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Summer has not been canceled! Warm weather, sunshine, and fresh air abounds. It’s time to get outside and enjoy nature, and in Oswego County one of the best places to do so is Camp Zerbe.

Located at 253 State Route 104 in Williamstown Camp Zerbe is 542-acre park that features an interpretive nature center, a pavilion, a playground, a picnic area and a lodge. Camp Zerbe is open to public daily from dawn to dusk.

“There’s a lot to do at Camp Zerbe,” said Coordinator of Recreation and Youth Development Zach Grulich. “People visit Camp Zerbe to enjoy the outdoors. Whether it’s to have a picnic with family and friends, explore our nature trails, fish, canoe or kayak in Lake Lorraine, attend an event in the Patrick “Paco” Malone Meeting Center, or just enjoy a relaxing day in the sun. It’s the perfect spot to spend a summer’s day.”

With summer underway, and so many of us anxious to get out of the house, Oswego County Opportunities (OCO) Cancer Prevention in Action program reminds us that it is important to practice sun safety when enjoying summer activities.

According to the Centers for Disease Control and Prevention (CDC) skin cancer is the most common cancer in the United States. Exposure to ultraviolet (UV) radiation in sunlight causes nearly all skin cancer cases. The risk for skin cancer can be greatly reduced when certain precautions are practiced.

OCO’s Cancer Prevention in Action program focuses on educating community members on what they can do to prevent cancer. During the summer months practicing sun safety is the best way to prevent skin cancer. To help spread that message OCO’s Cancer Prevention in Action program reached out to the Oswego County Parks and Recreation Department to establish protocols for sun safety in each of its parks.

Continued on next page
OCO Cancer Prevention Program Partners with Oswego County to Promote Sun Safety (Continued)

"Hundreds of people visit Camp Zerbe and other Oswego County parks throughout the summer," said Coordinator of Community Health for Oswego County Opportunities, Leanna Cleveland. "Partnering with the county to establish a sun safety policy was a perfect fit for us. Unless the heat is oppressive many us don't realize just how much our skin is being exposed to sunlight. Without paying attention to sun safety sunburn can happen quickly. Even on cloudy or hazy days unseen ultraviolet sun rays can cause unexpected sunburn resulting in lasting damage that could lead to skin cancer later in life."

With the safety of visitors and staff in mind Cleveland worked with Grulich and Executive Director of the Oswego City-County Youth Bureau Brian Chetney to establish a sun safety policy that upon approval from the County Legislature could be implemented in all of the county’s parks.

“When Leanna approached us regarding the importance of sun safety in our parks we thought it was an excellent idea,” said Chetney. “It was a pleasure working with Leanna and Zach to create our sun safety policy and demonstrate our commitment to promoting sun safe practices to visitors and staff.”

Through signage and verbal reminders visitors are encouraged to follow the following sun safety tips:
- Wear sunglasses that protect 100% of the sun’s UVA and UVB rays
- Seek shade when needed
- Wear full brimmed hats
- Wear long sleeve shirts and long pants when exposed to long periods of sun
- Apply full-spectrum (UVA & UVB) sunscreen (SPF 15 or greater) to exposed skin 30 minutes before going outside in the sun.
- Play in shaded areas, when practical
- Seek shade when outside in the sun

Recognizing that the use of sunscreen is a key factor in preventing sunburn OCO’s Cancer Prevention in Action program has provided Camp Zerbe with two sunscreen dispensers and will keep Camp Zerbe supplied with sunscreen all summer long. There portable dispensers ensure that visitors and staff at Camp Zerbe will have access to sunscreen free of charge whenever needed.

“We are very appreciative of the input we received from Brian and Zach, their enthusiasm for this project and for acknowledging how important sun safety is,” said Cleveland. “The Cancer Prevention in Action program focuses on policies that serve as catalysts for environmental changes. Sun safety is paramount in preventing skin cancer and melanoma and we are happy to be partnering with Oswego County on its sun safety policy and providing them with dispensers and sunscreen to help protect visitors and staff at its parks.”

Oswego County Opportunities is a subcontractor of the St. Lawrence Health Initiative to deliver the Cancer Prevention in Action grant locally in Oswego County. To learn more about the Cancer Prevention in Action Program, which is supported with funds from the state of New York, please visit takeactionagainstcancer.com.
COVID-19: You can check your symptoms in a private, confidential way

This is the landing (home) page for a free, confidential self-assessment you can use to determine if you should consult with your doctor and/or seek testing for COVID-19.

