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OCO NUTRITION SERVICES
SUMMER FOOD SERVICE PROGRAM

Free meals for school aged children

Meals that are in when school is out!

Details coming soon with locations, dates & times!
For more information, contact
OCO Nutrition Services
(315) 598-4712

#OCOHERE4U
2020 Outstanding Employee Recognition Award

This award was developed in 2001 by the Strategic Planning Employee Work Group and focuses on the service and job commitment of employees at all grades and levels. Nominees must be a current OCO employee with a minimum of two years of employment.

The Nomination Form can be found:
- On our website: www.oco.org
- On Ulti-Pro: https://ew13.ultipro.com
- In your Outlook e-mail

Staff, Board Members and consumers may submit one nomination for this award each year. Forms must be received in the Human Resources Office by the close of business on Friday, June 12, 2020. Nominations will not be considered after the deadline date or if they are unsigned.

A newly developed employee work group recommended some changes regarding the distribution of awards. The Agency will still offer up to 10 awards each year, however measures are in place to ensure that the awards are more evenly distributed throughout OCO’s programming.

The names of people submitting nominations will be kept confidential. Because this award was designed to recognize staff carrying out services, directors and senior leaders are not eligible. The selection committee will use the information you provide to choose the winner(s), so the more specific information you provide the better.

How to Nominate:
- Complete the form in Word, save it as a document and e-mail to sbudd@oco.org or print the form and send it through interoffice mail to Stephanie Budd in HR; or
- Print the form, hand write the information and send to Stephanie Budd in HR

Past Award Recipients (not eligible):

| Melvin Anthony | Robin France | Kristin Masuicca | Arlene Slaski |
| Sue Austin    | Stacie France | Deirdre McCarthy | Carol Smith   |
| Paula Baker  | Andi Fraio   | Candara McFarland-Gawarecki | Lisa SouSous |
| Debra Berkley| Donna Fuller | Patimah McLaughlin | Mary Stancampiano |
| Diane Berry  | Nora Gibbs   | Karen Merritt | Mary Jo Stone |
| Elaine Briggs| Alicia Graham | Sue Melcall | Noah Sweeting |
| Julie Boyd   | Allison Griffin | Margaret Morton | Elizabeth Thompson |
| Stephanie Budd | Carolyn Handville | Lenore Murdoch | Cory Torbitt |
| Michelle Canfield | Mary Herzog | Colette Nellig | Pam Towsley |
| Sara Carmichael | Mary Hitchcock | Patricia O'Connor | Paula Trudell |
| Renee Clark  | Sherry Howard | Jo-Lyn Phillips | Lisa Urbach |
| Denise Clarke | Melissa Hurley | Tracy Pickard | Mathew VanHorn |
| Leanna Cleveland | Joelle Hudson | Mary Preeman | Belinda Viola |
| Rory Cloonan | Jennifer Kennedy | Christine Prevost | Jake West |
| Mark Collins  | Karen Killian | Cynthia Rapin | Jill Whalen |
| Deborah Daby | Cristy King   | Pamela Rosenznan | Jodie Williams-Blanchard |
| Angela Deloff | Monica Kyle   | Tony Ross | Wendy Wilson |
| Tina Donaldson | Kristin LaBarge | Denise Russell | Ewelina Wojnowska |
| Jamie Drake-Fuller | Carol LaVoie | Cherie Sardella | Diane Wood |
| Tina Eusepi-Bennett | Ellen Lazarek | Mike Scaries | Jennifer Woodward |
| Heather Familo | Liz Libert | Jennifer Seear | |
| April Flett  | Cecil Loveall | Jessica Shepard | |
| Candy Fox    | Deborah Marlowe | Angela Shirk | |

Deadline is the close of business on Friday, June 12th.
2020 Outstanding Employee Recognition Award
Nomination Form

Winner(s) will be selected based on how well the information you provide answers each question. To give your candidate the best opportunity to win, be as specific as possible.

Person you are nominating:

**OCO's Mission Statement:** Oswego County Opportunities inspires partnerships and provides services that empower people, support communities and change lives.

What does your nominee do to help OCO build a better community? Please give detailed & specific information.

