

NYSPHC

SUMMER NEWSLETTER

August 2025



REMINDERS & ANNOUNCEMENTS

Educational Series: *(now on Zoom)*

Understanding the Litigation Landscape Over Federal Funding

Host: Andrew Twinamatsiko of Georgetown University

- [Join the Session](#) using this link on August 26th, 12-1pm

Design Your Next Presentation Using Canva

Host: Amanda Hagzan of NYSTEC

- [Join the Session](#) using this link on September 9th, 12-1pm

Management/Leadership

Host: Jillian Bumpus of the Office of Public Health

- October 8th, 12pm-1pm. Session link TBD.



Consortia Meetings:

8/20, 1-2:15pm- [Registration](#)

9/17: *Save the date*

10/1: *Save the date*

New Policy

NYSPHC 2.0 Travel Policy

Effective 8/1/2025

Recording Available

July Educational Series

Check out the [events calendar](#) to see upcoming webinars, trainings, lectures and more!

APPROACHING AWARENESS MONTHS

August

- National Immunization Awareness Month
- Multiple Cancer Awareness months

September

- Family Meals Month
- National Suicide Prevention Month
- World Heart Day
- Sep. 11: Emergency Number Day

October

- Breast Cancer Awareness
- Liver Cancer Awareness
- National Dental Hygiene Month

Are you working on a project that is related to these awareness months? [Share your work here](#)

NATIONWIDE CONFERENCES

Stay informed about major public health events happening in the next two quarters. Don't miss your chance to participate in these valuable professional experiences. Please speak to your FPC and your supervisor if you're interested in attending a conference.

- **APHA 2025 Annual Meeting**
 - November 2nd- 5th, 2025
- **NACCHO Preparedness Summit**
 - April 13th-16th, 2026
- **SOPHE's Annual Conference**
 - April 22nd-24th, 2026
- **New York State Public Health Association Conference**
 - April 23rd-24th, 2026



Click [here](#) to see our updated conference and training policy.

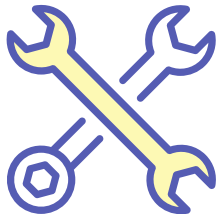
RESOURCES AND TOOLS

[NYSPHC Training and Resources Website](#)

Make sure you're checking the T&R website for any Fellow Resources such as:

- [Public Health Careers](#)
- [Mental Health Resources](#)

Check out our [April Newsletter](#), where we focused on job search resources and tools



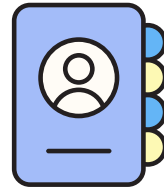
WHAT ARE YOU UP TO?

With over 100 fellows working in public health across the state, we know you are doing incredible things!

We want to hear about your amazing work and share it with others. Whether its photos, stories, news articles, or other good news, we'd love to showcase your fellowship experience. Please use [this form](#) to submit your photos and stories to be featured in the **Fellows in Action** section of the newsletter.



EXPAND YOUR NETWORK!



[Fellow Directory](#)

The Fellow Directory is live! [Create a profile](#) or [update your profile](#) to connect with peers to expand your professional network.



[Mentor Directory](#)

The NYSPHC Mentor Directory connects fellows and partners with mentors across New York State, offering insights into their public health roles and expertise.



[LinkedIn Group](#)

Stay connected with current fellows, alumni, mentors and supervisors!



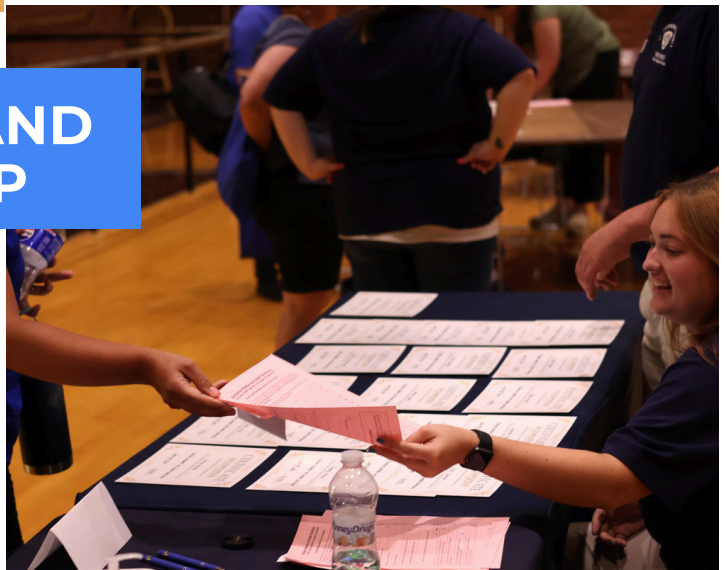
HAILEY QUINTAVALLE

Region 4 - St. Lawrence County Public Health Department

The St. Lawrence County Public Health Department (SLCPHD) held an Extreme Weather and Health Workshop this past June, as a way to bring the community together and hold discussions about the growing health risks associated with extreme weather events. Keynote speakers and group discussions highlighted the steps we can all take to stay safe, prepared, and resilient as individuals and as a community.

