

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

## Don't Catch the **LOVE BUG** During National Condom Month

Condoms are a well-known form of contraception used to prevent both unintended pregnancy and sexually transmitted infections. External condoms, also known as male condoms, come in many different sizes, flavors, colors, and textures, and can be purchased over the counter almost anywhere. Internal condoms, also known as female condoms, are typically latex free and can even be covered by insurance if a provider writes a prescription! Condoms should be stored at room temperature to keep them from breaking down. In order to use condoms correctly and efficiently, one must use it every single time at the start of sexual relations. When used correctly and consistently, condoms are about 82% effective in preventing unintended pregnancy and STIs. Condoms cost on average about one dollar each, and our health center gives them out for free to anyone who asks our front desk or nursing staff. The week of Valentine's day is known as "National Condom Week." This week uses humor to educate the public about the importance and easy use of condoms. Sayings such as "No glove, no love" or "Don't be silly, wrap your willy," can be found on packages of wrapped condoms throughout our community. There are serious risks associated with unprotected sex, so take the time to talk about condom usage this month in your community.



## Body Awareness in February...

Do you remember what puberty was like? The hair, the smells, the growing pains? As teens experience changes in their bodies and hormone levels, they are bombarded with messages of "body perfection" from media images such as ads, TV Shows, movies, and video games. This can be a challenging time, full of questions, doubt, concerns and

confusion. As a parent, caregiver, or other adult, you are essential in helping to make sure youth have healthy and realistic body awareness standards. Be positive if the topic of body awareness comes up. Negative comments will only make someone more aware of the issues which are already present. If someone you are working with has a weight issue, you could discuss their nutrition and diet with them and see what their habits are like. You can address how the importance of a nutritious diet provides multiple benefits to the body. Those with low body image/awareness may seek validation by sending photos of themselves to others, or engaging

in early sexual behaviors. Sending (nude/exploitive) photos of oneself can be considered child pornography if under age 18 and lead to criminal charges for those involved. Engaging in sexual behaviors before mentally, emotionally, or physically ready imposes dangers on a young person's mental health. Often we focus so much on the physical act of sex, or physical satisfaction that it brings, that we ignore conversations about the emotional and social components. By building healthy body image/awareness, we help young people make the best decision for themselves with the support they need.

## Locations:

### Bath

**Community Health**  
117 E. Steuben St  
Bath, NY 14810  
(607) 776-3063

### Geneva

**Community Health**  
601B Washington St  
Geneva, NY 14456  
(315) 781-8448

### Newark

**Community Health**  
513 W. Union St  
Newark, NY 14513  
(315) 573-7577

### Ovid

**Community Health**  
7150 N. Main Street  
Ovid, NY 14521  
(607) 403-0065

### Penn Yan

**Community Health**  
112 Kimball Ave  
Penn Yan, NY 14527  
(315) 536-2752

### Port Byron

**Community Health**  
60 Main St  
Port Byron, NY 13140  
(315) 776-9700

### Sodus

**Community Health**  
6692 Middle Rd  
Suite 2100  
Sodus, NY 14551  
(315) 483-1199

### Administrative Offices

14 Maiden Lane  
Penn Yan, NY 14527  
(315) 531-9102



Our very own Pat Hall was awarded a Certificate of Recognition from the NYS Family Planning Training Center for her work as a Health Educator/Advocate. The center recognized her delivery of high quality services in New York State and considers her to be a family planning champion!  
**CONGRATULATIONS, PAT!**

## What Is Self Love?

“Self-love is defined as regard for one’s own well-being and happiness. Loving yourself may seem like it can take a lot of time, but even thinking one positive thing about yourself a day is self-love. Loving yourself can be as simple as saying you look beautiful or handsome today, or getting your routine medical care completed yearly. We are all guilty of not wanting to go for that yearly physical, when in reality this physical is an essential key in self-love. A physical is meant to review your overall health as well as address any preventative medicine that needs to be updated. “Preventative medicine?” you may be asking. This is a term that health care providers use for a number of different screenings including pap smears, prostate exams, colon cancer screenings, mammograms, and many more. It is very important to complete these on a routine basis, as they are a screening and if something is wrong and it is caught early enough, treatment and recovery will be much easier. This is loving yourself! Love your body, your mind, yourself as a whole. If you love yourself, you will find it is easier to love others. When one becomes so stressed and overwhelmed with day-to-day happenings it is easy to forget how to love themselves. Treat yourself! Love yourself! You

have been working very hard and you deserve to love yourself for that!

Self-love is admitting that you need help, whether it be help with work, help recovering from substance abuse, mental health issues, or just help releasing stress. Seeking help is loving yourself and saying “Hey, I am only human and only can take on so much, someone help me out here”.

Self-Love comes in many different forms or thoughts. Not all of us love ourselves in the same way, and that is okay! In addition to reproductive health services, our health centers offer physicals (routine medical care) and more.

We aim to be your chosen provider for medical services, so contact us to schedule an appointment to take care of yourself today!”

*Provider Spotlight!*



Written by Stacey Walker, MD  
Finger Lakes Community Health

## Where Are We (FLCH) This Month?

- **February 4th:** WARE (Wayne Action For Racial Equality) Meeting & Info Table - Keuka College
- **February 4th:** EPIC Zone Youth Education - Geneva
- **February 6th:** R.E.A.L. - Newark High School
- **February 7th:** FL HIV/STD Consortium Meeting - Canandaigua
- **February 8th:** WGVA Radio Interview on Body Awareness - Geneva
- **February 11th:** National Condom Week - Keuka College (11am - 1pm)
- **February 13th:** Reproductive Ed & Outreach Meeting - Geneva Community Health (10am)  
\*Join us to learn more about our program and the work we do to help our community.
- **February 13th:** R.E.A.L. - Newark High School
- **February 13th:** National Condom Week - FLCC Newark Campus (10:30am - 1pm)
- **February 15th:** National Condom Week - Hobart William Smith College (11:30am - 1:30pm)
- **February 18th:** EPIC Zone Youth Education - Geneva
- **February 21st:** Finger Lakes Sexual Health Coalition Meeting - 2:15pm
- **February 26th:** Wayne Wellness Meeting
- **February 27th:** Parenthood Education Group - Penn Yan

\*Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more? For more information go to [www.localcommunityhealth.com](http://www.localcommunityhealth.com) or contact us today to schedule a time!

\*Would you like to have the RHEd Newsletter emailed to you each month? If so, contact Olivia at: [OliviaC@flchealth.org](mailto:OliviaC@flchealth.org)



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