How does your nominee empower or assist people to become more self-sufficient?

What are some of your candidate’s positive performance attributes?

Your Name/e-Signature

Date submitted

Selection Committee Use Only: Employee ID __________ Hire Date ________ Date Received in HR ________
NEW EMPLOYEES HIRED IN MAY

Employee Name
• Justin Frisbie

Title
• WIC Nutritionist

Did you know…

WELCOME TO OUR NEW PAGE!

Please "like" Human Resources new page: OCO - Jobs & Resources to stay up-to-date on all employment opportunities & community resources!
Feeling Disconnected?

Staying active (and social) while you’re social distancing can be challenging. Get connected to a community of members and create new, healthy habits with help from Real Appeal®.

Let’s Stay Healthy — Together
Real Appeal is a program on Rally Coach™ available to you and eligible family members at no additional cost as part of your health plan benefits.

Community Support.
Connect with an online community of caring members who have similar goals and challenges.

Personalized Guidance.
Chat 1:1 with an online coach who is there to listen and help you achieve your goals.

Online Education.
Join quick, digital sessions to learn ways to stay healthy at home — including new workouts or tasty recipes.

Connect With Us
enroll.realappeal.com
Please have your health insurance ID card handy when enrolling.

Here are some helpful tips for eating healthy at home.

Work away from the kitchen to limit snacking.

Have set snack and meal times — treat food like you would in the office.

Meal prep your lunches the night before to take away the guesswork.

Drink plenty of water. Aim for 64 oz. a day.

Read “6 Ways to Stay Fit While Staying Home” on the back for more ways to keep healthy at home.
6 Ways to Stay Fit While Staying Home

By Anna Goldfarb | March 29, 2020 | The New York Times

You don’t need fancy equipment or a lot of time; you just need to weave exercise into your schedule. Let’s start with six things you can do every day to maintain your physical and mental health if you’re isolating at home.

1. Right now, start bringing movement into tiny moments
   - Do heel raises when you’re washing dishes, side lunges when you’re throwing clothes in the dryer, or knock out some push-ups when you’re waiting for a pot of water to boil.

2. Improvise for tools — they’re all around you
   - Toss cans of food in a bag for instant weights. Come up with games you can play with children. Anything where you’re crawling, jumping and skipping could work.

3. Get your heart rate up, multiple times a day
   - If you have access to stairs in your home or apartment, going up and down those stairs is a great way to get your blood pumping.

4. Get out and walk, even for just 15 minutes
   - The amount of time you walk each day can vary. What counts is that you’re moving your body.

5. Stretch it out for at least 30 seconds
   - The Mayo Clinic says you should be stretching at least two to three times a week. And you should hold each stretch for 30 seconds for most areas and up to 60 seconds for sore or problem areas.

6. Work on your breathing, because anxiety is real
   - Lie down on your back and put your hands on your abdominal region. Make your belly rise when you breathe in. Breathe out and your belly should fall. Take 10 deep breaths in this position.

You should wash your hands carefully and try not to touch your face. And if you’re using any kind of gym equipment at home, clean it up with soap and water or any household cleaner before and after so that if you’re sharing it with others, you’re not spreading germs around.

Get Started Today at enroll.realappeal.com
From Michelle Canfield (Residential Svrs. Staff): Kenny was gifted to me from a dear friend who was retiring and wintering South. He is the most loving and cuddly cat. He sits perched on the couch above my head and puts his paw gently on my shoulder. Tigger was my Mom’s cat, and when she passed away last March I brought him to live with me. He and Kenny had a hard time adjusting to each other, but with time they now tolerate each other. They are good as long as they don’t look at each other! Tigger was used to having my Mom to himself so he has taken over the arm of my chair and as soon as I pull my blanket up to watch TV in the evening, he settles in and cuddles for the evening.

From Savannah Bray (C&DS Staff): Sadie and Chandler are both part Chihuahua and 100% rescue dogs! Chandler was abused as a puppy and Sadie was from a back yard breeder where she had a hernia that was not addressed. Thankfully they were handed over to the Oswego County Animal Welfare League where we adopted them from! They both are happy, healthy and endlessly loved. They love to play outside and to cuddle under the blankets!