Here’s the link: https://landing.google.com/screener/covid19?source=google

You do not have to give your name or any personally identifying information, and the information is not saved. You can use it as many times as you like. This service is for adults ages 18 and older.

Please remember that this is no substitute for medical advice, and 911 should be called if you or someone close to you is experiencing life-threatening symptoms – chest pain, trouble breathing, possible stroke, etc.

Extreme heat: what you need to know to stay safe

This July brought more days with temperatures in the high 80s and 90s than our region has experienced in a long time. Many of the populations that depend on OCO services are also those that are at greatest risk from heat-related illness and even death. That’s why it is important to know the symptoms of heat-related illness, and what to do about them.

Heat Cramps:
- Signs – muscle pain or spasms in stomach, arms or legs
- Treatment – go to a cooler location, remove excess clothing. Tape sips of cool water or sports drinks with salt and sugar
- Warning – get medical help if cramps last more than an hour

Heat Exhaustion:
- Signs – heavy sweating, pale skin, muscle cramps, tired, weak, dizzy, headache, nausea or vomiting, fainting
- Treatment – go to air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath, take sips of cool water or sports drinks with salt and sugar
- Warning – get medical help if symptoms get worse or last more than an hour

Heat Stroke: A LIFE-THREATENING EMERGENCY!
- Signs – extremely high body temperature; red, hot and dry skin with no sweat; rapid, strong pulse; confusion and unconsciousness
- Call 911 immediately, then cool the person down with whatever methods are available until medical help arrives.

Stay Safe: Prevention is Best
- Drink plenty of water to stay hydrated
- Monitor for any symptoms of heat illness
- Wear loose, lightweight, light colored clothing
- Visit places with air conditioning to take a break
- Check on neighbors, especially the elderly
- Make sure pets have a cool place & plenty of water
- If you must be outdoors, avoid strenuous activity, avoid the hottest time of day, take frequent breaks
- NEVER leave people or pets in a closed vehicle
OCO partnered with the local Domino’s Pizzas to recognize the agency’s employees for their commitment to OCO and the approximately 16,000 people that are served through OCO’s more than 50 programs. “Our staff has been wonderful,” said OCO Executive Director Diane Cooper-Currier. “Their selflessness and dedication has allowed OCO to continue to offer its services throughout the COVID-19 pandemic in spite of the tremendous challenges that is has created. I couldn’t be prouder of our OCO employees!”

OCO Executive Director Diane Cooper-Currier and the Board of Directors expressed their gratitude and appreciation by presenting each of OCO’s more than 600 employees with a gift bag that included a certificate for a free Domino’s Pizza. “We are thankful to the folks at Domino’s Pizza for helping us make this possible,” said OCO Development Coordinator Bridget Dolbear. “We’re proud to count Domino’s Pizza among our many community partners.”

Pictured here, from left, are Domino’s Business Development Manager John Adams, OCO Development Coordinator Bridget Dolbear, OCO Executive Director Diane Cooper-Currier, and Manager of Domino’s Fulton location Cindy Ferris. Located at 516 South Second St. in Fulton Domino’s in Fulton is open Sunday through Thursday from 10:30 a.m. to 11:00 p.m. and Friday and Saturday until 12:00 Midnight. For more information on Domino’s Pizza in Fulton, call them at 315-593-7777.

Did you know...
HYDRATE THE HEALTHY WAY!

As we find ourselves in the hottest days of summer, it is important for everyone to make sure they are drinking enough fluids to stay well hydrated. Studies show that 1 in 3 older adults may not get enough fluid. Fluid needs are based on a person's body size and medical history (so although it is a general recommendation, everyone does not need exactly eight 8-ounce glasses of water each day). As a rule, unless you are drinking very large amounts of liquids, it is better to drink too much than too little.

Milk, juice, coffee, tea, and water all count as sources of fluids. Also, don't forget fluid from foods— you can get the equivalent of two to three 8-ounce glasses of water per day from fluids found in foods you eat. Fruits and vegetables have high water content, as do soups, gelatin, and pudding. Watermelon, cantaloupe and oranges all have more than 3 ounces of fluid per serving!

