

NYS PHC

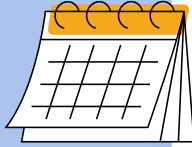
WINTER NEWSLETTER



December 2025

NYSPHC REMINDER & ANNOUNCEMENTS

- January:**
- **14th:** Ed Series: Cross Sectoral Partnerships at 12pm. [Link to join.](#)
- February:**
- **11th:** Consortia
 - Ed Series: Department of Labor
 - *Quarterly Surveys Due*
- March:**
- **11th:** Ed Series: Community Engagement
- Check out the [events calendar](#) to see upcoming webinars, trainings, lectures and more!



NYSPHC Summit & The 2026 NYS Public Health Partnership Conference April 22nd - 24th, 2025

Hosted by the New York State Association of County Health Officials (NYSACHO), the New York State Public Health Association (NYSPHA), the New York State Association for Rural Health (NYSARH), and the NYSPHC Program, this conference is New York’s leading forum for bringing together professionals across public health sectors to share best practices, spark innovation, and build collaborations that strengthen the health of communities across the state. More information here: nysphpc.org.

NYSPHC will provide travel reimbursement to Fellows attending the NYSPHC Summit and the Public Health Partnership Conference.

If you have questions, please reach out to your regional Fellowship Placement Coordinator or NYSPublicHealthCorps@health.ny.gov

More Information on **Professional Certificates** in early 2026!

Reminder:
Non-Routine Travel is **not** permitted after April 30th, 2026. Click [here](#) to see our updated conference and training policy.

APPROACHING AWARENESS MONTHS

December

- World AIDS Day
- National Influenza Vaccination Week
- National Handwashing Awareness Week

January

- National Mentoring Month
- National Slavery & Human Trafficking Prevention Month
- Cervical Cancer Prevention Week

February

- Black History Awareness Month
- Heart Month in the USA
- World Cancer Day
- Wear Red Day,
- Emotional Health Week

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

NATIONWIDE CONFERENCES - DON'T MISS YOUR CHANCE

Don't miss your chance to participate in these valuable public health events happening the next quarter.

National Oral Health Conference

- April 13th-15th, 2026

NACCHO Preparedness Summit

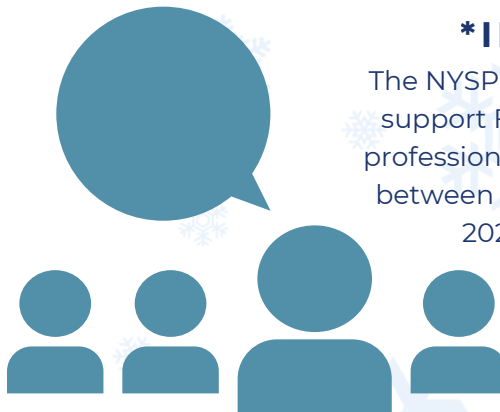
- April 13th-16th, 2026

SOPHE's Annual Conference

- April 22nd-24th, 2026

New York State Public Health Association Conference

- April 23rd-24th, 2026



IMPORTANT

The NYSPHC Fellowship Program will support Fellows attending **one** large professional development conference between August 1, 2025, and April 30, 2026. More information [HERE](#).

Please speak to your FPC if you're interested in attending a conference. Your supervisor must approve.

RESOURCES AND TOOLS

[NYSPHC Training and Resources Website](#)

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

- ***NEW***- [Alumni Directory!](#)
- [Public Health Careers](#)
- [Mental Health Resources](#)

In case you missed it, check out our **[Newsletter from August!](#)**



STRENGTHEN YOUR PUBLIC HEALTH SKILLS!

Cornell University developed the

[Enhancing Public Health Strategic Skills Guide](#)

to empower public health workers, educators, and trainers to invest in their growth by building essential strategic skills. This guide includes vetted online trainings aligned with the Public Health Strategic Skills framework to help you grow your skillset!



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.



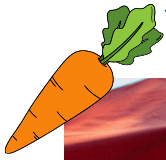
[Mentor Directory](#)

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!



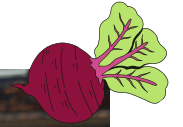
ALEXANDRA TAMBURRO

**Region 4 -Cornell Cooperative Extension
Herkimer County**

The Veggie Van program, featuring West End Farm, is a mobile market initiative aimed at increasing access to fresh, locally grown produce in high need areas.