Submit 2-3 pet photos with your pets name & a short story to Candra at cmofarlandgawarecki@oco.org to be entered in future newsletters!
From Shae Verdile (Health Svrs. Staff): This is Nova, or Novita, as I sometimes call her! I adopted her when I lived in the Dominican Republic doing missionary work. She is my new mischievous and very entertaining coworker here at home! Always up to something (like drinking out of my glass, making it so that I have to always use a water bottle) or crying for food, I love my little joy!

From Amy Huller (MHTL Staff): This is Scooter. As you can see, he is a very good boy who loves his cat treats! I saw an ad on craigslist for kittens and there were 3 or 4 long haired gray and white kittens who looked nearly identical. I asked my husband to go and get “the cutest” one, and he came home with Scooter! Scooter is super spoiled- he knows where we keep the cat treats and will sit and cry in front of the treat cupboard until we get him some.

Submit 2-3 pet photos with your pets name & a short story to Candra at cmcFarlandgawarecki@oco.org to be entered in future newsletters!
June 2020

HISTORY OF PRIDE MONTH

 Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) Pride Month is currently celebrated each year in the month of June to honor the 1969 Stonewall Uprising in Manhattan. The Stonewall Uprising was a tipping point for the Gay Liberation Movement in the United States. In major cities across the nation the “day” soon grew to encompass a month-long series of events. Today, celebrations include pride parades, picnics, parties, workshops, and concerts. LGBTQ+ Pride Month events attract millions of participants around the world. Memorials are held during this month for those members of the community who have been lost to hate crimes or HIV/AIDS. The purpose of the commemorative month is to recognize the impact that LGBTQ+ individuals have had on history locally, nationally, and internationally. 
Source: https://www.loc.gov/lgbt-pride-month

LOCAL RESOURCES

Accept Oswego - Accept Oswego is an organization created for LGBTQ+ youth in Oswego focused on providing a safe space and helpful resources. @acceptoswego

SUNY Oswego Pride Alliance - The Pride Alliance is SUNY Oswego's student-run LGBTQIA+ organization on campus. Pride strives to bring acceptance and change to the entire campus. @ozpridealliance

Oswego Pride - A public Facebook group for the Oswego Pride Festival, which also posts general LGBTQ+ content. @oswegopride

PFLAG Oswego County - Local Chapter of PFLAG(Parents, Families, and Friends of Lesbians and Gays). PFLAG is committed to creating a world where diversity is celebrated and all people are respected, valued, and affirmed.

OCO LGBTQ+ DROP-IN SERVICES

LGBTQ+ Drop In is a safe and inclusive space for the LGBTQ+ Community and supporters. LGBTQ+ identifying youth and young adults can come for a safe place to just hang out or join in on activities, games, field trips, peer interaction, education, and connection to community resources and services.

LGBTQ+ Drop In
Every Wednesday from 4:30-7:30
Suite 11 at the Hillside Commons
9 4th Ave Oswego NY 13126
Currently, during the pandemic, LGBTQ+ Drop In is completely virtual – Like and follow us on Facebook @LGBTQDropinOCO to follow along with and participate in our online activities every Wednesday! Feel free to message us on our Facebook for more information and to connect!
June 2020

PREVENTION SERVICES

HEALTH EDUCATION

Health Education focuses on teen pregnancy prevention and the reduction of sexually-transmitted infections through providing education in schools as well as in the community. Health Education provides information as well as access to contraceptive services, supplies, connection to Reproductive Health Centers, and transportation to and from appointments to anyone in need of these services.

Contact via call or text @ (315) -297-5757 for more information and assistance or reach out on Facebook @OCOHealthEducation

YHAP (Youth Health Advocate Project) is a project within Health Education that allows youth in the community to educate others on HIV/AIDS related information. YHAP focuses on testing, transmission, prevention, and care. Advocates work closely with an HIV Mobile Testing unit to ensure everyone in Oswego County has access to testing and provide outreach county wide.

For more information related to HIV & Hepatitis, like and follow @OCOTeamYHAP

**If you are between the ages of 12-26, and want to volunteer to be a youth health advocate or peer educator, please reach out to us on social media.

