March is National Nutrition Month, and what better time to figure out a nutrition plan that works for you? Between what you hear on TV and read in the news, eating right can seem like a real challenge. But it doesn't have to be. Whether you want to slim down, lower your cholesterol or simply eat better, a registered dietitian can help you weed through all the bad nutrition information out there, and provide good, easy-to-follow advice.

Here are just a few of the things a dietitian can do for you:

The highest level of nutrition counseling. Anyone can call themselves a nutritionist, but only a registered dietitian (RD) has completed a Bachelor's or Master’s degree in nutrition science, completed a 1,200-hour internship, passed a national exam to obtain the “RD” credential, and then completed 75 hours of continuing education every 5 years!

Personally tailored advice. When you see a dietitian, the last thing you'll get is generic diet advice that you could read in a magazine. A dietitian is like an investigator who learns about your current state of health and helps make a specific nutrition plan that is best for you. After learning about your health history, favorite foods, eating and exercise habits, a dietitian will help you set goals that work for you. Any follow-up visits then will focus on monitoring your progress and helping you stay on track.

Help managing chronic diseases. If you have high cholesterol, high blood pressure, diabetes or cancer it can be hard to know what to eat. A dietitian can review your lab results with you, help you understand your condition and provide education about the nutrients and foods that affect it. The dietitian can then help you create an eating plan that includes all the important nutrients you need for your condition.

Help with food allergies, sensitivities and intolerances. When you suffer from conditions such as celiac disease, food allergies or lactose intolerance, it's easy to be overwhelmed by what you think you can't eat. Sometimes this leads to people eating a boring diet that is stricter than it needs to be. A dietitian can help you understand food labels so you’ll know which ingredients to avoid, and help you find substitutions to keep your diet balanced and tasty, too.

A weight loss program that really works. Fad diets may sound like the quick ticket to weight loss, but they rarely work for very long. A dietitian will partner with you to develop a safe, effective weight loss plan that you can stick with. We then can work on meal planning, grocery shopping, food journaling and mindful eating. Unlike some think, dietitians are NOT the food police and are not going to judge the way you currently eat!
March is National Nutrition Month (Cont.)

Your dietitian for OCO Nutrition Services is Chaya Charles and she is excited to help you with whatever nutrition questions or concerns you may have! As a senior meal participant, you may contact her at the Mexico office at (315) 598-4712 and she can answer your questions over the telephone. You may also set up an in-person visit with her at your home or at one of the Dining and Activity Centers.

OCO Loves Pets!

From OCO Staff Candy Fox:

Bailey Penelope came to us September 2011. We found her outside, she was only 5 or 6 weeks old. We live in a rural part of Sterling and we have no neighbors that are near so it was obvious someone had dropped her off. We had just lost our cat Tigger, we weren’t sure if we were going to keep her but she soon filled that void. Her big sister Christmas accepted her and took her in as her baby sister. In late February of 2014, we lost Christmas to cancer and Bailey was very lonely. I found a grey tabby on the Oswego County Human Society page and in March 2014 we adopted Jack Daniel. They like to watch the birds, squirrels and they love Cat Nip. Jack likes his “crinkly” ball (a foil ball) and Bailey likes to play fetch with her red fuzzy ball.

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!
March is Colon Cancer Awareness Month

DRESS IN BLUE DAY MARCH 6th!

OCO's Employees Are Valuable

If you're out for a while due to illness or injury, everyone feels it. Aside from the workload becoming heavier, you're also missed and your coworkers worry about you. While not all illness or injury can be prevented, there is something an employer can do to help prevent cancer — put a paid time off for cancer screening policy in place. OCO happens to be one of those employers that has a PTO for cancer screening policy! With that information, keep in mind that March is Colorectal Cancer Awareness Month and the Cancer Services Program (CSP) and Community Cancer Prevention in Action Program (CPIA) wants you to know that colorectal cancer is one of two cancers that can be prevented through screening (the other is cervical cancer). Colorectal cancer screening can find growths that can be removed before they turn into cancer. Screenings can also find cancer early, which improves chances for successful treatment. All men and women ages 50 and older should be screened for colorectal cancer.