THE VEGGIE VAN

I have been working on marketing for the Veggie Van and started a new campaign called Veggie Van Voices where we highlight how the Veggie Van has directly impacted residents.



2025 Veggie Van Voices

"My favorite thing about the Veggie Van is the variety of fresh fruits and vegetables. I get more variety here than the grocery store. And, being that I know where it's coming from, I feel better about it."



HERKIMER COUNTY

By focusing on underserved neighborhoods and accepting various forms of payment, the Veggie Van reduces barriers to healthy eating and supports community resilience. Since the Veggie Van hit the road in 2024, we have served over 3,490 residents!





LAURISA SAMPSON

**Region 6 - Orange County
Department of Health**

On Saturday, August 23, 2025, the Orange County Department of Health partnered with Hometown Health Care, the American Cancer Society, and Cornerstone Family Healthcare to host a Community Health Fair at the Galleria at Crystal Run Mall.

The event offered free blood pressure screenings and clinical breast exams to attendees. Many community organizations participated, sharing valuable health information and resources with residents to promote wellness and connect individuals to local support services.

ORANGE COUNTY

As of November 2025, Laurisa (left) is the new Director of Health Equity at Orange County DOH!

DAMARIS DANIELS

Region 5 - Mom Starts Here

Damaris Daniels is a Region 5 Fellow working with an organization called Mom Starts Here. Mom Starts Here partners with families to support the internal and external needs of parents, helping them be at their best and build connected, loving relationships with their children.

In late October, Mom Starts Here and Broadview Federal Credit Union partnered together to bring 175 winter coats to their Baby Item Network Sites! The coats are for kids from size newborn to 6t.



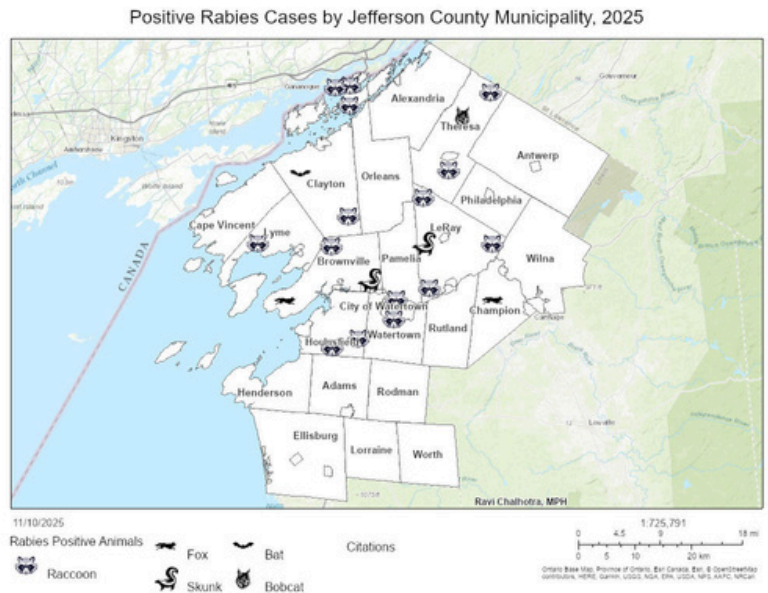
SCHENECTADY COUNTY



RAVI CHALHOTRA

Region 4 -Jefferson County Public Health Department

At Jefferson County Public Health (JCPH), I focus on interpreting and mapping epidemiological data and use multiple applications to display vital information for internal and external audiences. This summer, my supervisor, Faith Lustik, shared a map created by Oswego County Public Health's Epidemiologist that highlighted rabies cases in their county. This inspired me to create a similar map for Jefferson County.



At present, JCPH Service generates press releases and social media posts every time there is a confirmed case of rabies. To make this data more public-friendly, I used my knowledge of Geographic Information System (GIS) Mapping to generate an interactive map on ArcGIS Online of the data shared in our press releases. This map allows the public to zoom in/out of different municipalities to identify any cases of rabies positive animals over the last two years. I created the map with animal symbols (bats, raccoons, etc.) to make it easier to understand and the locations were kept general to not breach confidentiality. The map went live on September 11th, 2025, and on October 7th 2025, a press release about a new rabid animal went out to the media that included a link to the interactive map I created.



