

A Breastfeeding Success Story from WIC: Veronica Merritt

Veronica Merritt is quite the artist, as this poster shows. She's also one of the successful breastfeeding mothers who took advantage of the knowledge and support that OCO's WIC staff members offer. Her work will be included on www.breastfeedingpartners.org and incorporated into breastfeeding information designed by OCO's WIC Program. Veronica writes, "This picture was designed especially for the wonderful breastfeeding experts at the Oswego Health Center WIC location. Thank you for your support."



WIC stands for Women, Infants and Children. This federal program provides grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women (up to 6 months), and to infants and children up to age five who are found to be at nutritional risk. In Oswego County, WIC funds provide approximately **\$2 million annually** that is spent in the local economy to help provide some of the foods needed daily for good health, and assist women in developing and maintaining healthy nutrition skills for themselves and their children.

Did you know? WIC coupons can buy fresh fruit & vegetables at most farmers' markets!

For more information on OCO's WIC program, please call **(315) 343-1311** or **1-888-730-3803**.

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Call-N-Ride=Affordable Transportation, Priceless Independence: Laura Smith

"OCO's Call-N-Ride service is one example of the ways that the agency provides **affordable transportation** in Oswego County. For the elderly and persons with disabilities or impairments, Call-N-Ride is more than transportation; it **helps people maintain their independence** and enjoy outings, run errands, schedule appointments - whatever they need to do. OCO's drivers are caring and friendly, and the buses are well maintained and wheelchair accessible."

This photo shows Laura Smith (r), president of Oswego County Visually Impaired (OCVI), and OCO Transit Driver Joanne Macomber greeting OCVI member Clara Dial at Towpath Towers in Fulton.



Depending on where you start and how far away your destination is, **your fare can range from \$2 to \$6 each way**. The schedule provides service on specific days in different areas of Oswego County, based on existing school district boundaries.

Reservations are required, and must be made 3 business days in advance. Call-N-Ride operates between the hours of 10am and 2pm on weekdays only; service not available on weekends or holidays.

Call-N-Ride schedule and fee information is available by calling OCO Transportation at 1-877-484-3287 (1-877-4THEBUS).