate, use, and engage with written text to participate in the society, to achieve one's goals, and to develop one's knowledge and potential.
- 7. The capacity to communicate effectively and convey information in a manner that is easily understood by diverse audiences that might include persons of limited English proficiency, those who have low literacy skills, those who are not literate, and persons with disabilities.
- 8. An innovative approach to public health that applies traditional marketing principles and theories to science-based strategies for disease and injury prevention, health promotion, and health protection.

For more information on Health Literacy, check out NIH.gov or CDC.gov!

Puzzle key can be found on page 5



Non-Fellow Spotlight!

“My name is Matthew Marmor, and I am one of the site supervisors for Steuben County Public Health. My role in the health department has been coordinating the Emergency Preparedness program for the past five years. Before this, I had around 25 years of county emergency management and public safety experience.

Like so many county health departments, much of our emergency preparedness program was in response to COVID-19, and we had a considerable catchup to accomplish simultaneously with recovery from COVID-19. Steuben County Public Health has been part of the rollout of the New York State Public Health Corps (NYSPHC) Fellowship Program since the program was launched, and I have had the opportunity to supervise four incredible Fellows since our start with the program. Steuben County currently has six Fellows spread out across two work sites. Our Public Health Director, Darlene Smith, and the Steuben County Public Health Leadership Team have been very supportive of our emergency preparedness project needs and support for Fellow placement.

The work put in by the Fellows has allowed us to make forward progress on reviewing and updating many of our emergency plans, incorporating lessons learned during the COVID-19 response. Seeing each Fellow advancing in their career through the NYSPHC Fellowship program is exciting. I am grateful for the opportunity to be part of their progress and wish success to all in the program.”



Matthew Marmor
Steuben County Public Health
Public Health Emergency
Coordinator
NYSPHC Supervisor

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!



**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!



Finger Lakes Fellow Team Building Day September 13, 2023

The Finger Lakes Region Local Coordinators spearheaded a Fellow Team Building Day, which took place in beautiful Naples, NY. This event was also highly endorsed by the Local Health Departments. The participating Fellows helped to build harm-reduction kits and had the opportunity to record videos for the 2023 Summit. This event was a fun networking opportunity, including lunch and an engaging icebreaker activity. Each participant received a NYSPHC Finger Lakes Region-themed t-shirt that will be worn at the 2023 Summit.

Thank you to our Local Coordinators, Kathy, Maggie, and Margarita, for organizing and hosting such a fun Fellow Team Building Day!

Western Region:

Be on the lookout for the Wellness Day recap in our next Digest!

Let's Connect!



New York State Public Health Corps Fellowship Program



Join the NYSPHC LinkedIn Group

2023-2024 NYSPHC Educational Series

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

Core Competencies to be covered:

- Justice, Equity, Diversity, Inclusion (JEDI)
- Data-Based Decision-Making
- Policy Engagement
- Community Engagement
- Systems and Strategic Thinking
- Effective Communication

Tentative dates

(second Wednesday of every month from 12-1PM):

- October 11, 2023
- November 8, 2023
- January 10, 2024
- February 14, 2024
- April 10, 2024
- May 8, 2024

New York State Department of Health **Public Health Corps Summit**

Building Partnerships That Strengthen Public Health: Systems, Infrastructure, Capacity, and Equity
December 12-13, 2023

Register Now!

Registration is now OPEN for the 2023 NYSPHC Summit
December 12 – December 13, 2023

This is an IN-PERSON event at The Albany Capital Center

All participants must register by Tuesday, 11/28/23.

To secure your hotel at the state rate, you must book your room
by Tuesday, 11/14/23.

Please talk to your Local Coordinator or Supervisor about travel
arrangements or any specific travel questions you may have.

Accommodations:

The Hilton Albany
Located at 40 Lodge Street, Albany, NY 12207.
Lodging accommodations may be reserved online [here](#) or by calling the
Hilton Reservation Line (1-800-445-8667) and providing the code "1HR" to
book a reservation.

Fairfield Inn & Suites
Located at 74 State Street, Albany, NY 12207
Lodging accommodations may be reserved online by clicking [here](#) or by
calling the Fairfield Inn & Suites at (518) 434-7410 and requesting the
"Health Research Inc. group rate".

Hampton Inn & Suites
Located at 25 Chapel St, Albany, NY 12210
Lodging accommodations may be reserved online by clicking [here](#)

QUICK LINKS

[NYS DOH](#)

[NYSPHC](#)

Health Literacy Month puzzle key
puzzle on page 3

Across:

2. Barriers
3. Public Health
4. Health Communication
5. Personal Health Literacy
6. Literacy
7. Linguistic Competency
8. Health Marketing

Down:

1. Organizational Health Literacy
9. Evaluation
10. Healthy People

FINGER LAKES REGION

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WESTERN REGION

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