CPIA works with employers to help them develop a paid time off for cancer screening benefit allowing employees time off for screenings such as cervical, breast, and colorectal cancer without having to use accrued leave or sick time. Studies have shown this policy is cost effective and has benefits to the employer, such as a healthier and more productive workforce; lower direct medical, workers’ compensation and disability costs; and less cost associated with recruitment and training of new workers.

Since OCO has a policy in place, take advantage of this benefit and schedule your screenings today! Don't wait! Early detection saves lives!

I knew about CSP, but what is CPIA?

OCO’s current Cancer Services Program, is also working with the St. Lawrence Health Initiative, in their local communities, to:
• raise awareness about skin cancer and the dangers of indoor tanning
• Help community partners adopt their own policies which promote sun safety and prevent skin cancer
• Work with employers to provide a paid time off benefit so their employees can access life-saving cancer screenings
• Raise awareness about the HPV vaccine as cancer prevention.

We've Moved!
The Cancer Services and Migrant Health Programs have moved to 2 Tower Drive in Fulton. Migrant can still be reached at 315-598-4740 x4 and CSP at 315-592-0830.
MARCH FOR MEALS COMMUNITY CHAMPIONS EVENT!

March 17th - March 19th, 2020

Fajita Grill Oswego will donate 10% of their sales to Nutrition Services on Wednesday, March 18th 5:00-9:00 pm!

Damiano's Eatery Mexico will donate 15% of their sales to Nutrition Services on Wednesday, March 18th 4:00-9:00 pm!

Join us in celebrating MEALS ON WHEELS this month

During the event, we are joined by local, state and federal officials, OCO Administration and Board Members, and community leaders to deliver meals, speak out for seniors and raise awareness for the power of meals on wheels.

VOLUNTEER! Donate your lunch break! Nutrition Services is currently in need of volunteers to deliver meals, work in our kitchen or assist serving lunch at one of our Dining & Activity Centers.

Donations are currently being collected in "donation vans" that are distributed throughout the county. Funds raised will help support seniors in need.

To learn how you can help, call Nutrition Services at (315) 598-4712
Are you curious why the Cowardly Lion, Tin Man and Scarecrow are hanging out in the lobby of OCO’s Main Office?

OCO’s Annual Bowl-A-Fun event is being held on Saturday, April 25, 2020 at Lakeview Lanes in Fulton. The theme of this year’s event, “Somewhere Over the Rain-Bowl” will have teams wandering down the yellow brick road to bowl on the lollipop lanes. There are sure to be lions, tigers and bears...oh my & plenty of good and bad witches joining in on the festivities!

The annual Bowl-A-fun supplies OCO with beneficial unrestricted funds. Proceeds from “Somewhere Over the Rain-Bowl” will support OCO’s “Building Futures, Changing Lives” initiative, assisting individuals and families in reducing barriers to success and empowering them to reach their fullest potential.

Thanks to the generous support for Bowl-A-Fun 2019, OCO provided staff and consumers with Circle of Security training that helped families build stronger, secure bonds and improve communication. OCO also began putting the principles of trauma-informed care into practice in the ways we interact with consumers, how we furnish our program locations, and how we communicate our mission, vision and values.

Team Registration forms and event information can be found at https://www.oco.org or call Bridget Dolbear at 315-598-4717 ext. 1082. More information can also be found on OCO’s social media at Facebook https://www.facebook.com/ocoevents1/ & Twitter https://twitter.com/OCOtweetspot Please help support the event and share our posts.
T1D Oswego County Plans 2020 Outreach to Those Living with Type 1

Grassroots group “T1D Oswego County” has released a 2020 calendar of “connections” events for those living with Type 1 Diabetes, their caregivers, family and friends.

After a successful inaugural event in the fall of last year, the group of parents and healthcare professionals are more excited than ever to provide more opportunities in Oswego County.