Equally important to drinking enough fluids, is WHAT you are drinking. Studies suggest calorie intake from beverages has more than doubled since the 1960’s, primarily due to a surge in soft drink, sports drink and sweetened tea consumption. It is important to remember the calories and sugar we consume in liquid form when trying to maintain a healthy meal plan. Some tips for quenching your thirst healthfully include:

DRINK PLENTY OF REFRESHING, CALORIE-FREE WATER

Water does the body good! Without any unnecessary calories, it helps your muscles and brain stay hydrated for optimal physical & mental performance. Drink enough so your urine is mostly colorless and odor-free.

DRINK NUTRIENT-RICH, LOW-FAT MILK THREE TIMES A DAY

Milk isn’t just for kids; it’s essential for adults, too. Nutrient-rich dairy foods help build and maintain healthy bones, teeth and muscle mass. They also may help lower the risk of high blood pressure. For the most nutrients with the least fat and calories, look for fat-free or low-fat options.

DRINK A MAXIMUM OF 4 TO 6 OUNCES OF JUICE A DAY

While 100% juice can be a great source of several nutrients, it is possible to get too much of a good thing. Whole fruits and vegetables are much better ways to get vitamins, minerals and fluids. Actual food is more satisfying, plus you get the added value of fiber and nutrients from the skin and pulp.

DRINK OTHER BEVERAGES MINDFULLY

Remember that soda, sweetened teas, fruit drinks, and most sports and “energy” drinks are loaded with calories and sometimes caffeine. Some coffee drinks are often surprisingly high in calories, fat and sugar. Alcoholic drinks are packed with empty calories.

You should avoid any caffeinated beverages which also contain alcohol.
The completed transition of OCO's Crisis & Development services from their former location at Oswego's Midtown Plaza to their current location at Hillside Commons is encapsulated in the pictures above, which depict the tear down of the building complex as the space is being prepared for construction of mixed use commercial and housing. The project is scheduled to be completed in the Fall of 2021 and is part of the state's urban revitalization program.

The Midtown office is remembered with mixed views from staff and customers, who provided and received services in the location, respectively. The building complex saw a decline in its structural integrity in later years which led to OCO finding an alternative location to provide services in Oswego. Nevertheless, its history as a hub for Oswego residents to seek assistance through OCO programs is secured, as well as the fond memories of the Clubhouse that called that location home before it relocated with the rest of the Crisis & Development services to Hillside Commons and continues to operate to this day.

Farewell Midtown, its legacy of service continues on.
CAPTAIN Updates

Hola CAPTAIN Users! I hope you are well! This past quarter has flown by and I cannot believe we are almost through summer! We continue to see an influx of CAPTAIN usage as many programs have taken this time to complete data entry. A month or so ago we put out a survey monkey asking for feedback about how we can best help you be successful & the response was overwhelming! Many of you had really encouraging things to say & most of you agreed that the CAPTAIN Assistance Drop-In Sessions were helpful! Below you will find the CADI schedule for the next several weeks! If you have not been to a CADI Session, I would encourage you to pop in sometime and see what it’s all about! It’s a great place to ask any questions, big or small!

Joelle Hutson, Planning Specialist
Kristin LaBarge, Planning Coordinator

“Be not afraid of growing slowly, be afraid of standing still” – Chinese Proverb

Program Spotlight

Community Schools Program- When COVID first started, Education Services all around were one of the hardest hit departments. Community Schools Program Staff took CAPTAIN by the horns and really made a valiant effort to enter their data and make corrections to any errors. Their most recent QA report showed off their efforts and I am SO happy to report their data quality is 100% clean! Hats off to Monica Kyle & the Community School Staff that made this happen!

Health Homes- The Health Homes program, with Alyse Fleming at the forefront of their entry, has completely transformed in CAPTAIN over the past several months. Alyse has take it upon herself to come up with an internal process that works for the HH program, and they are seeing major success in CAPTAIN because of her efforts. Thanks so much for making CAPTAIN a priority! Your efforts do NOT go unnoticed!

DD-Residential- DD Residential was one of the last programs to be on-boarded into CAPTAIN, but once they were, they took off and have done a wonderful job keeping up with data entry. Ashley VanPatten, Diane Wood, and Cherie Sardella worked their tails off to make sure that all the individuals served in DD programming were entered in a timely manner. Thank you all so much for making this a priority!