Health Education also offers after-school programming for 10-13 year olds in the Fulton City School District called "Two 4 Two". It is a sexual risk avoidance education program focusing on adolescent health and puberty meant to promote self-esteem, healthy relationships, & leadership skills.

Weekly Facebook Videos can be found at:

@OCOTwo4Two

Coffee with Caitlyn- Every Monday and Thursday
- Providing Tips & Community Resources

Thriving with Tyler - Every Tuesday and Friday
- Providing Fun Crafts and Activity Ideas

LGBTQ+ Drop-In is also a service provided by Health Education- Please see page 2 for more information regarding drop-in services.

THE SPOT

The SPOT aims to engage youth aged 12 - 21 to prevent and aid in substance abuse recovery. The SPOT can provide young people with important resources from service learning to employment help, and life skills! Along with providing a safe place for youth to hangout and interact with their community and peers.

New 2020 HOURS:

Monday - 5:00pm-10:00pm
Tuesday - 5:00pm-10:00pm
Thursday - 5:00pm-10:00pm
Friday - 5:00pm-10:00pm
Saturday - 5:00pm-10:00pm
Wednesday & Sunday - CLOSED
Nutrition Services Volunteer Spotlight

George Donahue – George volunteers his time with the OCO Nutrition Services home delivered meals program twice a week on the Parish meal route. Upon his retirement, George came to realize he was not ready to fully retire and recognized he wanted to continue helping others. He often jokes he is busier as a retiree than when he worked full time!

George is a caring and compassionate person, who is always willing to lend a hand to people in any way he can. As a volunteer for the home delivered meals since 2012, he remarks that delivering meals to the clients is, “more than just a meal delivery.” George identifies that some of his clients have no social interaction, so he will make time to engage in friendly conversation with the seniors. He enjoys sharing life stories and will relate to the seniors to brighten their day. In addition to his commitment to delivering meals to the seniors in the Parish area, George assists in operations at the Parish Dining & Activity Center. It is here that he and his wife engage other seniors in activities and projects to bring social networking to the Parish Community.

George speaks proudly and confidently that anyone can volunteer and should, to give back to their community. He feels that volunteering has made a difference in his life and feels the world would be a better place if everyone took small amount of time each week to help someone in need. George believes that his volunteer experiences make him a role model to his children and grandchildren. He hopes that they too will carry on his legacy in the community and volunteer as often as possible.

George’s knowledge of the area, the folks he delivers to and his commitment to deliver even in the winter months are a reflection of the caring person he is. Parish is a small rural community in which volunteers like George are truly irreplaceable.

Thank you for your dedication George!
Keeping Your Food Safe

With recent concerns about the spread of COVID-19, it has become increasingly important to make sure you are practicing good food hygiene. At OCO Nutrition Services we have implemented multiple safety measures to keep you safe, including wearing masks, social distancing in the kitchen and contactless meal delivery to name a few. Here are some ways you can help keep your food safe at home as well.

Which foods to wash?

- **Fruits and Vegetables with Edible Peels:** Wash all produce, whether it is organic or conventionally grown, with cool tap water immediately before eating or using in a recipe. Skip the soap because produce can absorb the ingredients in soap. Dry with a paper towel to further reduce the harmful bacteria that may be on the surface of fresh produce. Misting produce at the grocery store does not clean it.
- **Fruits and Vegetables with Inedible Peels:** Wash ALL produce (including bananas, avocados, grapefruit, lemons, limes and winter squash), even if the peel will not be eaten, because dirt and bacteria can be transferred from the peel to the inside of the fruit as it is sliced or peeled.
- **Can and Jar Lids:** Wash lids before opening them so harmful particles don't fall into food. Be sure to wash all cans before opening, including canned beverages and soup.

Never Wash

- **Raw Chicken (and Other Raw Meat or Fish):** Despite what many think, washing raw meat, fish or poultry does not clean it. In fact, rinsing raw chicken may spread more harmful bacteria such as *Salmonella* around the kitchen, which can potentially make you sick. The only way to kill those bacteria is to cook meats to their correct internal temperature.
- **Eggs:** Avoid washing store-bought eggs after purchase because it can remove the coating that protects eggs from bacteria that is applied during processing. Farm fresh eggs however should be washed.