“With over fifty people attending our panel discussion this past November our group realized the great need to connect the type 1 community for sharing information and offering support,” said Julie Chetney, committee member and parent of two children with type 1.

“Connections” events will take place throughout the year and focus on topics based on feedback from the T1D community.

The first event is planned for March 4 at 6 p.m. at CITI Boces in Mexico, titled “Snack & Chat” connections.

Other events in 2020 include; Connecting to Summer Fun with Type 1 on June 6, From Home to School with Type 1 Diabetes on September 3, and Tech The Halls with T1D Technology on November 4.

The “Snack & Chat” Connections in March will include a youth/teen hands on kitchen session focusing on simple snack preparations while parents can attend a panel discussion with healthcare and nutritional professionals.

Call 315-349-3452 to reserve a spot for the event.

To learn more about T1D Oswego County and their mission of bringing together the type 1 diabetes community while providing local opportunities to connect and support each other, visit their facebook page T1D Oswego County.

HEAD START / PRE-K
APPLICATION SITES
SPRING 2020

FULTON
TUESDAY, MARCH 31st
9:00 AM ~ 4:00 PM
MUNICIPAL BUILDING
South First Street, Fulton
WEDNESDAY, APRIL 29th
9:00 AM ~ 7:00 PM
CATHOLIC CHARITIES
West Broadway, Fulton

NORTH SHORE
FRIDAY, APRIL 3rd
9:00 AM ~ 4:00 PM
LIFE CHURCH
2363 State Route 49, West Monroe
TUESDAY, APRIL 28th
9:00 AM ~ 7:00 PM

OSWEGO
WEDNESDAY, APRIL 1st
9:00 AM ~ 4:00 PM
OSWEGO HEAD START
Fort Ontario, 45 E. Schuyler Street, Oswego
FRIDAY, APRIL 24th
9:00 AM ~ 7:00 PM

PHOENIX
THURSDAY, APRIL 2nd
9:00 AM ~ 4:00 PM
PHOENIX HEAD START
Discovery Learning Ctr., 80 Co. Rt. 59 Phoenix
WEDNESDAY, APRIL 29th
9:00 AM ~ 7:00 PM

WILLIAMSTOWN
THURSDAY, APRIL 2nd
9:00 AM ~ 4:00 PM
WILLIAM BRITTON COMMUNITY CENTER
2910 A County Route 17, Williamstown
THURSDAY, APRIL 30th
9:00 AM ~ 7:00 PM

All applicants must bring:
• Child’s Birth Certificate & Insurance Cards
• Proof of 2019 income (taxes, W-2’s, budget sheets, pay stubs, etc.)

For More Information, Call 315-598-4711
(if calling long distance, call 1-800-359-1171)
Coronavirus: What You Need to Know

The Centers for Disease Control (CDC) updates its website, www.cdc.gov, daily with information on this new coronavirus, known as 2019-nCoV. While much remains unknown about how this new virus spreads, it is part of a large family of viruses that are common in many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS, SARS, and now with 2019-nCoV.

Most often, spread from person-to-person happens among close contacts (about 6 feet). Person-to-person spread is thought to occur mainly via respiratory droplets produced when an infected person coughs or sneezes, similar to how influenza and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. It’s currently unclear if a person can get 2019-nCoV by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes.

Typically, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest). With 2019-nCoV, however, there have been reports of spread from an infected patient with no symptoms to a close contact.

For confirmed 2019-nCoV infections, reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying. Symptoms can include fever, cough and shortness of breath.

There is currently no vaccine to prevent 2019-nCoV infection. The best way to prevent infection is to avoid being exposed to this virus. CDC recommends everyday preventive actions to help prevent the spread of all respiratory viruses:

- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

If you feel sick with fever, cough, or difficulty breathing, and have traveled to China or were in close contact with someone with 2019-nCoV in the 14 days before you began to feel sick, seek medical care. Before you go to a doctor’s office or emergency room, call ahead and tell them about your recent travel and your symptoms.