EXTREME WEATHER AND HEALTH WORKSHOP

The workshop provided attendees with practical tools, increased awareness, and a renewed commitment to emergency preparedness.



ST. LAWRENCE COUNTY

Pictured is Hailey Quintavalle, a fellow with the SLCPHD, facilitating group discussions, collecting evaluation forms, and showing off the emergency toolkit provided by the NYS Citizen Preparedness Corps.



ALYCE BILELLO

Region 6 - Putnam County DOH

Arianna Radovic (Former 24/25 fellow) and I made this 'traveling vape display' because we saw a need for vape information that was interactive and easy to understand, while also being transferable place-to-place. It is an interactive educational tool designed to raise awareness among the perhaps unknown, or not as spoken about, risks of vaping to youth. We have displayed it at several libraries in the county so far.

MOBILE DISPLAY

It features 'Myth or Fact' cards, an anatomical body and brain model, with information about effects of vaping on the body and mind, as well as a colorful trifold board with environmental and financial impact, while also discussing quitting tips (local and nationwide).



PUTNAM COUNTY

This display is portable, and we plan to bring it to Putnam County's 4H fair to spark meaningful conversations about vaping prevention.



KATE GRAZIANO

Region 5 - Cornell Cooperative Extension Essex County

My colleague, Samantha Davis and I, hosted a Plant, Prep, and Play Event at three senior meal sites reaching 36 seniors across Essex County. The participants began by creating a “garden in a bucket” to take home, which each included tomato and pepper plants, and the option to add either an herb or a flower. Master Gardener Volunteers donated their time and expertise to answer gardening questions from participants. Next, we led a game of Bingocize, where participants engaged in bingo and range of motion exercises, and answered questions about local food to win cooking related prizes.

PLANT- PREP- PLAY

The questions promoted discussion amongst participants about the benefits of eating local foods, the location of nearby farmer’s markets, and how the Farmer’s Market Nutrition Program checks can be used at the markets. The session concluded with a food prep demonstration and a taste test of a salad made from Juniper Hill spinach & North Country Creamery feta cheese.



ESSEX COUNTY

Each participant was able to partake in the class for free* and leave with a “garden in a bucket” and a farmers’ market reusable bag filled with a food chopper, cutting board, cooling towel, single use insect repellent or sunscreen, a small bag of local spinach, spinach recipes, a local food guide, and an in-season food guide.

This event was made possible through the donations and funding from ADKAction, the Essex County Office for the Aging, Ward Lumber, Master Gardener Volunteers, Essex County Public Health, and the Seeding Health Education and Literacy for Health Equity Funding.



Health & Wellness Tips

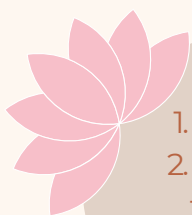
This summer, NYSPHC recommends you set aside time to focus on three simple but powerful ways to boost your well-being



Use SPF Daily - Make sun safety cool by applying an SPF 30+ as part of your morning routine. This helps lower risk of skin damage and reduces the risk of developing skin cancer

Digital Detox - Intentionally disconnecting from digital devices helps reduce stress and improves focus. Try setting a “tech-free” hour each evening and swap your device scrolling for a good book!

Prioritize Sleep - Sleep is a crucial aspect of your health and wellbeing. Aim for 7-9 hours to refresh your mind and boost your overall health



R e s o u r c e s

1. Summer 2025 - [ENERGY Magazine](#)
2. Sign up for [The New Happy Newsletter](#) - a once weekly newsletter that turns wellness research into easy to digest, colorful graphics that serve as a reminder to encourage reflection and promote happiness
3. Check out our tab in T&R for [Mental Health Resources](#)

Public Health Perspectives: Trends, Case Studies & News

Join the Public Health Journal Club!

- A public health journal club is just like a book club, except that they read a public health journal article each week and then discuss the paper. This is a very low pressure and casual journal club!
 - If you're interested in attending the weekly meetings, sign up using the link above!

Global Health Update Report

- This weekly report from the New York State Department of Health presents summaries of select ongoing and emerging infectious disease outbreaks of interest to public health professionals and the public, both globally and in the United States.

