



Public Health
Prevent. Promote. Protect.
Steuben County NY

Wellness Matters

June / July 2017

Community Calendar

Bath Baby Café New Time!

Every Friday
9:00 am - 10:30 am
Dormann Library, Bath

Harm Reduction / Narcotics Training Lunch and Learn

Program and free lunch
provided by Southern
Tier Sexual Health
Coalition
June 22

11:30 am - 1:00 pm
18 Buell St., Bath
Contact Emily Smith-
Cowan at ecowan@trilliumhealth.org

Prevent Child Abuse Steuben Color Walk

Tentatively July 29
Check the Youth
Bureau's Events page for
more info <https://steubencony.org/pages.asp?PID=622>

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Southern Tier Diabetes Coalition Website Launched

The Southern Tier Diabetes Coalition (STDC) has created and launched a website found at www.southerntierdiabetescoalition.org.

STDC is a coalition of community health organizations in Chemung, Schuyler, and Steuben counties working together to prevent diabetes and to help improve management of diabetes. Coalition members include representation from Chemung, Schuyler, and Steuben Public Health departments, Guthrie, Arnot Health, Steuben Rural Health Network (SRHN), Diabetes on Target, American Diabetes Association, Novo Nordisk, S2AY Rural Health Network, and others.

The website includes information on local support (education, classes, group meetings, etc.), state and national resources, a calendar of events and other information to help people prevent and manage diabetes.

One upcoming opportunity featured on the Local Support page of the STDC website (<http://southerntierdiabetescoalition.org/local-support/>) is the Peer Leader Training for the Chronic Disease Self Management Program (CDSMP) hosted by SRHN and Arnot Health. This free training is being held June 12 - 15 from 9:00 am - 4:00 pm at the Civil Defense Building in Bath. For more information and to register for the training, contact Krystle Blencowe at SRHN by calling 607-776-9467 ext. 229 or visit <https://tinyurl.com/CDSMPTraining>.

Bath babycafé New Time!



The Bath Baby Café will be held every Friday at the Dormann Library from 9:00 am - 10:30 am beginning on June 2nd. The Baby Café is a free drop-in support program designed for pregnant women, breastfeeding moms, and all families. The Bath Baby Café is staffed by trained professionals from Public Health, Healthy Families, WIC, and others. Certified Lactation Counselors (CLCs) are on site every Friday to help with any breastfeeding questions or concerns. All programs are free and both moms and children enjoy the social time together. Call Steuben County Public Health at 607-664-2438 with any questions.

Free Lead Testing Pilot Program

The New York State Department of Health (NYSDOH) has started the Free Lead Testing Pilot Program (FLTPP) for New York State residents to test their residential drinking water. Residents who receive their drinking water from a private well or a public water system are eligible to participate in the FLTPP. Lead is a naturally occurring metal that has been used in the past in gasoline, house paint, and plumbing fixtures. Lead is a concern particularly for infants, young children, and pregnant women because lead can seriously harm a child's growth, behavior, and ability to learn.

Residents can request the free lead testing of their home drinking water by either:

1. Submitting the request electronically to the Bureau of Water Supply Protection (BWSP) through the NYSDOH website: http://www.health.ny.gov/environmental/water/drinking/lead/free_lead_testing_pilot_program. There is a link near the top of the page that populates an email to the Bureau with fields of needed information to fill out and send.

OR

2. Calling the BWSP at 518-402-7650 and providing the requested information.

After requesting the free testing, supplies will be mailed with instructions to complete the water sampling. Samples should be collected and mailed back within 30 days from the time the supplies are received. Results from the lab will be sent back to the resident within 30 days of receiving the samples.

Please note, water is not the most common source of lead poisoning, especially in Steuben County.

More information on lead poisoning prevention can be found by visiting Steuben County Public Health's Lead Poisoning Prevention webpage at <https://steubencony.org/pages.asp?PID=707>.

Common Questions About Lead in Drinking Water

How does lead get into the water we drink?

In most cases, lead found in drinking water comes from the plumbing system, such as water fixtures, pipes, and solder. The water passing through the plumbing system can dissolve lead from fixtures, pipes, and solder, which is called leaching.

What can I do to reduce the lead level in my drinking water?