JEFFERSON COUNTY



On October 8th, 2025, JCPH received a call from local news station WWNY TV - Channel 7 News asking to conduct an interview with the Health Department to find out more about this map. Lisa, our Public information Officer was interviewed about the interactive map for an article that was posted on October 9th. The article gained traction on Facebook, where we hope it will assist the public in understanding the number and location of rabies cases in our County and what they can do to avoid rabid animals.

If you have any additional questions about this project, please reach out to me at: rchalhotra@jeffersoncountyny.gov or on LinkedIn



KATHY WILLE

Region 2 - Pivital Public Health Partnership

Kathy recently tabled at the Conversations and Coffee Networking event hosted by the Finger Lakes Prevention Resource Center. She highlighted Pivital's Suicide and Opioid Prevention quarterly regional newsletter that she creates which is shared with Prevention coalitions across eight counties in the Finger Lakes region as well as the work of Pivital Public Health Partnership. This was a great networking event and many new relationships were formed! Kathy is grateful to work and partner with the Finger Lakes PRC.



WHAT ARE YOU UP TO?

With fellows working in public health across the state, we know many of 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.



Health/Wellness Tips & Resources

Food Safety

As we gear up for the holidays, here are some important reminders surrounding food safety and storage:

- Keep raw and cooked foods separate to prevent cross-contamination & follow safe handling guidelines for raw foods
- Cook to safe internal temperatures (use a food thermometer)
- Chill perishable food within 2 hours to avoid the growth of harmful bacteria

For more prevention and safety tips click [HERE](#)



**The holiday season looks different for everyone. Here is a resource to locate food pantries if you'd like to spread the information, and also consider donating time or goods if you can: [The Food Pantries Food Connect Map](#) **

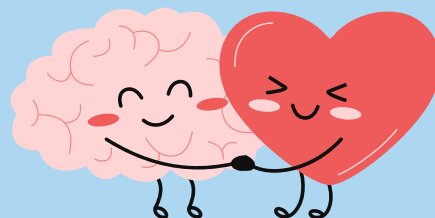
Resilience for the Holidays & Maintaining your Mental Health

If the holidays feel stressful or overwhelming, it's important to acknowledge and honor those feelings. Being prepared for what's to come can help set realistic expectations and boundaries to help you get through this season with resilience

For information and strategies for supporting your mental health – check out these helpful links - [SAMHSA: Resilience around the holidays](#)

[NAMI – Tips for the Holidays PDF](#)

[Magellan Healthcare – Holiday Emotional Wellbeing Toolkit](#)



NYSPHC **R e s o u r c e s**

1. Check out our tab in T&R for [Mental Health Resources](#)
2. *Get in touch with your [SSO EAP](#) and book an appointment to speak with a counselor for complimentary support services*

AI & PUBLIC HEALTH



University at Albany- Public Health Live Webcast:

Artificial Intelligence Adoption in Public Health: Opportunities and Challenges

- **Background:**

- Artificial Intelligence (AI) is advancing, and its tools will become more prevalent in public health settings. Educating public health professionals about the adoption and foundational capacities of AI ensures they are prepared, ethical, and proactive stewards of technology that can either help or harm population health—depending on how it's used.

- **Webcast Speaker:**

- Dan Barnett, MD, MPH: Professor Department of Environmental Health & Engineering Johns Hopkins Bloomberg School of Public Health



Setting the Stage

See articles below to brush up on current updates & literature:

- **Artificial intelligence in public health: promises, challenges, and an agenda for policy makers and public health institutions**

- Lancet Journal Peer-Reviewed Article

- **Artificial Intelligence and Public Health: Emerging Uses, Risks, and Ethical Considerations**

- Public Health and AI through the lens of law and policy

- **WHO: Harnessing Artificial Intelligence for Health**

- WHO's page addressing their approach to using AI globally

- **A New AI Platform to Strengthen Health Communication and Combat False Narratives**

- Implementation of AI in Public Health - happening now



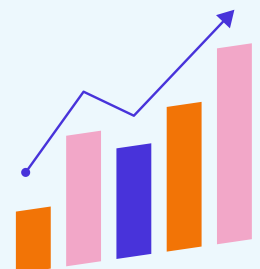
Public Health Perspectives: Trends, Case Studies & News

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.