NYSPHC BY THE NUMBERS

54

For the 2.0 cohort, NYSPHC has worked with **54 host organizations**, such as:

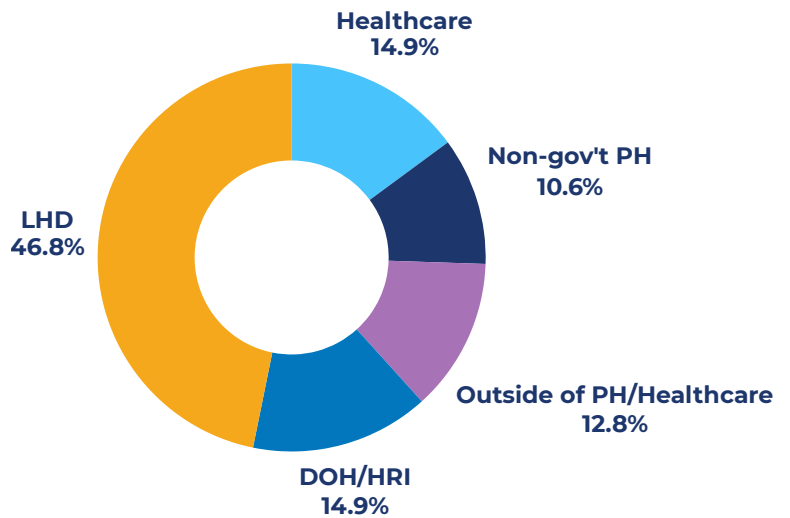
- The State Health Department
- County Health Departments
- Community Based Organizations

107

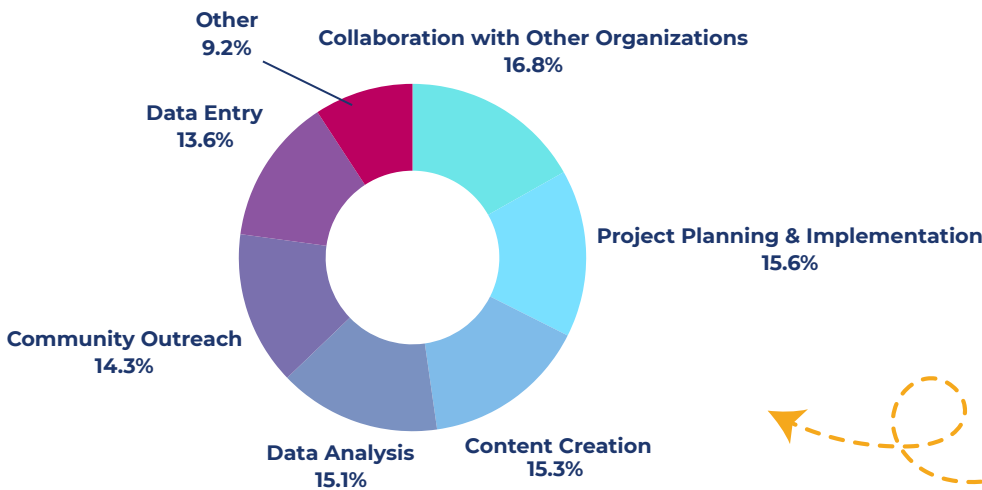
Across New York State, **107 Fellows*** are currently addressing issues of public health concern for New Yorkers, such as food security, language access, substance use, air, soil, and water monitoring, disease monitoring and mitigation, grant monitoring and reporting, health promotion communications, and *so much more*.

56

Since March, when the continuity of our funding was challenged, **56 NYSPHC 2.0 Fellows*** have used the training and experience they've gained in the Fellowship Program to secure employment or other advancement opportunities in the following fields:



*as of August 6, 2025



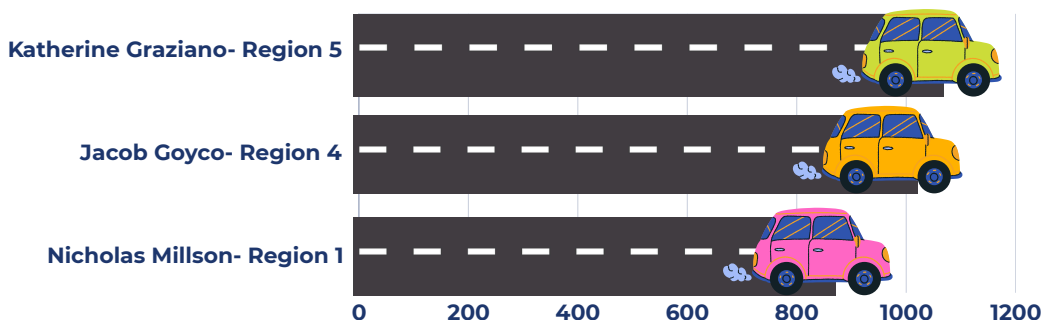
PCG PULSE

Make sure to fill out your weekly PCG Survey!

