



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

# Wellness Matters

October / November 2016

## Community Calendar

### Rabies Clinics

Saturday, October 1  
9:00 am - 11:00 am  
Bath, Corning, Hornell  
See page 2 for more info

### Diabetes Health Fair

Saturday, October 22  
11:00 am - 3:00 pm  
Arnot Mall, Horseheads

### Great American Smokeout

Thursday, November 17  
Perfect time to Quit!  
<http://tinyurl.com/GASO2016>

### Bath Baby Café

Every Friday  
11:00 am - 1:00 pm  
Dormann Library, Bath

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## Smile for National Dental Hygiene Month

October is National Dental Hygiene Month, a perfect time to highlight the importance of dental health which impacts overall health. For healthy smiles, the American Dental Hygienists' Association (ADHA) recommends sticking to "The Daily 4":

- **Brush** - Brush teeth for two minutes two times a day.
- **Floss** - Floss teeth daily to remove food particles and biofilm that toothbrushes can't reach.
- **Rinse** - Use a mouth rinse to remove biofilm and bacteria throughout the whole month that brushing and flossing may not reach.
- **Chew** - Chew sugar-free gum after meals and snacks to help protect teeth. Chewing gum creates saliva that cleans out food particles and neutralizes acids from food.



### Lacking Dental Insurance?

### The Dental Network Card May Be for You!

Individuals or families who do not have dental insurance can now benefit from the Dental Network Card Program. This program allows patients to receive dental care at reduced fees. The program uses the DenteMax network of more than 8,000 dental practices statewide and can even be used with participating dentists outside the state should dental care be needed while out of state. Individual coverage for one year costs \$36.50 and family coverage for one year costs \$52. Savings by participating in the program are several hundred dollars for crowns and root canals, and \$30 to \$50 or more for dental exams, cleanings, fillings, and extractions. The brochure and application for the program can be found at [www.steubencony.org](http://www.steubencony.org) or more information can be found by calling the Health Economics Group at 1-800-666-6690 ext. 505 or 585-241-9500 ext. 505. To see participating DenteMax network dentists and a schedule of fees accepted by most dentists in the network, visit [www.heginc.com/dental](http://www.heginc.com/dental).



## Public Health Rabies Clinics: October 1 from 9:00 - 11:00 am

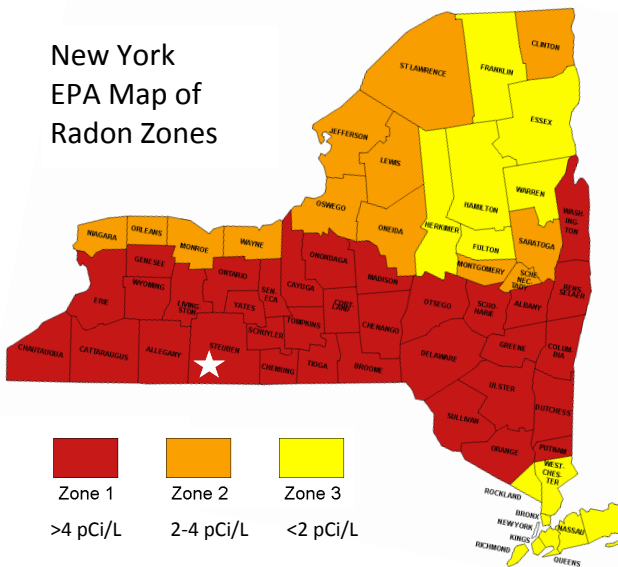


### Locations:

- Bath: County Highway Barn
- Corning: Town of Corning Water Building at 20 S. Maple St.
- Hornell: Hornell Fire Department

Please bring pets on leashes or in cages and clean up after pets. A voluntary \$5 donation per pet is requested (but not required) to help with vaccine and supply costs. Bring proof of prior rabies vaccination to receive a rabies vaccination certificate that is valid for 3 years. Call Public Health at 607-664-2438 with questions. All scheduled rabies clinics throughout Steuben County can be found at <http://steubencony.org/Files/Documents/publichealth/rabiesclinic2016.pdf>.

