



# The NYSPHC Bi-Monthly Bulletin

A NYSDOH FELLOW DIGEST

Issue: 5

## What's New!

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

Registration for the 2023 NYSPHC Annual Summit is open!

\*register by 11/28/23

[Register Now!](#)

\*Hotel reservations must be made by November 14, 2023 to obtain the state rate of \$114.

Reminder

If you haven't already done so, add your info to the NYSPHC DOH Partner Directory to connect with other NYSDOH Fellows, Supervisors and Mentors!

[JOIN NOW!](#)

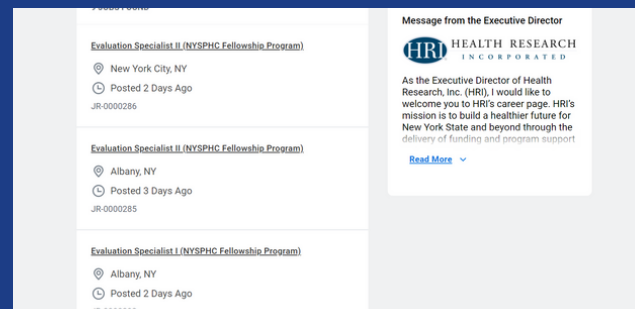
Help us welcome our newest NYSDOH Fellows!

# WELCOME

- Ruth Meyers, OHEHR
- Janan Rasul, CCH
- Devon Hannan, NYSPHC
- Alexandra Dubuisson, OPHP
- Mariama Ceesay, AI
- Grace Wales, CEH
- Zachary Schuette, CEH
- Yonatan Kahsay, CCH

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 NYSPHC Fellowship positions!

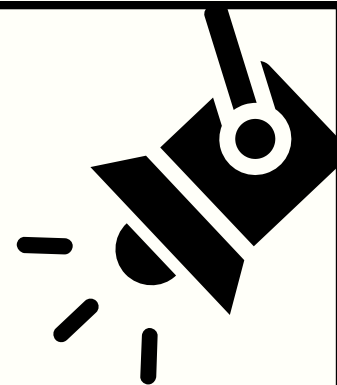


WE ARE HIRING





# NYSDOH FELLOW SPOTLIGHTS



**Avi Lekram**  
***Division of Family Health***  
***Bureau of Perinatal, Reproductive,***  
***Adolescent & Sexual Health***

My current role as a Health Education Outreach Specialist I encompasses a wide range of responsibilities. This includes website updates, collaborating with the marketing and communications bureaus to develop and distribute health education materials, and actively promoting health justice, equity, diversity, and inclusion in all our endeavors. My primary focus revolves around health promotion and education, contributing to the advancement of public health initiatives in the state. Currently, I am involved in the New York State Family Planning Program Media Campaign, aimed at raising awareness about the availability of high-quality family planning services for free or low-cost in vulnerable communities, increasing the general population's knowledge of NYS Family Planning Program's services.

My passion for this field and my commitment to public health initiatives are the driving forces behind my future goal. I aspire to continue my career within the Division of Family Health because I believe that this division plays a pivotal role in addressing critical public health issues, especially in the domains of family planning, LGBTQ+ and reproductive health. The opportunity to contribute to and lead initiatives that directly impact the well-being of individuals and families in New York is immensely fulfilling. Moreover, the collaborative and forward-thinking environment within the Division of Family Health aligns with my personal values and professional aspirations.

On a more personal note, when it comes to holiday treats, I have a soft spot for Mithai, a traditional Indian dessert passed down by my Guyanese ancestors, often enjoyed during times of celebration and auspicious festivities. If I could choose a dream country to live in, it would be Aruba, with its rich culture, diversity, and of course the Caribbean Sea. Which makes me think, if I had a time machine, I would travel to a time period where everyone is loved and respected, fostering a more inclusive and harmonious world.

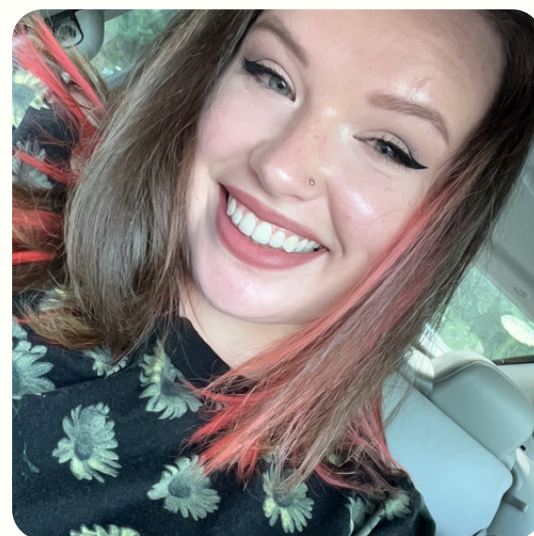
My main role is with the New York State Perinatal Quality Collaborative (NYSPQC) is working on communications for the Perinatal Quality Collaborative as a whole as well as for the current projects, which are NYS Birth Equity Improvement Project and NYSPQC Neonatal Intensive Care Unit (NICU) Equity Improvement Project.

