OCO’s SAF Program Recognizes Sexual Assault Awareness Month With “I Ask For Consent” Campaign

April is National Sexual Assault Awareness Month (SAAM). The goal of SAAM is to educate individuals about the magnitude of sexual violence, its impact, and how to prevent it. SAAM calls attention to the fact that sexual harassment, assault, and abuse are widespread and impact every person in this community. This year, SAAM is celebrating its 19th anniversary with the theme “I Ask” to empower everyone to put consent into practice.

According to the Centers for Disease Control and Prevention and the National Sexual Violence Resource Center, 1 in 5 females and 1 in 67 males will experience rape or attempted rape at some point in their life. On campuses, 1 in 5 women and 1 in 16 men are sexually assaulted during their time in college. Additionally, 1 in 4 girls and 1 in 6 boys will experience sexual assault before the age of 18. Despite misconceptions, the prevalence of false reporting for sexual assault is low.

Sexual violence is any type of unwanted sexual contact. It can include rape, sexual harassment, inappropriate touching, and sharing private images without permission. A person who abuses often uses coercion, manipulation, threats, or force to commit sexual violence. Sexual violence does not discriminate. Anyone of any gender, sexual orientation, race, ethnicity, age, ability level etc. can be a victim of this heinous crime. Most of these crimes are committed by someone the victim knows; a dating partner, spouse, family member, peer, or an acquaintance. Most people know someone who has been a victim of sexual assault.

In solidarity with communities across the nation, Oswego County Opportunities’ Services to Aid Families (SAF) program is encouraging community members to use their voice to support survivors, speak out against victim blaming, and promote consent. As the licensed domestic violence and rape crisis provider for Oswego County, SAF served more than 600 victims and survivors in 2019. Ending sexual violence is possible, but it requires a societal shift that includes promoting healthy relationships, consent, and a trauma-informed response to survivors.

Consent is a clear, concrete example of what it takes to end sexual harassment, abuse, and assault. For instance, youth should never be forced without consent to show physical affection to an adult, even if they’re a relative or family friend. Encourage children and youth to respect others’ boundaries and bodies, challenge unfair gender
OCO’s SAF Program Recognizes Sexual Assault Awareness Month With “I Ask For Consent” Campaign (Continued)

stereotypes like “boys will be boys”, and treat others with respect. Additionally, teach individuals that when it comes to consent, only “yes means yes.”

Too often, our society sends the message that sexual assault is caused by the victim’s choices and failings. However, survivors are never to blame for what happened to them. In an effort to promote victim sensitivity and create a more trauma-informed approach to working with survivors, there are simple steps we all can take.

Intervene to stop concerning and problematic behaviors. Ask the person if they’re okay. Invite them to go with you or your group of friends to get them away from an unsafe situation. Speak up when you hear rape jokes or harmful comments, such as “they were asking for it.” Respond by saying, “I don’t think that’s funny,” or asking the person what is funny about sexual violence. Tell the person that it is never the victim’s fault that someone chose to be abusive. Lastly, believe survivors. Tell them you’re sorry this happened to them, it’s not their fault, and they didn’t deserve it.

Ending sexual violence will not be possible without the support of community members. We know that one month isn’t enough to solve the serious and widespread issue of sexual violence. However, the attention April generates is an opportunity to energize and expand prevention efforts throughout the year. We encourage community members to follow us on social media to see all the exciting awareness raising opportunities and sharable content for Sexual Assault Awareness Month.

If you or someone you know is a survivor of domestic violence, dating violence, sexual violence, stalking, or elder abuse, please call the SAF Crisis Hotline at (315) 342-1600. The hotline is staffed by trained counselors and is available 24 hours. SAF is the domestic violence and rape crisis program for Oswego County and has provided crisis, supportive, advocacy and educational services throughout Oswego County for 40 years.

OCO's Bowl-A-Fun
Saturday, April 25, 2020
Lakeview Lanes, Fulton
SOMEBODY OVER THE RAIN-BOWL

Follow the yellow brick road to OCO's "Somewhere Over the Rain-Bowl"

CANCELLED
From OCO Staff Samantha Schmitte:
I adopted Beasley from United Friends of Homeless Animals in Richland, NY. He is 4 years old and my family’s first pet. His prior family’s house burned down and they could not take him to their new home. He is very temperamental and only likes his parents. He will sleep anywhere but likes to sleep at the foot of the bed the most. He will let me dress him up and take pictures of him but only for 5 minutes. He is amazing.

Submit your pet photos to Candra at cmcfarlandgawarecki@oco.org to be entered in future newsletters!
Be sure to include your pets name and a short story!