We appreciate all the hard work that these users/programs dedicate to entering good, useful data into CAPTAIN!

Keep up the great work!
# NEW EMPLOYEES HIRED IN JULY

<table>
<thead>
<tr>
<th>Employee Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>Catherine Mahoney</td>
<td>Chemical Dependence Counselor</td>
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<tr>
<td>Janelle Reilly</td>
<td>DSP Sub - Residential/IRA</td>
</tr>
<tr>
<td>Jodi Gould</td>
<td>DSP - Residential/IRA</td>
</tr>
<tr>
<td>Daun Symborski</td>
<td>DSP - Residential/IRA</td>
</tr>
<tr>
<td>BreeAnna Beach</td>
<td>WIC - Qualified Nutritionian</td>
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<tr>
<td>Miriam Pierce</td>
<td>DSP - Residential/IRA</td>
</tr>
<tr>
<td>Zunilda Elsner</td>
<td>TL Apts. Treatment Counselor</td>
</tr>
<tr>
<td>Caroline Victory</td>
<td>Self Hired DSP - Main Office</td>
</tr>
<tr>
<td>Jessica Lee-Ford</td>
<td>Program Specialist</td>
</tr>
</tbody>
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Did you know...
Important changes coming soon to OCO Courier Services!

Effective the week of Aug. 10 – 14, our expanded courier service will undergo some changes.

Deliveries will take place two days per week, on Wednesdays and Fridays. That means courier service will be provided on Wednesday, Aug. 12, and Friday, Aug. 14 that week, and continue on Wednesdays and Fridays until further notice. Starting that week, there will no longer be Tuesday and Thursday deliveries.

We are keeping the Wednesday delivery day to assure that checks are distributed. Moving the second delivery day of the week to Friday will help assure you do not run out of necessary supplies over the weekend. Thank you to the Operations Admin and Facilities staff, and the Accounting Staff, who work behind the scenes to get the orders placed and items prepared for delivery!

Since late March, courier service was divided into two routes. This will be combined into one route, starting and ending at the OCO Main Office. Thank you to Transportation Staff for creating an updated, combined route for us!

Bob Coe, who has been our regular courier over the past few years, is returning to the position on the week that the schedule changes. Bob will be doing the entire route both days. Welcome back, Bob!

We have been so fortunate to have Transit Operators John Crandall and Wayne Kirby serving as couriers since late March. They have gone above and beyond to make sure our sites received supplies that were desperately needed after the pandemic cause a statewide shutdown. They also brought warmth and positivity that brightened each day for employees and consumers alike! Saying thank-you seems so inadequate, but we do extend our heartfelt thanks to John and Wayne for all they have done to keep OCO strong!

To assure enough time to prepare site orders for delivery, please follow this procedure:

- All requests for supplies must be submitted 5 business days before desired delivery of items that OCO keeps in stock: some of the COVID supplies, reams of copy paper, envelopes, etc. This gives us time to prepare the order for delivery, and also to notify you if something is not in stock and needs to be ordered.
  - COVID supplies are ordered through the COVID tab on the Facilities Work Order portal.
  - Office supplies like copy paper are ordered by emailing 239frontdesk@oco.org.
  - Questions should be sent to procurement@oco.org

- An updated procurement procedure for COVID-19 will be finalized soon, with more details about ordering, delivering, and maintaining inventory for PPE and other COVID supplies.
From Julie Boyd (Education Staff): Here is my dog Riley! We rescued Riley in 2017 from a home where he was not treated well. He was a bit on the wild side (and still is), even though we were told he was “trained” (ha ha). It didn’t take long for him to become a member of the family, along with our two cats Shadow and Clementine (who have yet to forgive me for bringing this wild beast into the house). Riley is a Catahoula Leopard Hound with a Pit mix, and has the most beautiful eyes! He is smart, loyal and gets lonely when he is by himself. He is the toy destroyer – very few dog toys have survived! A milestone birthday is right around the corner – he will be five in July! I wasn’t sure I would, but I love him so very much & can’t imagine life without Riley!

James Boyd!

Submit 2-3 pet photos with your pets name & a few sentences to Pablo at pmendoza@oco.org to be entered in future newsletters!
In a world where you can be anything, be kind.
Every act of kindness makes a difference.