



**Community Calendar**

**Rabies Clinic**  
 August 2, 9 am - 11 am  
 Cohocton Fire Dept.  
 Deb Matthews (585) 384-9501  
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**Steuben County Fair**  
 August 12 - 17  
 Stop by our booth!  
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**Tour de Cure Bike Ride**  
 August 16 in Watkins Glen  
<http://tinyurl.com/osj6tfp>  
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**Strong Kids Safe Kids**  
 September 13, 1:00 - 4:00 pm  
 Bath Haverling High School  
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**Steuben County Out of the Darkness Walk**  
 September 20, Pulteney Park,  
 Bath at 10:00 am  
 In honor of Suicide Prevention  
<http://tinyurl.com/nwlhyyj>  
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**Car Seat Check Event**  
 September 27, 10 am - 1 pm  
 Gang Mills Fire Dept.

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# Wellness Matters

August / September 2014



## Breastfeeding: A Winning Goal for Life! World Breastfeeding Week: August 1 – 7

The benefits of breastfeeding are numerous! Breastfed babies experience healthy GI and respiratory systems, low incidence of asthma and allergies, low risk of SIDS, optimal school performance, and a low incidence of obesity later in life. Women who breastfeed experience optimal weight loss after birth, fewer missed work or school days due to a sick baby, low risk of breast and ovarian cancers, and feelings of pride, strength and empowerment. Healthy moms and babies are the ultimate goal!

To celebrate World Breastfeeding Week this year, WIC will be holding events at local farmers markets. Each event will include kids' games, baby wearing demos, and raffle baskets. The kickoff event will be held on Wednesday, July 30 in Bath at Pulteney Park (9 am - 3 pm). Breastfeeding Friendly Awards will be presented to local businesses at noon. WIC will also be at the markets in Hornell (10 am - 6 pm, Broadway Park) and Corning (10 am - 2 pm, Riverfront Centennial Park) on Thursday, August 7. Stop by for information, support, and more!

Did you know that there are laws to protect breastfeeding mothers in New York State? Breastfeeding mothers are allowed to feed their children in any public location. Employers are also required to provide breastfeeding mothers reasonable, unpaid break time to pump during the workday in a location other than a bathroom for up to three years following the birth of their child. Steuben County Public Health (SCPH) can help employers or nursing moms who have questions about the law.

There are also Breastfeeding Friendly daycare homes and centers! For a complete list of local certified providers visit the NYS Department of Health website <http://www.health.ny.gov/prevention/nutrition/cacfp/breastfeedingspon.htm>. Becoming a Breastfeeding Friendly daycare is extremely easy! SCPH and WIC have partnered to offer free trainings. If you're interested in learning more, contact the Health Educator by emailing [loreleiw@co.steuben.ny.us](mailto:loreleiw@co.steuben.ny.us) or call 664-2438.

*Breastfeeding Support Groups open to mothers and advocates: First Thursday of the month at 6:30 pm, Corning Library and Second Wednesday of the month at 12:00 pm, Chemung County Health Department Auditorium.*

2014  
**STEUBEN COUNTY STRONG KIDS**  
*FREE Family Fun!*  
 Saturday, Sept. 13  
 1:00 pm - 4:00 pm  
 Bath Haverling HS Gym  
 Bath, NY  
*"A FREE Day of Fun & Activities for Steuben County Families"*

For more information, visit the SKSK website <http://www.steubencony.org/pages.asp>

**Anticipated Activities Include:**

- ★ Carnival Games
- ★ Inflatable Bouncers
- ★ Give-Aways (while supplies last)  
 (bike helmets, backpacks, school supplies & more!)
- ★ "Passport to Fitness" & prizes
- ★ Car Seat Safety Check (tentative)
- ★ Participation of Local Agencies
- ★ Health & Safety Tips, Info & More!

## Event Registration Fees Paid for by Steuben County Public Health!

Steuben County Public Health has been lucky enough to receive funds from Tyrrtle Beach to increase youth activity! We will pay for a limited number of registrations for youth aged 18 and under for upcoming races, runs, walks or similar. Due to the limited amount of funds, scholarships will be given based on first come, first served. Please apply as soon as possible!

See the criteria for applications to the right. For questions, contact the Health Educator at [loreleiw@co.steuben.ny.us](mailto:loreleiw@co.steuben.ny.us) or by calling 664-2438.

Below are several upcoming events we are participating with in the area. Events not found on this list may still be eligible for registration payment. Please contact SCPH for more information.

### Criteria for applicants:

- Must be a Steuben County resident
- Must be 18 years or younger at time of event
- Event must take place in New York state
- Individuals are eligible for payment for one event only
- Applicants must submit a 150 - 500 word explanation of what they love most about the event or the activity as found on the application
- Applications and more information can be found on the Public Health website [www.steubencony.org/publichealth](http://www.steubencony.org/publichealth)

Event	Date	Location
Howard Old Home Day 5K Run & Walk <a href="http://tinyurl.com/pxnyq8n">http://tinyurl.com/pxnyq8n</a>	August 9	Howard
Heather's Home 5K <a href="http://www.heathershome5k.com/">http://www.heathershome5k.com/</a>	August 30	Elmira
Celebrate Life 5K <a href="http://tinyurl.com/odltqvq">http://tinyurl.com/odltqvq</a>	September 13	Penn Yan
Trinity's Walk for Recovery <a href="http://tinyurl.com/qcyxcg7">http://tinyurl.com/qcyxcg7</a>	September 13	Elmira
Davenport & Taylor 5K / 10K Wellness Walk / Run <a href="http://tinyurl.com/pk8gser">http://tinyurl.com/pk8gser</a>	September 20	Hammondsport
CASA Superhero Run 5k / 1K <a href="http://tinyurl.com/plh9hxx">http://tinyurl.com/plh9hxx</a>	September 21	Watkins Glen
Gregg Gator Chomp Stomp 5K <a href="http://tinyurl.com/lww86w7">http://tinyurl.com/lww86w7</a>	October 12	Corning
Pie and Glove 5K <a href="http://tinyurl.com/ng3yh77">http://tinyurl.com/ng3yh77</a>	November 27	Corning