From OCO Staff Kathy Pipher:
My children are all grown up and on their own now. Pepper is my new baby and I would be lost without her! If I am gone for 5 minutes or 5 hours, she is still so happy to see me.

Submit your pet photos to Candra at cmcfarlandgawarecki@oco.org to be entered in future newsletters!
Be sure to include your pets name and a short story!
Help Support OCO While You Shop!

AmazonSmile is a program that donates 0.5% of your eligible purchases on Amazon to a charity of your choice. All you need to do is start shopping at smile.amazon.com. The donation will be made at no extra cost to you and you can choose from nearly one million public charitable organizations.

Though 0.5% does not seem like a large donation, it adds up if more people are doing it! AmazonSmile is a great way to support OCO while you shop. OCO even has a link to the form below on our website. Go to www.oco.org and choose “donate” from the menu towards the top of the home page. Then choose “Amazon Smile” from the donate menu, and this is what you’ll see:

![AmazonSmile Image]

You shop. Amazon gives.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice.

AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support your charitable organization by starting your shopping at smile.amazon.com

Email (phone for mobile accounts)

Continue

By continuing, you agree to Amazon's Conditions of Use and Privacy Notice.

› Need help?

New to Amazon?

Create your Amazon account

Be sure to share this with friends and family. Happy shopping!
We’re Matching Up Mask Makers and Mask-Making Supplies

“Mask maker, mask maker, make me a mask ...” Do you sew? Do you have cotton fabric? Thread? Coffee filters? How about some of those blue shop cloths or cotton t-shirts? How about some 1/4-inch elastic, or bias tape???

We’re looking for folks with these supplies AND folks who can sew some reusable cloth facemasks. Please email jmckeown@oco.org if:

- You can – and want to – sew some masks for OCO employees.
- You can’t make masks but you have cotton fabric, elastic/hair ties/bias tape/thread, or insert material such as shop cloths, coffee filters or cotton t-shirts to donate.

Here’s a photo of our own Compliance and QA Coordinator Mike Scaries, modeling one of the masks he made last weekend!

There are many patterns available on the internet:

The mask below was made using a pattern from this website: https://www.instructables.com/id/DIY-Cloth-Face-Mask/

There are complete instructions for adult and child sized masks here. The pattern includes the option of threading the elastic to fit around the head instead of looping over the ears.

The third mask design, with three examples shown at right, comes from a pattern provided on the Today Show website: https://www.today.com/style/how-make-face-mask-fabric-home-t177225?iid=canonical_related

This is only a small sample of the many designs out there. If you want to help make masks, or have supplies to donate so others can make them, please respond today!
Cloth masks can help block virus particles and it is recommended that everyone wear a mask when around other people. *(e.g., grocery stores and pharmacies)*

The use of simple cloth face coverings is to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

If you need to make your own mask the best materials are a vacuum bag or a dish towel, but they are hard to breathe through. The next best thing is a 100% cotton shirt or pillowcase. Do not use paper towels or wet wipes as the virus can fly threw them.

**Before you start, some tips:**
Measure material before cutting.
Pre-wash the shirt or towel. Use the long cycle on your machine and then throw fabric into dryer to shrink it. Wash the mask after every use. Use a mild soap, hot water and NO dryer sheets or fabric softener.

- Cloth face coverings should be snug covering the bridge of the nose to below the chin
- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops include multiple layers of fabric (you can put coffee filter or extra materials between fabric layers)
- allow for breathing without restriction

*Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing. That’s the moral of this story: Keep Washing Your Hands!*

**MAKING NO SEW MASK FROM COTTON SHIRT – Materials:** 100% Cotton T-Shirt & Scissors

1. 

2. 6–7 inches

3. [Diagram showing how to make a no-sew mask from a cotton shirt]

OCO will not be liable to the recipient or to any third party for any loss, claim or demand made by the recipient, or any loss, claim demand or judgment against the recipient by any other party, due to or arising from the use of this information. The recipient assumes complete responsibility for how this information is used.
NO SEW MASK FROM PILLOWCASE OR BANDANA---Materials: Approx. 20x20 square cotton cloth, Coffee Filter, Rubber Bands or Hair Ties (2) & Scissors

1. cut coffee filter

2. Place rubber bands or hair ties about 6 inches apart.

3. Fold filter in center of folded bandanna.
   Fold top down. Fold bottom up.

4. Fold side to the middle and tuck.

OCO will not be liable to the recipient or to any third party for any loss, claim or demand made by the recipient, or any loss, claim demand or judgment against the recipient by any other party, due to or arising from the use of this information. The recipient assumes complete responsibility for how this
Thank you to Chris Dix and Dawn Gibbs, for working hard to make homemade masks for the individuals and staff in our Residential DD Program and St. Luke’s Nursing Home! Our individuals are enjoying all of the fun patterns that they have been using, such as, superheroes, animals, sports, etc.
### New Employees Hired in March

