



Wellness Matters

February/March 2014

Community Calendar



- **Car Seat Event, Bath PD, Feb. 13th 3-6pm**



- **ARC of Steuben Wellness Fair March 5th 11-2**



- **Steuben County Office Bldg Blood Drive March 14, 8:45am—2pm**

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Newsletter format changes

The new year is a good time to make some changes. Here at Public Health, we have no shortage of health messages to convey to our readers. We just needed more space; so, we have eliminated the full page clinic calendar that used to occupy the whole third page. Basic clinic information is on page 4; if you would prefer to see a true calendar, it can be found on the county website at:

www.steubencony.org/calendar.asp



Improved Access to Non-emergency Healthcare

URGENT CARE

Infants To Adults • Xray • Open Late
Sick Today. Seen Today.

It is great to report improved access for county residents to healthcare providers for those visits that do not require emergency room care. Several urgent care/walk-in sites are available in the Corning and Elmira area. Noyes Hospital in Dansville also operates an urgent care center that serves the northern portion of our county. This is a great time, and money, saver for those who might have a sore throat, ear ache, fever, sprains/strains, etc.

Urgent Care locations and schedules may be found on the Public Health website under "Hospitals and Healthcare." <http://tinyURL.com/kk30z74> For your convenience, the Urgent Care Centers are listed on page 3. Clip and Save!

FREE Text Messages

Pregnancy - Breastfeeding - Baby's First Year

text4baby.org

Wednesday, September 15 2010



Working to Help Reduce Obesity

Here's a success story from the Health Weight Commitment Foundation:

“Our goal is to get Americans to reduce calories – and our members have pledged to cut 1.5 trillion calories a year from the marketplace by 2015. We’re thrilled to announce that we have substantially surpassed the 2015 goal by 400%! The Robert Wood Johnson Foundation has verified that our members have **reduced 6.4 trillion calories** from the marketplace, resulting in **78 fewer calories per day for every**

Seven tips to make and keep your New Year's Resolution

1. Set reasonable goals
2. Have specific subgoals
3. Don't just stop an unwanted behavior.
Increase a desired behavior
4. Practice
5. Expect obstacles
6. Keep records
7. Adjust your plan as you go

Paraphrased from Steven Henry Fox of the Huffington Post



Photo credit: from the Monday Campaigns

About 38 million adults in the US drink too much Only 1 in 6 has talked about it with a health professional



Alcohol Screening & Counseling

- It can reduce how much alcohol a person drinks on an occasion by 25%.
- It improves health and saves money just as blood pressure screening, flu vaccines, and cholesterol or breast cancer screening.
- It is recommended for all adults, including pregnant women.

<http://www.cdc.gov/vitalsigns/alcohol-screening-counseling/>



Urgent Care Walk-in Clinics	Hours of Operation
Guthrie Walk-in Care	
<u>Corning Centerway</u> Walk-In Care 130 Centerway Corning, NY 14830 607-936-9971	Monday – Friday: 7:00 a.m. – 7:00 p.m. Saturday: 8:00 a.m. – 1:00 p.m. Sunday: 8:00 a.m. – 12:00 p.m.
<u>Big Flats</u> Walk-In Care 31 Arnot Road Big Flats, NY 14845	Monday – Friday: 8:00 a.m. – 7:30 p.m. Saturday & Sunday: 8:00 a.m. – 12:00 p.m.
Arnot Walk-in Care	
<u>Walk-In Care – Horseheads</u> Medical Office Building 100 John Roemmelt Drive Horseheads, NY 14845	Friday - Sunday, 9 a.m. - 6 p.m. Monday - Thursday, 10 a.m. - 8 p.m.
<u>Walk-In Care – Erwin</u> Arnot Medical Service Primary Care Erwin 418 South Hamilton Street, Suite 109 Painted Post, NY 14870	Friday - Sunday, 9 a.m. - 6 p.m.
<u>Walk-In Care – Troy</u> 45 Mud Creek Road Troy, PA 16947 570-297-3746 <i>during Walk-In Care hours</i>	Saturday - Sunday, 9 a.m. - 6 p.m.
Bethany Village - Walk-In Clinic	
3005 Watkins Rd Horseheads, NY 607-378-6662	Open 7 days a week 8:00 am - 8:00 pm
Elmira Urgent Care	
360 W. Water St Elmira , NY 14903 607-732-1100	Monday - Friday, 9:00 a.m. 7:00 p.m Saturday - Sunday, 9:00 a.m. - 5:00 p.m.
Five Star Urgent Care	
<u>Big Flats</u> 830 County Road 64 Elmira, NY 14903 607-846-2030	Monday - Friday 9:00 a.m. - 9:00 p.m. Saturday & Sunday 9:00 a.m. - 6:00 p.m.
Noyes Walk-in Care	
<u>Geneseo After-Hours</u> Noyes Health Services 50 E. South Street Geneseo, NY 14454.	Monday - Friday, 6 p.m. - 11 p.m. Saturday & Sunday, 1 p.m. - 9 p.m., including holidays. No appointment is needed
<u>Dansville After-Hours</u> Noyes Hospital Reilly Building 111 Clara Barton Street Dansville, NY 14437	Monday - Friday, 5 p.m. - 10 p.m. Saturday & Sunday, 2 p.m. - 10 p.m. No appointment is needed
Bath VA Urgent Care Center	
76 Veterans Avenue Bath, NY 14810 (607)664-4000	"Enrolled Veterans" 7 days/week, 8am to 8pm



Return Service Requested

WELLNESS MATTERS

Steuben County Public Health
3 E. Pulteney Square
Bath, NY 14810

Phone: 607-664-2438
Fax: 607-664-2166
Email: publichealth@co.steuben.ny.us

**PRESORTED
STANDARD
U.S. POSTAGE PAID
BATH, NY
14810
PERMIT NO. 1**



Dial 2-1-1 or 1-800-346-2211 to sign up.
The day to recommit to quit!

We're on the WEB!
[http://www.steubencony.org/
publichealth](http://www.steubencony.org/publichealth)

Find us on Facebook!
[https://www.facebook.com/
SCNYPublicHealth](https://www.facebook.com/SCNYPublicHealth)

CLINIC/OFFICE DIRECTORY

OFFICE HOURS
Monday - Friday 8:30 AM - 5:00 PM

TELEPHONE NUMBERS

BATH: 607-664-2438
Toll Free: 1-800-724-0471 (any office)
After hours: 1-800-836-4444

HIV TESTING CLINICS

Clinics are held in Bath, Corning, and Hornell.
Please call ahead for an appointment.

SEXUALLY TRANSMITTED DISEASE (STD) TESTING

is available by referral. Please call for information.

TUBERCULOSIS PROGRAM

Screening tests for TB are available by appointment only, for a fee of \$10.00.

QUIT SMOKING - Call for help from our Cessation Counselor

IMMUNIZATION CLINICS: All clinics are by appointment only

BATH: Steuben County Office Bldg.
3 E. Pulteney Sq., Bath, NY
Day clinic 1:00 PM - 3:00 PM / 2nd Wed each month
Eve clinic 5:00 PM - 7:00 PM / 4th Wed each month

CORNING: County Courthouse
10 W. First St., Corning, NY
Day clinic 10:30 AM - 12:30 PM / 2nd Fri each month

HORNELL: Public Health/Hornell Office
7604 Seneca Rd. North., Hornell, NY
Day clinic 1:00 PM - 3:00 PM / 1st Wed each month

ADULT VACCINES ARE AVAILABLE