- NYSPQC Webpage on the NYSDOH Website
  - Over the past year, I have been working on creating a new, New York State Perinatal Quality Collaborative (NYSPQC) webpage on the NYSDOH website. It was recently published and can be found here: [New York State Perinatal Quality Collaborative \(NYSPQC\)](#)
- NYSPQC News
  - One of my projects has also been to reignite the NYSPQC Newsletter, which we call NYSPQC News. MY first edition was sent out in June 2023, and hopefully the fall edition should be out soon.
- NYSPQC One Pager – this is a project I am currently working on!
  - To help educate on what the NYSPQC does and the accomplishments of past and current projects, I am working on the NYSPQC one pager.

After the fellowship ends, I would love to continue working on health communications and/or working in health education! I recently acquired my CHES and want to utilize that in my work.

Some fun questions to get to know you better!

- What is your favorite holiday treat?
  - Sweet potato casserole with marshmallows and pecans and my grandma's pumpkin pie!
- If you could live in any country, which country would you pick?
  - I would live in Greece – I absolutely love Greek food and could it all day every day and I find the history of the region fascinating
- If you had a time machine, what time period would you travel to?
  - 1960s/1970s so I could join the feminist marches/movements happening at the time and possibly meet some of my heroes.



**Cecelia Guthrie**  
***Division of Family Health***  
***Bureau of Perinatal, Reproductive,***  
***Adolescent & Sexual Health***



# October is Health Literacy Month!

## Health Literacy Month Word Search

O	P	U	M	C	N	R	C	L	R	O	I	S	C
M	M	E	S	A	O	Y	L	H	E	A	L	T	H
A	O	U	I	W	I	C	D	I	C	I	O	L	R
E	I	T	T	A	T	A	I	E	O	T	U	I	E
E	O	T	T	R	A	R	S	U	S	T	T	C	S
I	Y	N	N	E	C	E	P	N	W	T	C	E	O
M	N	O	S	N	I	T	A	C	E	A	O	I	U
U	S	I	N	E	N	I	R	C	Y	N	M	C	R
R	S	T	S	S	U	L	I	I	T	U	E	I	C
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A	A	T	L	N	C	I	S	E	E	E	R	P	I
O	D	E	D	U	C	A	T	I	O	N	T	U	N

DISPARITIES  
COMMUNICATION  
OUTCOMES  
PUBLIC  
AWARENESS  
EDUCATION  
RESOURCES  
LITERACY  
ACCESS  
EQUITY  
ACTION  
HEALTH

Play this puzzle online at : <https://thewordsearch.com/puzzle/6231744/>

Health Literacy Month is celebrated every October to recognize the importance of making health information accessible and ensuring the health care system is easy to navigate.

To learn more about health literacy and how you can promote it in the communities you serve, visit, [HealthLiteracyMonth.org](https://www.healthliteracymonth.org)

## Celebrating National Hispanic Heritage Month



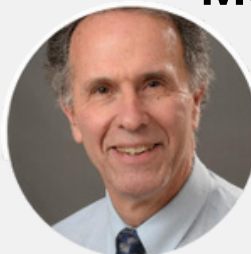
“National Hispanic Heritage Month traditionally honors the cultures and contributions of both Hispanic and Latino Americans as we celebrate heritage rooted in all Latin American countries. During this month and throughout the year, the National Park Service and our partners, share history, heritage, and accomplishments of Hispanic and Latino Americans of past and present.”

“Beginning in 1968, Hispanic Heritage Month was originally observed as “Hispanic Heritage Week”, but it was later extended to a month in 1988. Since then, HHM has been celebrated nationwide through festivals, art shows, conferences, community gatherings, and much more. The month also celebrates the independence days of several Latin American countries, including: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua on September 15th, Mexico on September 16th, and Chile on September 18th. They also include holidays that recognize Hispanic contributions such as Virgin Islands-Puerto Rico Friendship Day that is celebrated in the U.S. Virgin Islands.”

Sources: National Hispanic Heritage Month (<https://www.hispanicheritagemonth.gov/>)  
White House Initiative on Advancing Educational Equity, Excellence, and Economic Opportunity for Hispanics (<https://sites.ed.gov/hispanic-initiative/national-hispanic-heritage-month/>)

# NYSDOH Mentor Spotlight

## Dr. Christopher Maylahn, DrPH, MPH



Dr. Christopher Maylahn recently retired from the New York State Department of Health, where he worked for the last 43 years. He was hired by David Momrow in the Bureau of Adult and Gerontological Health, who to this day is the best mentor he has ever had.

In this position, Chris served as a chronic disease epidemiologist to support the Healthy Heart Program in what became the Division of Chronic Disease Prevention and Adult Health. He was subsequently promoted to a program research specialist and moved to the Office of Public Health Practice in 2008. His focus was the New York State Prevention Agenda and applying evidence-based decision-making in local health departments to increase their effectiveness.