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<thead>
<tr>
<th>Name</th>
<th>Department</th>
<th>Program/Service</th>
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<td>Sara Faucher</td>
<td>Residential Services</td>
<td>Day Hab</td>
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<tr>
<td>Katlyn Winter</td>
<td>Residential Services</td>
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<tr>
<td>Loretta Rusaw</td>
<td>Education Services</td>
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<td>Achlee Hunter</td>
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<tr>
<td>Melissa Parkhurst</td>
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<tr>
<td>Jasmine Jackson</td>
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<td>Arthur Graham</td>
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<tr>
<td>Andrea Shortslef</td>
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<td>Andrea Horne</td>
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<td>Katerina Porcari</td>
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<td>Emily Merchant</td>
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<td>Nikki Helmer</td>
<td>H&amp;N - Nutrition Services</td>
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<tr>
<td>Connor Genzel</td>
<td>C&amp;DS - Health Homes</td>
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Did you know...
Any employee can call this CONFIDENTIAL line for help with:

- Questions about COVID related work policies
- Finding the right OCO staff to help with a particular need or problem
- Letting off some steam if you are feeling stressed or anxious

Calls are answered between 9:00 a.m. - 7:00 p.m. Monday-Friday by caring and experienced OCO employees. Calls are confidential.

Please leave a message if you are not able to reach us and we will get back to you as soon as possible.
Headspace and New York Governor Cuomo’s Office Team Up to Release ‘New York State of Mind,’ Free Meditation and Mindfulness Content Hub Curated for New Yorkers

Headspace, a global leader in mindfulness and meditation, and the office of Governor Andrew Cuomo have teamed up to offer free meditation and mindfulness content for all New Yorkers as a mental health resource for residents coping with the COVID-19 crisis. Governor Cuomo has emphasized the importance of ensuring New Yorkers have access to the mental health resources they need to deal with the pandemic.

New Yorkers across the state can access a specially curated collection of science-backed, evidence-based guided meditations, along with at-home mindful workouts, sleep, and kids content to help address rising stress and anxiety. Available at www.headspace.com/ny, the collection will also feature Headspace cofounder and former Buddhist monk Andy Puddicombe, who will share special video messages with the people of New York to help offer guidance, support, and solidarity.

“These are such uncertain times for everyone all over the world. It’s difficult to even know where to begin to address the extraordinary stress, anxiety and trauma that individuals and communities are experiencing. The stories emerging from New York, the epicenter of the pandemic here in the U.S., are simply heartbreaking,” said Puddicombe. “Now more than ever, it’s essential to look after our physical and mental health, both for our own benefit, and for those around us. So we are honored to answer the call of Governor Cuomo’s office and offer our help and support to the people of New York.”

“This virus has been emotionally taxing for all New Yorkers - we’re not built to be isolated for long periods of time without human contact or to see the large numbers of people getting sick around us,” Governor Cuomo said. "Now more than ever it's critical that New Yorkers stay healthy both physically and mentally, and these resources will help people cope with rising levels of stress and anxiety during this unprecedented public health crisis. On behalf of the New York family, thanks to the Headspace team for their contribution."

Additional efforts Headspace has undertaken to help make its meditation and mindfulness content more accessible to those who need it most include:

- **Healthcare Providers:** Headspace has made Headspace Plus free for all U.S. healthcare providers working in a public health setting who have an NPI (National Provider Identifier). And just last week, Headspace announced their partnership with the United Kingdom’s National Health Service to provide all 1.2 million employees with free subscriptions.

- **Consumers:** Headspace has unlocked a free, specially curated “Weathering the storm” collection of meditation and mindfulness content in the Headspace app for people around the world during this time of crisis. The mindfulness content is available in English, French, German, Spanish and Portuguese.

- **Businesses:** Headspace for Work tools and resources have been made available (previously made available only to clients and customers), including content, tips, and a tailored tool kit to help teams all over the world navigate the uncertainty and take care of their minds.

- **Educators and Caregivers:** Headspace for Educators, Headspace’s flagship social impact program, is continuing to offer free access to Headspace to all K-12 teachers, administrators and supporting staff in the U.S., Canada, the UK and Australia. Resources are also available for parents and teachers with tips on having conversations with children around stress and anxiety related to this public health crisis.
OCO Spirit Week: 3/30/2020 – 4/3/2020

Pajama Day!!
Residential Services got the ball rolling with this fun idea! A few folks from Corporate Services joined in, like Executive Assistant Patty O’Connor (above)! Looking forward to the next Spirit Week!!! Thanks to Ashley Van Patten for these great photo collages!
NYS Announces Special Enrollment Period and Deferred Payments for Uninsured New Yorkers. OCO Health Insurance Navigators to help access benefits.

