



**Public Health**  
Prevent. Promote. Protect.  
Steuben County NY

# Wellness Matters

February / March 2016

## Community Calendar

### Free Blood Pressure Clinics

February 5, 9, 18, 24  
SCPH

### Car Seat Check Event

February 17  
3:00—6:00 pm  
Bath

### Smile Drive

February 22 - 26  
County Office Bldg

### Rabies Clinics

March 19  
9 - 11 am  
Corning, Bath, Hornell

### Diabetes Alert Day

March 22  
[Website](#) for locations

### Bath Baby Café

Every Friday  
11 am - 1 pm  
Dormann Library, Bath

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## Join the Smile Drive February 22 - 26

In honor of National Children’s Dental Health Month this February, Steuben County Public Health (SCPH) is hosting a Smile Drive to collect toothbrushes, toothpaste, floss, and oral rinse to donate to local children and teens. The donated goods will be given to children at the Corning Youth Center, Hornell Area Concern for Youth, and Bath Hope for Youth.



Boxes for the Smile Drive donations will be available in the Steuben County Office Building (COB) main lobby from February 22 - February 26. The COB is located at 3 East Pulteney Square in Bath. Regular business hours are 8:30 am - 5:00 pm, Monday through Friday.

If you are interested in donating goods for the Smile Drive but will not be in Bath during the designated week, contact the Health Educator at 607-664-2438 or [loreleiw@co.steuben.ny](mailto:loreleiw@co.steuben.ny) to coordinate a drop off or pick up. Organizations, businesses, and individuals are welcome to set up a donation box in additional locations as well. Let the Health Educator know if you would like to be part of this year’s Smile Drive and help area youth.

According to the CDC, tooth decay and cavities are the most common chronic conditions of childhood in the U.S. Untreated oral health problems can cause pain and infection that can lead to problems with eating, speaking, playing, and learning. The great news is that oral health problems can be prevented by:

- Brushing at least twice daily and flossing once a day
- Using a fluoride toothpaste (for ages 6 and up)
- Getting fluoride varnish and dental sealants on teeth at an early age
- Having first dental checkup by age 1
- Limiting sugar sweetened beverages like soda and juice
- Replacing sugary snacks with fruits and vegetables

For more information on children’s oral health visit [http://www.cdc.gov/oralhealth/children\\_adults/child.htm](http://www.cdc.gov/oralhealth/children_adults/child.htm).



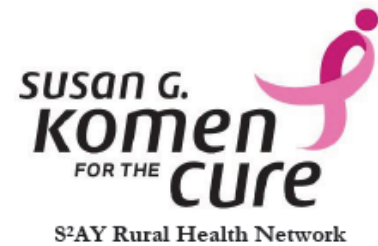
## Free Blood Pressure Clinics for Heart Month

Uncontrolled high blood pressure is a leading cause of heart disease and stroke; know your numbers to reduce your risk. Stop into the SCPH office on:

Friday, February 5, 10:00 - 11:30 am; Tuesday, February 9, 2:00 - 3:30 pm; Thursday, February 18, 10:00 - 11:30 am; or Wednesday, February 24, 2:00 - 3:30 pm.

## Free Help for Breast Cancer Expenses and Costs

The S2AY Rural Health Network has funds available from the Susan G. Komen for the Cure Foundation for breast cancer related expenses. Eligible expenses include testing, prosthetics, wigs, and transportation costs, including mileage reimbursement for travel to medical appointments.



To receive the funds, participants must:

- Have a breast health issue
- Live in Steuben, Chemung, or Schuyler Counties
- Be uninsured or underinsured
- Have a family income less than 200% of the Federal Poverty Level or have extreme financial hardship

For more information on the program or to request funds, contact the S2AY Rural Health Network at 607-962-8459.

## Could You Benefit from the Children with Special Health Care Needs Program?

Families with physically disabled or chronically ill children often need a wide range of services to meet their child's and family's special needs. The Children with Special Health Care Needs Program (CSHCN) can help! CSHCN proactively assists families in accessing community resources and government gap filling programs which can help maximize the quality of life for children ages birth - 21.

Services of the program include intake and referral to sources of funding and/or services for families who have children with special health care needs. CSHCN also has a financial component: the Physically Handicapped Children's Program (PHCP). PHCP requires prior authorization and is based on income guidelines. PHCP reimburses specialty providers for diagnosis and ongoing treatment for children that are medically and financially eligible.

Some children may be referred to our Early Intervention Program (birth - age 3) which provides early identification, screening, evaluation, special services, and service coordination to assist children with developmental delays reach their full potential. Children ages 3 to 5 suspected of having a disability or developmental delay are referred to school districts' committees on Preschool Special Education to be considered for special education programming.

For more information on CSHCN, PHCP, or EI, contact the Special Children's Services Program at Steuben County Public Health by phone at 607-664-2146.