## September is National Preparedness Month!

**How can you aid in emergency preparedness? Join ServSTEUBEN MRC!**



ServSTEUBEN MRC is a group of both medical and non-medical volunteers who are called upon throughout the year. Opportunities include emergency preparedness drills, actual emergencies and non-emergency situations. Register through the website found at <http://tinyurl.com/ServSTEUBEN-MRC> so that we can notify you



should your services be needed. There are no long-term commitments, and your interest is immensely appreciated! Without wonderful volunteers, emergency situations would not be able to be handled as quickly and effortlessly as we would all hope. A full-scale simulated antibiotic dispensing exercise is being planned to take place between now and March 31, 2015. Volunteers will be heavily utilized! Sign up today to be a part of this unique event! For more information please visit our website at [www.steubencony.org/publichealth](http://www.steubencony.org/publichealth) and click on the Emergency Preparedness page or contact Karen Travis, Public Health Emergency Preparedness Coordinator / ServSTEUBEN MRC Coordinator, at 664-2438.

## August is National Immunization Awareness Month!

### *Are your children up to date on immunizations for school?*

The 2014 - 2015 New York State school immunization requirements can be found on the SCPH website under the Immunization Information page <http://www.steubencony.org/pages.asp?PID=587>. Please note that all kindergarten and 6th grade students must have 2 doses of the varicella vaccine and all students must have the recommended number of vaccine doses. Set up an appointment with your doctor today! SCPH provides immunizations to children who are uninsured, whose health insurance does not cover the cost of vaccines, or who do not have a doctor. Our clinic schedule can be seen below or on the next page. **All clinics are by appointment only.** Call 607-664-2438 or 1-800-724-0471 to schedule an appointment today!

#### August 2014 Clinic Schedule

Location	Date	Time
Hornell	August 6	1:00 pm - 3:00 pm
Corning	August 8	10:30 am - 12:30 pm
Bath	August 13	1:00 pm - 3:00 pm
Bath	August 27	5:00 pm - 7:00 pm

#### September 2014 Clinic Schedule

Location	Date	Time
Hornell	September 3	1:00 pm - 3:00 pm
Bath	September 10	1:00 pm - 3:00 pm
Corning	September 12	10:30 am - 12:30 pm
Bath	September 24	5:00 pm - 7:00 pm



## Child Passenger Safety Week: September 14 - 20, 2014

Car crashes are a leading cause of death for children aged 1 to 13 years old. Car seats that are properly installed save lives. There are various car seat check events held throughout the county during September. Everyone is encouraged to drive to the event with their car seat and child to assess safety. If the seat is deemed to be unsafe, a new seat will be provided free of charge. In addition, the Sheriff's Office holds the Play it Safe Project grant which provides car seats to low income families free of charge. Applications can be found online at the Public Health website

<http://www.steubencony.org/pages.asp?PID=227> or the Sheriff's website <http://www.steubencony.org/pages.asp?PID=3810>. All applications must be returned to Cpl. Matthew Sorge, Steuben County Sheriff's Office, 7007 Rumsey Street Extension, Bath, NY 14810 or faxed to 607-776-7671.

### Car Seat Technician Training!

**What:** National Child Passenger Safety Certification Training Course

**Where:** Gang Mills Fire Department, 125 Forest Drive, Gang Mills, NY

**When:** Wednesday, September 24 - Saturday, September 27, 8 am - 5 pm

**Cost:** \$85

**Register:** [www.cpsboard.org](http://www.cpsboard.org) or call 877-366-8154

**Students should dress comfortably. Activities will take place in the classroom and outside in vehicles regardless of weather.**

**Questions:** Contact Pat Ambrose, Course Administrator at 716-679-5584

#### Car Seat Safety Tips

- Children must be rear facing until 1 year **and** 20 lbs
- It is recommended to keep children rear facing until 2 years old or until the max weight allowed for the seat is reached
- Children less than 40 lbs are recommended to remain in a 5-point harness seat
- All children less than 8 years old who are less than 4'9" tall must remain in a safety seat appropriate for height and weight

#### Car Seat Check Events!

September 27, 10 am - 1 pm  
at Gang Mills Fire Department

#### Anticipated Events:

September 13, 12 pm - 3 pm  
at Vernon E Wightman Primary School, Bath

September 20, 10 am - 2 pm  
at Hornell Fire Department

Please follow us on Facebook for updates or contact PH 664-2438  
<https://www.facebook.com/SCNYPublicHealth>



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](mailto:publichealth@co.steuben.ny.us)

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

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 about free testing.

### TUBERCULOSIS PROGRAM

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

### IMMUNIZATION CLINICS:

All clinics are by appointment only

**BATH:** Steuben County Office Bldg.

3 E. Pulteney Square, Bath, NY

**Day clinic 1:00 - 3:00 pm / 2nd Wed each month**

**Eve clinic 5:00 - 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 Friday 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.** Please  
call for an appointment.