In light of the COVID-19 public health emergency to further protect the public health of New Yorkers, NY State of Health, together with the New York State Department of Financial Services (DFS), announced that New York will make a Special Enrollment Period available to New Yorkers during which eligible individuals will be able to enroll in insurance coverage through NY State of Health, New York's official health plan Marketplace, and directly through insurers. NY State of Health, DFS, and New York State health insurers are taking this action due to the exceptional nature of the public health emergency posed by the COVID-19 so that individuals do not avoid seeking testing or medical care for fear of cost.

Uninsured New Yorkers may apply for coverage through NY State of Health by phone at 855-355-5777, or directly through insurers between now and May 15, 2020. If you lost employer coverage, you must apply within 60 days of losing coverage. Because of a loss of income, New Yorkers may also be eligible for Medicaid, the Essential Plan, subsidized Qualified Health Plans or Child Health Plus. Additionally, as directed by Governor Cuomo, all New York insurers will have waived cost-sharing for a COVID-19 testing.

"Ensuring access to affordable and quality medical care for all New Yorkers is a top priority during this state of emergency," said Superintendent of Financial Services Linda A. Lacewell. "Under Governor Cuomo's leadership, we have established a special enrollment period, providing uninsured New Yorkers an opportunity to select a New York State health insurance provider to access diagnostic testing and care they may need."

Oswego County Opportunities (OCO) has five trained health insurance navigators available to assist consumers as they look for health coverage options through the Marketplace. “Our navigators work with consumers to ensure that the person provides all of the necessary documents and accurate information so that the navigator can successfully complete the application, keep track of status, and walk the person through the process so that they are granted the insurance that they qualify for based on income and other requirements. Best of all our health insurance navigator service is completely free!” said OCO Coordinator of Community Health Leanna Cleveland.

"With a pandemic spreading through the U.S., it's important to ensure that healthcare is available to everyone who needs it," said NY State of Health Executive Director, Donna Frescatore. "This special enrollment period will provide New Yorkers with another opportunity to sign up for high-quality, affordable health insurance."

While normally done in person, at this time OCO’s health insurance navigators are practicing “social distancing” and will be completing phone applications with folks. For more information call OCO Health Insurance Navigators at 315-342-0888 Option 8 to speak with a navigator and schedule your telephone appointment.

In addition to the extended enrollment period Governor Andrew Cuomo announced that through June 1, 2020, consumers and businesses experiencing financial hardship due to COVID-19 may defer paying premiums under individual and small group commercial health insurance plans.

Through June 1, 2020, individual and small group commercial health insurance plans will be required to continue to pay claims for consumers and businesses that are suffering financial hardship because of the pandemic and cannot pay their premiums. During this period, health plans will not report late payments to credit rating agencies, and will work with individuals to help them transition to new coverage, if appropriate.
30 actions to look after ourselves and each other as we face this global crisis together. Please use & share.

1. Make a plan to help keep calm and stay in contact.
2. Enjoy washing your hands. Remember all they do for you!
3. Write down ten things you feel grateful for in life and why.
4. Stay hydrated. Eat healthy food and boost your immune system.
5. Get active. Even if you’re stuck indoors, move & stretch.
6. Contact a neighbour or friend and offer to help them.
7. Share what you are feeling and be willing to ask for help.
8. Take five minutes to sit and breathe. Repeat regularly.
9. Call a loved one to catch up and really listen to them.
10. Get good sleep. No screens before bed or when waking up.
11. Notice five things that are beautiful in the world around you.
12. Immers yourself in a new book, TV show or podcast.
13. Respond positively to everyone you interact with.
14. Play a game that you enjoyed when you were younger.
15. Make some progress on a project that matters to you.
16. Rediscover your favourite music that really lifts your spirits.
17. Learn something new or do something creative.
18. Find a fun way to do an extra 15 minutes of physical activity.
19. Do three acts of kindness to help others, even small.
21. Send a letter or message to someone you can’t be with.
22. Find positive stories in the news and share these with others.
23. Have a tech-free day. Stop scrolling and turn off the news.
24. Put your worries into perspective and try to let them go.
25. Look for ways to do good in others’s lives.
26. Take a small step towards an important goal.
27. Thank three people you’re grateful for and tell them why.
28. Make a plan to meet up with others again later in the year.
30. Remember that all feelings and situations pass in time.

“Every action can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances.” — Viktor Frankl.

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND.

ACTION FOR HAPPINESS

Find out more about the Ten Keys to Happier Living, including books, guides, poster and more here: www.actionforhappiness.org/10-keys.