Facemasks are not recommended for the general public to prevent the spread of 2019-nCoV.

Remember, it’s currently flu and respiratory disease season and CDC recommends getting a flu vaccine, taking everyday preventive actions to help stop the spread of germs, and taking flu antivirals if prescribed.

Centers for Disease Control and Prevention
CDC 24/7. Saving Lives. Protecting People™
## New Employees Hired in February

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
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<tbody>
<tr>
<td>Danielle Gillett</td>
<td>C&amp;DS - SAF</td>
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<tr>
<td>Katherine Finn</td>
<td>C&amp;DS - SAF</td>
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<tr>
<td>Kelsey Lomber</td>
<td>C&amp;DS - Homeless Services</td>
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<tr>
<td>Elizabeth Larkin</td>
<td>C&amp;DS - SAF</td>
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<tr>
<td>Heather Rix</td>
<td>C&amp;DS - Homeless Services</td>
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<tr>
<td>Felicia Velazquez</td>
<td>Residential Services - DD</td>
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<tr>
<td>Jason Fredette</td>
<td>C&amp;DS - Prevention Services</td>
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<tr>
<td>Payton Noeller</td>
<td>Education Services - After School</td>
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<tr>
<td>MacAvery Shafer</td>
<td>C&amp;DS - Prevention Services</td>
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<tr>
<td>Audrey Meany</td>
<td>Health &amp; Nutrition Services - Nutrition</td>
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<tr>
<td>Tara Bryant</td>
<td>Education Services - Head Start</td>
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<tr>
<td>Cheyenne Hotchkiss</td>
<td>C&amp;DS - Homeless Services</td>
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<tr>
<td>Lucca Dahlin</td>
<td>C&amp;DS - Homeless Services</td>
</tr>
<tr>
<td>Daniel Rodriguez</td>
<td>C&amp;DS - Homeless Services</td>
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### Did you know…

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oco
Hepatitis A Memo to all OCO Staff

TO: All Agency Staff
FROM: Cindy Seeber, Director of Human Resources
RE: Information about hepatitis A

In case you haven’t seen any of the information in the local media about hepatitis A, we wanted to make you aware that there has been an outbreak of hepatitis A in Oswego County. The Oswego County Health Department has been reaching out to high risk consumers and employees to provide education and vaccination clinics. If you have not been contacted, they are not aware of a direct known exposure, but we can all benefit from education.

The hepatitis A Virus (HAV) is a vaccine-preventable, communicable disease of the liver caused by the hepatitis A virus. It is highly transmissible from person-to-person, usually through fecal-oral route or consumption of contaminated food or water. However, transmission can occur among sexual contacts and close household contacts, as well as, among persons sharing injecting and non-injecting drugs. Symptoms of hepatitis A include fatigue, low appetite, stomach pain, nausea, vomiting, anorexia, jaundice, clay colored stools and dark urine.

Certain groups of people are at higher risk and should be vaccinated:

- Persons experiencing homelessness
- Persons living in the same household with an infected person
- Sex partner(s) of an infected person
- Persons traveling to countries where hepatitis A is common
- Men who have sex with men
- People who use drugs
- Recently Incarcerated
- People with chronic or long-term liver disease, including hepatitis B or hepatitis C

If you feel you fit the description of those at risk, or you are concerned about the possibility of having been exposed, please contact the Oswego County Health Department at 315-349-3547. The Health Department can answer any questions about your risk and the signs/symptoms of hepatitis A. If you have symptoms of hepatitis A, seek medical attention promptly.

Even if you or those in your care are not at a higher risk, everyone can benefit from knowledge about how hepatitis A is contracted and being vigilant about taking steps to avoid exposure.