Can COVID-19 live on fresh fruits and vegetables or food packaging?

- According to the U.S. Food and Drug Administration, the Centers for Disease Control, and the U.S. Department of Agriculture, there is currently no evidence to suggest that COVID-19 can be transmitted through food or food packaging. It is believed that the virus spreads from person-to-person through close contact or respiratory droplets, for instance when a person coughs or sneezes. However, it may be possible for viruses to survive on surfaces and objects, so follow good personal hygiene.

- Regular handwashing, along with routine cleaning and disinfecting, especially on all frequently touched surfaces, remain the most effective ways to reduce the spread of COVID-19.

- If you have to go to the grocery store, use disinfectant wipes to clean your hands and wipe down cart and basket handles before shopping, or you can use your own personal hand sanitizer. And remember to wash your hands when you return from your grocery trip and to put the perishable foods in the refrigerator or freezer right away.

For more information, please visit www.eatright.org, cdc.gov, or contact your Registered Dietitian, Chaya Charles
You’re a part of the solution... now answer the phone!

- You’ve stayed home!
- You’re wearing masks!
- Now, answer the phone!

As we battle coronavirus together, tracing exposures to COVID is important to stop the spread.

The NYS Contact Tracing Program works with confirmed positive COVID-19 people to determine who they have been in contact with. Trained specialists reach out to those contacts about possible exposure. If you have been identified as a contact you will get a call from “NYS Contact Tracing” (518-387-9993).

Because the disease can be transmitted without symptoms, notifying people about a possible exposure is critical to stop the spread.

So, if you get a call from “NYS Contact Tracing” (518-387-9993) please answer. It is confidential and private.

Please Answer the Phone so we can keep NY moving forward and stop the spread of COVID-19.

health.ny.gov/coronavirus
## Joyful June (Even in Difficult Times) 2020

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decide to look for what’s good, even on the difficult days</td>
<td>Re-frame a worry and try to find a positive way to respond</td>
<td>Think of 3 things you’re grateful for and write them down</td>
<td>Show your appreciation to those who are helping others</td>
<td>Smile and be friendly, even while you’re social distancing</td>
<td>Notice the upsides during the lockdown, however small</td>
<td>Find a joyful way of being physically active (indoors or out)</td>
</tr>
<tr>
<td>Write a letter to thank someone for what they did</td>
<td>Find the joy in music today: sing, play, dance or listen</td>
<td>Take a photo of something that brings you joy and share it</td>
<td>Say positive things in your conversations with others today</td>
<td>Make a plan with friends to do something fun together</td>
<td>Appreciate the joy of nature and the beauty in the world around</td>
<td>Do three things to bring joy to other people today</td>
</tr>
<tr>
<td>Rediscover a fun childhood activity that you can enjoy today</td>
<td>Ask a loved one what they feel grateful for at the moment</td>
<td>Be kind to you. Treat yourself the way you would treat a friend</td>
<td>Send a positive note to a friend who needs encouragement</td>
<td>Create a list of favourite memories you feel grateful for</td>
<td>Make time to do something playful today, just for the fun of it</td>
<td>Enjoy trying a new recipe or cooking your favourite food</td>
</tr>
<tr>
<td>Share a happy memory with someone who means a lot to you</td>
<td>Look for something to be thankful for where you least expect it</td>
<td>Thank a friend for the joy they bring into your life</td>
<td>Eat food that makes you feel good and really savour it</td>
<td>See the upside in a difficult situation you learnt from</td>
<td>Watch something funny and enjoy how it feels to laugh</td>
<td>Create a playlist of your favourite songs and enjoy them</td>
</tr>
<tr>
<td>Take time to do something that makes you happy today</td>
<td>Make a list of the joys in your life (and keep adding to them)</td>
<td>“Every day may not be good, but there is something good in every day” ~ Alice Morse Earle</td>
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</tbody>
</table>

### Action for Happiness

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

[www.actionforhappiness.org](http://www.actionforhappiness.org)