PH WINS PUBLIC HEALTH WORKFORCE INTERESTS AND NEEDS SURVEY

PH WINS is an online survey of individual workers at government public health agencies. The survey captures individual public health workers' perspectives on key topics such as engagement, morale, training needs, and addressing public health issues. The survey also collects data on the demographics of the workforce and captures individual public health workers' perspectives on key issues.

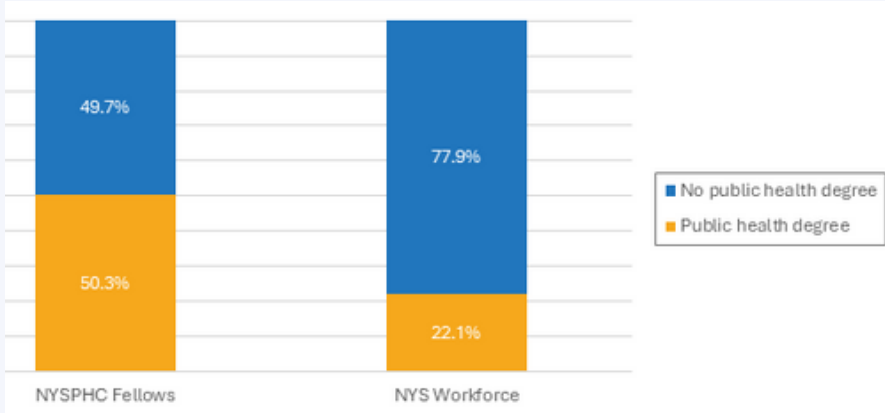
The PH WINS Data Dashboard can be found [here](#)

PH WINS is the only nationally representative data source about the governmental public health workforce.

PH WINS Data in Action:

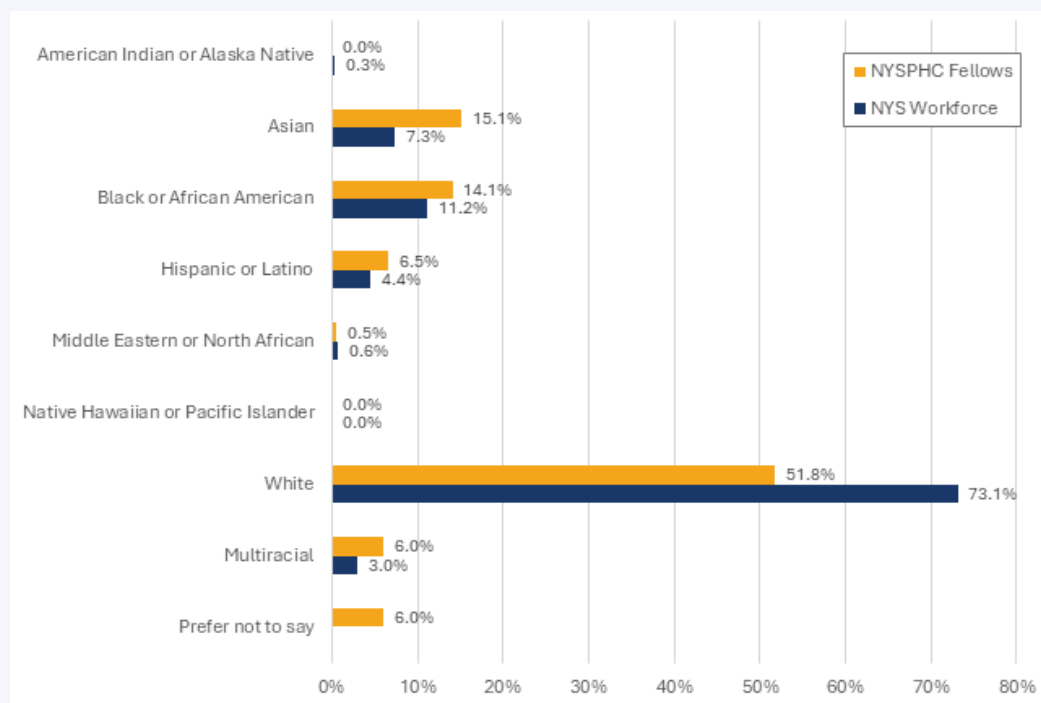
NYSPHC's Evaluation Specialist Devon Hannan used the PH WINS Data Dashboard to compare NYS workforce demographics to NYSPHC demographics below:

Public Health Degrees of NYSPHC Fellows Compared to NYS Workforce



Half of NYSPHC Fellows have a **degree in public health**, compared to only 22.1% of the New York State workforce.