New York  
EPA Map of  
Radon Zones



### Radon: What You Should Know

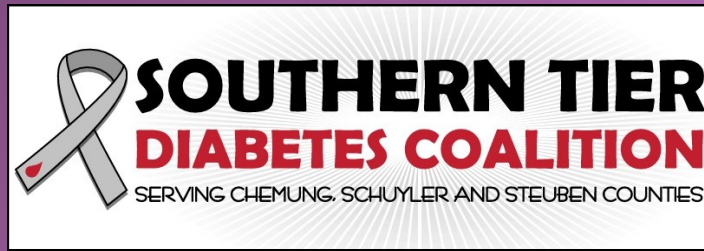
Radon is a naturally occurring radioactive gas that can cause lung cancer. Radon gas is released from soil and can enter homes or buildings. The Environmental Protection Agency (EPA) recommends the radon level found in buildings be below 4 picocuries per liter of air (pCi/L). Steuben County (seen with the white star on the map), along with all of the Southern Tier region and beyond, falls in a high-radon zone (seen in red), where measurements of radon are regularly above the recommended 4 pCi/L level. Radon is the second leading cause of lung cancer in the U.S. today according to the Surgeon General, so regular exposure to high levels of radon is worrisome. Radon kits are available to test for the radon level in your house. For accurate results, radon testing must be performed during the time of year when your house windows and doors remain closed, so conditions can be maintained. Fall and winter are perfect testing times. Mitigation options are available to reduce radon levels in homes if needed. Radon kits can be purchased at some home improvement stores or free kits may be available through the S2AY Rural Health Network. To find out if you're eligible for a free kit and to learn about next steps, contact Tiffany at S2AY by calling 607-962-8459 or emailing [tiffanyleeps@gmail.com](mailto:tiffanyleeps@gmail.com). More information on radon can also be found at [www.epa.gov/radon](http://www.epa.gov/radon).

### Did You Know We Make Home Visits for Newborns?

Steuben County Public Health (SCPH) nurses provide educational home visits for moms and their new babies for FREE. All first-time moms and all breastfeeding moms who live in Steuben County and give birth at Corning Hospital will automatically receive a referral to SCPH. Our nurses provide information on topics that are relevant to newborns and range from car seats to lead poison prevention to safe sleep and beyond. Breastfeeding moms are likely to be seen by our Certified Lactation Counselor (CLC) who can answer any questions moms may have about breastfeeding or offer different techniques or tips and tricks to make breastfeeding easier. Any mom in Steuben County who has a child under 3 months of age is eligible to receive a free home visit. The delivering hospital or a healthcare provider can make a referral to Public Health. If a patient is interested in receiving a home visit and did not receive a referral, please call PH. PH will link families with any additional resources that may be helpful after the visit.

Free:

- Resources
- Education
- Give-aways
- Raffles
- Chances to win over \$500 in prizes!



Flu Shots

Available at the fair. Cost varies by eligibility.

Free

Screenings:

- Blood Glucose
- Blood Pressure
- Body Fat
- Lung
- Feet

# Diabetes Health Fair

For those who are AT RISK for or have been DIAGNOSED with DIABETES

**Saturday,  
October 22,  
2016**

**11 am - 3 pm**

**Arnot Mall**

Participating Organizations: Arnot Health • Bath VA • Guthrie • Steuben County Public Health • American Diabetes Association • Physicians • Dietitians • Certified Diabetes Educators • Diabetes Companies: Meters, Pumps & Medications • Pharmacies • Fitness Agencies • Cornell Cooperative Ext. • Office for the Aging • and more...

*Special thank you to Chemung County Health Department and all members of STDC.*

Steubencony.org/publichealth • (607) 664-2438 • Monday - Friday • 8:30 am - 5:00 pm





**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 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.