1. If the lead level found only in your "first draw sample" of drinking water is higher than .015 mg/l, the source of lead is likely from the fixture. You should:
 1. Run water for at least 30 seconds or until the water is cold to the touch before using it for drinking or cooking if it hasn't been run for several hours.
 2. Use only cold tap water for cooking, drinking, or making a baby's formula. Do not cook with or drink hot water from the tap as lead dissolves more easily into hot water.
 3. Boiling water will not reduce lead.
 4. Replace your plumbing fixtures if they are found to contain lead. This may include pipes, brass faucets, fittings, and valves.
2. If the lead level found in both samples is higher than .015 mg/l your home may be served by a lead service line and/or the plumbing materials in your home may contain lead. Refer to step 4 above, and consider purchasing bottled water or a water filter that is approved to reduce lead.

Worksite Wellness



Joining together to create a healthier workforce.

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A collaborative lead by the Institute for Human Services, Inc.

Health Organizations in Steuben Unite to Offer Free Worksite Wellness Resources and Support

Steuben County Public Health (SCPH) along with the Steuben Rural Health Network (SRHN), the Cancer Services Program of Steuben County (CSP), the Southern Tier Tobacco Awareness Coalition (STTAC), and Creating Healthy Schools and Communities (CHSC) have joined together to help worksites who are interested in increasing the health and wellness of their employees through worksite programs and offerings.

Worksite wellness programs reduce the cost of healthcare claims because 87% of healthcare claims costs are related to a person's lifestyle. For every dollar spent on wellness programs, the CDC estimates a savings between \$2.30 - \$10.10 per employee. Worksite wellness programs can cut down on illness and lost productivity, and 80% of office workers say that the overall health of their workplace factors into their perception of their employer.

The Steuben Worksite Wellness (SWW) group can help businesses and organizations put programs and processes in place to improve their employees' wellness for free.

SRHN will work with the employer to complete an assessment of the current health of the workplace. Areas for improvement are identified. All SWW group members provide technical assistance at every step of the process. Free support and resources, including sample policies, are available to increase the health of the worksite.

For more information about the SWW group and worksite wellness offerings in Steuben, visit <https://steubencony.org/pages.asp?PID=710> or contact Krystle Blencowe at SRHN by calling 607-776-9467 ext. 229 or email blencowek@ihsnet.org.

Increasing Awareness for Breast and Prostate Cancer

St. James Mercy Hospital has recently started a Breast and Prostate Peer Education Program as part of a state-wide effort. Local peer outreach efforts include helping women 50-74 years of age understand the importance of breast cancer screening, helping them access breast cancer screening, and informing men age 50 and older about their risks for prostate cancer.

Breast cancer is the most common cancer among women in NY and is the second leading cause of cancer death in NY women, responsible for nearly 15,000 diagnoses and over 2,600 deaths each year. Earlier detection can reduce mortality and increase the likelihood of finding cancer at an early stage when treatment is more successful. Excluding skin cancer, prostate cancer is the most common cancer among men in NY. Each year, almost 15,000 men are diagnosed with prostate cancer and 1,700 men die from the disease.

The Breast and Prostate Peer Education Project's Peer Educator, Sue Dunn, is seeking opportunities to speak to community groups and individuals about breast cancer screening and prostate health. Contact Sue at 607-324-8166 or sue.dunn@sjmh.org for more info about the project or to schedule an education session.



Public Health
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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

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14810
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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 or call 607-664-2438.

Find us on Facebook!

[https://www.facebook.com/
SCNYPublicHealth](https://www.facebook.com/SCNYPublicHealth)

CLINIC / OFFICE DIRECTORY

OFFICE INFORMATION:

Location:

First Floor (Basement)
Steuben County Office Building
3 E. Pulteney Square, Bath, NY

Hours:

Monday - Friday, 8:30 am - 5:00 pm

Phone Numbers:

Office: 607-664-2438

Toll Free: 1-800-724-0471

After hours: 1-800-836-4444

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.

All clinics are by appointment only.

HIV TESTING CLINICS

Please call ahead for an appointment.

IMMUNIZATION CLINICS:

Please call ahead for an appointment.

Day clinic:

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

Evening clinic:

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

ADULT VACCINES ARE AVAILABLE.

Please call for an appointment.