Race & Ethnicity of NYSPHC Fellows Compared to NYS Workforce



The NYSPHC Program is **more racially diverse** than the larger NYS workforce; 42.2% of NYSPHC Fellows identify as person of color compared to only 26.8% of the NYS workforce.

PHWINS CONTINUED

How can this data be applied by the public health workforce?

PH WINS data supports the government public health workforce by measuring strengths and gaps to inform investments in funding, training, recruitment, and retention.

- A few examples of how the data may be applied:
 - Include PH WINS metrics in a strategic plan
 - Institute changes to increase engagement and satisfaction
 - Compare department workforce statistics to national benchmarks (see the NYSPHC demographic comparison above)



“I can’t underscore enough the ongoing value of having [PH WINS as] a no-cost-to-the-department method for implementing a satisfaction and training needs assessment”

Thomas Reizes explains in the article titled “At NYSDOH, Shifting Pandemic-era Priorities Spotlight Public Health Training Gaps” in which he discusses the value of PH WINS data for the State Department of Health. Read more [HERE](#).

PCG PULSE



PCG Highlights - SSO HR Self-Service Knowledge Base

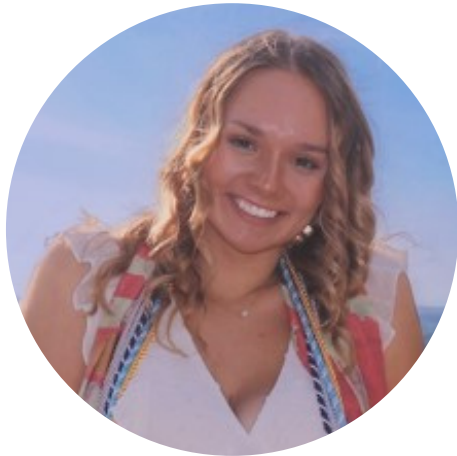
We are thrilled to share some exciting news about our upcoming launch that will make things a lot easier for everyone. In December, we’ll be introducing the HR Self-Service Knowledge Base, a fantastic resource designed to empower employees by providing quick and easy access to answers for their HR-related questions.

This innovative tool will allow employees to look up information on various HR topics without the need to reach out to our team for every inquiry. Whether it's questions about benefits, policies, or procedures, the knowledge base will have it all. It’s like having an HR expert at your fingertips, 24/7!

Our goal with this launch is to enhance the efficiency of our HR services and provide immediate support to our employees. We believe this will not only save time but also improve the overall experience for everyone.

Stay tuned for more details as we get closer to the launch date. We're confident that this new feature will be a game-changer for our organization.

- The PCG Team



ALEX GALLE

Region 4 - Central & Northern New York

October 2024 to June 2025

Project Coordinator

Healthcare Association of New York State (HANYS)

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

Before joining HANYS, I started my public health career at the New York State Department of Health which led me to my role as a NYSPHC Fellow in Emergency Preparedness with the Clinton County Health Department (CCHD). I currently work for the Healthcare Association of New York State (HANYS) on the Care Connections team which focuses on strengthening partnerships between member hospitals and community-based organizations to improve chronic disease outcomes. As a project coordinator, I help manage our community partner stipend program (a skill I learned through the BEAM certificate at NYSPHC) and support research, data analysis, and program evaluation. This spring, I'm excited to continue that work as an MPH candidate in Applied Epidemiology at UNC Chapel Hill.

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

One of the projects I'm most proud of was the creation of an Emergency Communication Guide for CCHD Staff supporting people with limited English proficiency. This tool was created in partnership with a Communications Fellow at Clinton County and this experience showed me the power of collaboration and practical problem-solving in public health.