*Be advised and be pro-active:*

- The Hepatitis B immunization series you may have received through employment is different, and it will **NOT** protect you from exposure to the hepatitis A virus.
- Practice proper hand washing:
  - Wash your hands anytime they are soiled, and after using the bathroom
  - Wash your hands thoroughly before handling food – even if you are using gloves
  - Wet your hands with clean running water and apply soap
  - Lather your hands by running them together with the soap
  - Scrub your hands, in between your fingers and under your fingernails for at least 20 seconds
  - Rinse your hands well under clean, running water
  - Use a paper towel to turn off water and to open the door
  - Discard paper towel
- Wear gloves when handling or preparing food in the workplace.
- Avoid consuming food left out in common areas.
- Do not share food, drinks or cigarettes with people.
Hepatitis A Outbreak

What is hepatitis A and who’s at risk?
Hepatitis A is a liver infection caused by the hepatitis A virus. It is very contagious. People who use or inject drugs are at risk of getting hepatitis A. The virus is spreading from person to person and causing outbreaks around the country.

If you use or inject drugs, protect yourself and others from hepatitis A
Get vaccinated
The vaccine is safe and effective.
Wash your hands

If you have symptoms, see a health professional as soon as possible
- Yellow skin or eyes
- Feeling tired
- Loss of appetite
- Stomach pain
- Throwing up
- Joint pain
- Dark urine or light-colored stools
- Upset stomach
- Diarrhea
- Fever

Hepatitis A can be serious
People can get sick for a few weeks to many months. Some people will need to be treated in a hospital. Sometimes hepatitis A can even cause death.

www.cdc.gov/hepatitis/HepAOutbreak
May 2019

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Take 4 Minutes ... and Help Make OCO Better!

Go to the Employee Portal on www.oco.org and you’ll find this photo in the upper right corner. Click it and take a very short survey to help OCO tell its employees about all of the wonderful services and success stories that are happening every day! The survey takes just 4 minutes and your feedback will help the PR & Marketing Committee make recommendations for ways to improve communication. The survey is open now through March 9. Thank you!

Speaking of Success Stories ...

Here’s an example of OCO staff going above and beyond to give a daughter peace of mind about her mother’s nutrition.

Mary Robinson*, who lives over 4 hours away, is grateful that she can take concern for a healthy diet off her worry list. She recently took the time to write to us and express her gratitude for the nutritious meals prepared and delivered to her mom, Margaret*, who lives at a senior housing complex in Oswego County. Mary appreciates the care and thoughtfulness of OCO Nutrition Services staff Allison Griffin and Tina Donaldson for assuring that nutritious meals are provided.

“I do not live in Oswego County and therefore rely on both Allison and Tina to help me provide food for my mother during the week and on weekends,” Mary wrote in a recent email. “While for the most part my mother is very healthy, she does have a hard time chewing, so Allison and Tina went out of their way to suggest good meal choices for her.”

Recently, Mary’s mom was diagnosed with diabetes and Nutrition Services arranged for a consultation right away with OCO’s nutritionist to make adjustments to her meal plan.

“Allison’s and Tina’s assistance with my mother’s food has eased some of the many worries I have around caring for my mother. My family is very grateful for this and deeply appreciate the wonderful service you provide for your elderly community,” Mary wrote.

Mary appreciates Allison and Tina going “above and beyond, to help me take care of my mother.” It means so much when a family member takes the time to say thanks, but it means so much more to know that something as simple as a healthy meal can make a real difference in someone’s life.

(* Names changed to protect confidentiality)
Luck of the Irish!
25%-60%
Pull a shamrock to get your savings!

March brings....
* Adopt a Rescued Guinea Pig Month
* Mad for Plaid Month
* National Write a Letter of Appreciation Week: 1-7
* Oreo Cookie Day: 6
* National Puppy Day: March 23

In honor of “Read across America” Test your knowledge on Dr. Seuss quotes!

1- And Sally and I did not know what to say. Should we tell her the things that went on there that day?

2- I would not like them here or there. I would not like them anywhere.

3- I speak for the trees. I speak for the trees, for the trees have no tongues.

4- KID, YOU’LL MOVE MOUNTAINS!

5- A persons a person, no matter how small!

6- From there to here From here to there Funny things are everywhere!