During his employment at the state health department, he mentored more than a dozen students from local colleges, especially the SUNY School of Public Health. For him, mentoring provided a unique opportunity to help these students achieve their learning goals and tackle the challenges public health faces.

In mentoring, NYSDOH Fellow, Spencer Keable, Chris offered guidance on measuring indicators of health at the county level and displaying this information for the public. Spencer was particularly interested in the use of small area analysis and production of interactive maps. These skills are critically important for Fellows to have in their efforts to improve local public health practice.

### Why do you think the NYS Public Health Corps is so important for NYS and public health?

The Public Health Corps provides a team of people to work at the local level to help solve problems affecting the health of New Yorkers. This capacity is essential for ensuring that people have optimum health and are able to live in healthy communities across New York. The basic competencies nurtured by the Public Health Corps provide a set of tools that involve conducting a community health assessment implementing prevention and control strategies to address the identified problems and challenges, and then evaluating the impact of these efforts. The COVID-19 pandemic revealed how critically important these skills are.

### Any advice you have for Fellows as they begin/continue with their careers in public health.

Recognize and embrace opportunities to learn and do.

### Do you have any bucket list items you still want to cross off?

I want to be physically active every day.



# The LMS is Here!

We are excited to announce that the live November Educational Series event will be accessed through the New York Learns Public Health (NYLearnsPH) LMS for **Fellows!**

Fellows will receive instructions for accessing the LMS starting the week of October 16th. After that Fellows can check out the October 11th Educational Series event recording in the LMS

## ★ REMINDER:

- Watch your email for instructions on how to access your LMS account
- Be sure to test your LMS login before the November Educational Series begins



If you need assistance with your LMS account, please use these LMS Support contacts.

[edlearn@health.ny.gov](mailto:edlearn@health.ny.gov)

518-473-4223 (Press 3 for Abbey)

[Click here to access Online LMS Help Resources for Fellows](#)

## LMS SUPPORT



NYSPHC Senior Fellows Anh Le & Shakira Maki attended a Career Fair at The College of St. Rose in Albany on September 20th, to promote the NYSPHC Fellowship Program to job seekers in the Capital Region!

## ARE YOU LOOKING FOR ADDITIONAL TRAINING AND PROFESSIONAL DEVELOPMENT OPPORTUNITIES?



***Be sure to check out the NYSPHC Events Calendar!***

We are adding regional in-person and virtual events and training opportunities weekly, so make sure to check back often!

## NYSDOH Regional Volunteer Corner



*The holiday season is approaching which makes it the perfect time to give back to those in need. Check out these opportunities if you are looking to volunteer your time this holiday season!*

### Capital Region

- [Regional Food Bank of NENY](#)
- [Capital Region Toys for Tots](#)

### Western

- [Buffalo City Mission](#)
- [Jericho Road Community Health Center](#)

### Central

- [The Salvation Army - Bell Ringers Needed](#)
- [Food Bank of Central NY](#)

### MARO

- [Mount Kisco Interfaith Food Pantry](#)
- [Port Chester Carver Center](#) - 2023 Thanksgiving Turkey Distribution



# Fellow Farewells

Best of luck to our fellows who have left the program!

**Kacey Griffin**  
**Gina Wierzbowski**  
**Michelle Iannotta**  
**Marissa Solgluizzo**

**Rachel Wilson**

*Graduate Fellow - Public Health Specialist II -  
Wadsworth Center*

“During my time as a fellow, I was given many opportunities to expand my knowledge of systems and strategic thinking, and develop specialized skills to begin my career as a public health professional. The educational series, certificate program, and the summit were great learning and networking events that assured my love of and commitment to public health. With their focus on core competencies, the NYSPHC provided a great foundation for me to build upon throughout my career at the NYS Department of Health.”

# At the Table with Ali!



## COZY AUTUMN WILD RICE SOUP

This Cozy Autumn Wild Rice Soup is made with fresh seasonal vegetables and greens, hearty wild rice, and a deliciously zesty, creamy broth (made with either coconut milk or cream). Instant Pot and stovetop options included!



## REMINDERS & HELPFUL LINKS

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

[NYSPHC\\_DOH\\_FELLOWS@health.ny.gov](mailto:NYSPHC_DOH_FELLOWS@health.ny.gov)

[NYSPHC Website](#)

[NYSPHC LinkedIn Group](#)

[Resources by Region](#)

[NYSDOH Website](#)

[Fellow Training & Resources](#)

## We're on LinkedIn!



**New York State Public  
Health Corps  
Fellowship Program**



[Join the NYSPHC LinkedIn Group!](#)

## Public Health Essentials (PHE) Updates

*October Cohort - Begins on 10/25/2023*  
*July Cohort - Ends on 11/7/2023*



Cornell University

If you need any technical assistance with Cornell's website,  
please make sure to email  
[helpdesk@cornell.edu](mailto:helpdesk@cornell.edu)

# 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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[NYSPHC Website](#)