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

My advice for current fellows is simple: be curious. Ask questions, explore different roles, and connect with as many people as you can. I gained a wealth of knowledge from engaging with people at local, state, and federal agencies, as well as associations like HANYS. Take advantage of every opportunity to learn, whether it's certifications, FEMA courses, your supervisors and peers, or public health conferences that spark your interest.

Want to connect?

Please feel free to connect with me on LinkedIn at [linkedin.com/in/alex-galle](https://www.linkedin.com/in/alex-galle). I'm so grateful to have been part of the NYSPHC Fellowship and would love to connect and support others as they continue their own public health journeys.

Learn more about HANYS [here](#).



LUKE GRANDIS

NYSPHC Mentor- Regions 6 & 7

Health Program Coordinator I
New York State Department of Health

Bureau of Hepatitis Health Care and Epidemiology



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

I faced unique barriers to care accessing substance use-related support in my youth. When I started working for a Syringe Service Program in 2016 conducting hepatitis c and HIV testing, I learned all about harm reduction as a framework for providing care rooted in equity, dignity, and respect (cue the lightbulbs!). I went on to spend four years in community organizing working to pass legislation to end AIDS, overdose, homelessness, and mass incarceration. I saw the NYSPHC fellowship as an opportunity to take my direct service, organizing, and lived experience, and apply it to public health. At different points in time, I've been the client, the provider, the advocate, and now the contract manager. Public health is an avenue for creating sustainable change, and I'm really proud to be a part of that here in New York State.

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

I'm really proud of the Extreme Heat and People Who Use Drugs resources I created with different versions for LHDs, Syringe Service Programs, and Clinicians.

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

Dental care!

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

Confidence to pursue their goals both in and outside of work.

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

The public health landscape is ever-changing, so instead of aligning yourself with one type of job or title, align yourself with a mission.



DIRECTOR'S MESSAGE TO NYSPHC PARTICIPANTS:

As we come to the end of the year, it serves as a great reminder to slow down and reflect. While this year has brought many challenges, it has also included successes. I encourage you to take a moment to look back on the past year and consider the important work you are doing, and the impact it has on your communities. Public health continues to stand as a cornerstone of our communities, offering critical services that are needed now more than ever.

As we reflect, it's also essential to acknowledge the roles we hold outside of our traditional work—caretaking, parenting, friendships, and so much more. This season offers an opportunity to nurture those relationships and express gratitude.



ASHLEY TATE
DIRECTOR

Lastly, I want to share a message that is important now, but also throughout the entire year. Make sure to pour into yourself and prioritize your own wellness. Some of my favorite ways to recharge include taking a walk outdoors (yes, even in the winter!), listening to a favorite playlist, or calling a loved one. Connection and community are essential to our overall wellbeing. Let's step into the new year stronger than ever.

Stay well,
Ashley



Please take a moment to fill out an Evaluation for the NYSPHC Newsletter [HERE](#)

Fall & Winter NYS-Picks*

***NYSPHC + Our Picks = NYS-Picks**

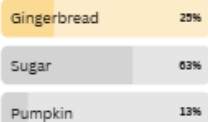
Staff NYS-Picks are revealed at the bottom of this page!



Share and compare your Fall and Winter picks by clicking your choice on each poll. It will take a second, but you will see the results in real time!



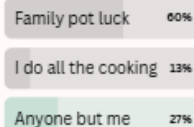
Holiday cookie flavor



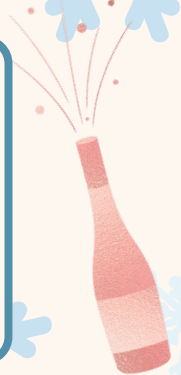
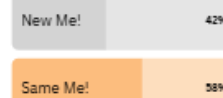
Classic Winter Drink



Who is cooking



Approach to the New Year



NYSPHC Staff Recipe Recommendations:

76% NYSPHC Staff voted for soup as their favorite, yet we recommended chili recipes only! Enjoy!

Popular Slow Cooker Chicken Chili Recipe - Sally's Baking



3 Meat, 3 Bean, 3 Chili Chili Recipe | Ree Drummond | Food Network