## Are Your Pets Up to Date on Their Rabies Vaccine?



SCPH is offering rabies vaccination clinics on March 19 from 9:00 - 11:00 am at the Corning Fire Department, Hornell Fire Department, and the Mount Washington Garage in Bath.

\$5 donations are happily accepted, but not required.

Please bring dogs on leashes, cats in carriers, and proof of prior rabies vaccine if applicable. Pets must be at least 12 weeks old to receive their first rabies shot. The first vaccination is good for one year; subsequent vaccinations are valid for 3 years. Please contact SCPH at 607-664-2438 with questions.

## March 22 is Diabetes Alert Day

Each year on the fourth Tuesday in March, members of the Southern Tier Diabetes Coalition (STDC) along with others nationally celebrate the American Diabetes Association's Diabetes Alert Day. The goal of Diabetes Alert Day is to make people aware of their diabetes risk and to provide local support. Representatives from STDC will be tabling in locations throughout Steuben, Chemung, and Schuyler Counties on Tuesday, March 22 to make risk assessments available, provide follow up and explanation of diabetes risk, and to provide blood glucose (sugar) screenings at the Arnot Mall and Guthrie Centerway. For more information on where you can find a local assessment on March 22 visit the SCPH Facebook page [www.facebook.com/SCNYPublicHealth](http://www.facebook.com/SCNYPublicHealth) or website [www.steubencony.org/PublicHealth](http://www.steubencony.org/PublicHealth) in March. To find out your risk now, visit <http://tinyurl.com/alertdayrisktest>.

Programs are available in Steuben, Chemung, and Schuyler Counties to help those who are diagnosed with diabetes to manage the disease or for those who are at risk or prediabetic to reduce their risk of developing type 2 diabetes.

Guthrie Programs: Contact HealthWorks at 607-937-4800 for more information or view events at [www.guthrie.org/calendar](http://www.guthrie.org/calendar)

- Diabetes Education Program: Living Well with Diabetes
- Appointments with Certified Diabetes Educator and/or Registered Dietitian Nutritionist
- Diabetes Support Group: 1st Thursday of every month, 6:00 - 7:00 pm
- Diabetes Insulin Pump Support Group: 3rd Wednesday of February (2/17/16), June, October, 6:00 - 7:00 pm in the HealthWorks Conference Room

Diabetes on Target Education and Support Group: call Debbi at 607-776-4065 for information

- 2nd Wednesday of every month at 7:00 pm at the First Presbyterian Church in Bath
- 3rd Monday of every month at 7:00 pm in either Campbell or Savona. Meetings rotate between:
  - Campbell United Methodist Church: January, May, September
  - Savona Federated Church: February, June, October
  - Campbell Christian Missionary Alliance Church: March, July, November
  - St. Joseph's Catholic Church in Campbell: April, August, December
- When schools are closed due to weather, meetings are cancelled

Living Healthy Programs offered through Public Health and local agencies

- Check <https://www.ceacw.org/> for area workshops being offered, including Chronic Disease Self-Management Program, National Diabetes Prevention Program, and Active Living Every Day
- For upcoming programs or to let Public Health know you're interested, call or email:
  - Steuben County Public Health at 607-664-2438 or [loreleiw@co.steuben.ny.us](mailto:loreleiw@co.steuben.ny.us)
  - Schuyler County Public Health at 607-535-8140 or [scph@co.schuyler.ny.us](mailto:scph@co.schuyler.ny.us)

## TAKE THE DIABETES RISK TEST

Know your risk for type 2 diabetes. Share the test with everyone you know.

American Diabetes Association  
**ALERT!DAY**



## Car Seat Check Event February 17

Come to the car seat check event on:  
Wednesday, February 17, 3:00 - 6:00 pm  
110 Liberty Street, Bath (behind the Bath Police Department in the old fire hall)

Make sure your child is in the right car seat and is riding safely. There is no cost, and all children leave in a safe seat. Car seat technicians will be on hand to answer questions and help install car seats properly.



**Public Health**  
Prevent. Promote. Protect.  
Steuben County NY

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)

To change how you receive *Wellness Matters* contact the Health Educator at [loreleiw@co.steuben.ny.us](mailto:loreleiw@co.steuben.ny.us) or call 607-664-2438.

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 Office:** 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 only**. Please call ahead for an appointment.

#### SEXUALLY TRANSMITTED DISEASE

**(STD) TESTING** is available. Please call for information about free testing.

#### TUBERCULOSIS PROGRAM

Screening tests for TB are available by appointment only, for a fee of \$25.

#### IMMUNIZATION CLINICS:

**All clinics are by appointment only**

**BATH:** Steuben County Office Building  
3 E. Pulteney Square, Bath, NY

#### Day clinic:

**1:00 - 3:00 pm on 2nd Wednesday  
every month**

#### Evening clinic:

**4:30 - 6:30 pm on 4th Tuesday  
every month**

#### ADULT VACCINES ARE AVAILABLE.

Please call for an appointment.

Please note: clinics are no longer held in Corning or Hornell. Call to schedule an appointment in Bath today.