Top Reported Tasks

ROAD WARRIORS

Miles Traveled 5/22 - 7/31



Make sure to submit your mileage in the Certify System!



MAGGIE STEELE

Region 2 - Formerly the Finger Lakes Region

December 2023 to May 2024

Strategic Planning Analyst

New York State
Technology Enterprise Corporation (NYSTEC)

Can you briefly describe your current role and the projects you're working on?

As a strategic planning analyst at NYSTEC in Albany, NY, I take on a variety of tasks that keep me on my toes. I'm responsible for coordinating management and operational alignment meetings, and I support corporate governance through project management. Some of the projects I've led include streamlining conference processes, conducting research on external factors, and managing the timeline for a pilot program to effectively address client feedback. I work closely with several stakeholders across the organization to make sure strategic decision-making communications are effectively shared throughout the company, and I focus on establishing strong feedback loops.

What accomplishments or projects are you most proud of so far in your career?

I'm really proud of my time at NYSPHC, where I trained LHDs on using data and the Clear Impact performance management software to help them with decision-making. Earning my master's in public administration and writing a capstone on maternal health outcomes was also a big milestone. These experiences gave me a deep understanding of the public sector and honed my soft skills, which have been invaluable in landing my current role—a position I absolutely love.



What skills, experiences, or connections from the fellowship have been most valuable to your growth and career development?

The fellowship taught me stakeholder engagement and change management - skills that I use daily. I learned these while helping with the Clear Impact rollout. The connections I made were invaluable, and attending the NYSPHC Summit introduced me to NYSTEC, where I now work.

What advice would you give to current fellows in the program who are just starting their careers in public health?

Dive into public health topics that interest you and learn from others. Don't hesitate to reach out to peers and explore various projects to find your niche. Put yourself out there and connect with the NYSPHC community—you never know when you might support one another in the future!

RAY BABOWICZ

NYSPHC Mentor- Regions 3 & 4

Director of Communications, Marketing, & Strategic Partnerships

Community Health Center of the North Country



Can you tell us a little about your background and what led you to pursue a career in public health?

My background is originally in media and public policy, but always had a foot in healthcare, even receiving phlebotomy and medical assistant training. Then I fell in love with the concept of improving communities through population health initiatives, and haven't looked back. I tell people all the time if I had to do it all over again, I would have gone into public health right away. This is a chance to leave legacy level change. How do you beat that?

What professional accomplishments or projects are you most proud of in your career?

Most recently: Launching Road 2 Recovery, our substance use care coordination program several years ago; helping to sustain our Community Friendship Volunteer Program, our age friendly communities initiative; and chairing our local Community Services Board.

What do you hope your fellows take away from their experience through the mentorship?

Patience, resiliency, and the number of directions a career in Public Health can offer you.

What is one aspect of public health you think is overlooked or underappreciated?

The opportunity to create and implement foundational changes in how healthcare is delivered equitably in this country through policy and partnerships.

What do you believe is the most important lesson the fellows can take away as they navigate their career paths in public health?

Be ready to pivot at any moment, and never forget how many lives you potentially impact every day when you walk through the door.



DIRECTOR'S MESSAGE TO NYSPHC PARTICIPANTS:

I hope you all are enjoying your summer! I am excited to write to you in my new role as Director of the New York State Public Health Corps (NYSPHC) Fellowship Program.

Since joining NYSPHC in 2021 as Program Manager, and later serving as Assistant Director starting in 2023, I have had the privilege of seeing firsthand the evolution of this program and the impact it has had across New York State. It has been inspiring to see the program grow and continue its mission, and I am honored to lead it into its next chapter.

Everywhere I go, whether it's riding the elevator at the New York State Department of Health or attending a national conference, I hear stories about the incredible work our Fellows are doing. These stories bring me great joy and pride. Each Fellow's contributions are making a real difference in their communities and working to improve public health across the state.



ASHLEY TATE
DIRECTOR

I look forward to seeing the program continue to grow and evolve. While challenges may arise, I am confident that through collaboration, resilience, and our shared dedication to public health, we will get through them together.

With gratitude,
Ashley

New York State Public Health Corp Fellowship Program