May 8th, 2020

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OCO’s North Country Cancer Services Program has some exciting news!

Our Outreach Specialist, Shae Verdile, will be offering virtual education sessions via Zoom Meetings on the basics of breast, cervical, and colorectal cancer and the importance of cancer screenings.

You will also learn about OCO’s Cancer Services Program. Remember - early detection saves lives and OCO offers 4 hours of cancer screening time for its employees.

Join from anywhere!

Please email Shae Verdile at Sverdile@oco.org to register

Join 1 or all 3!

Wednesday May 20 - 2pm  Basics of Breast, Cervical and Colorectal combined presentation

Wednesday May 27 - 2pm  Breast Cancer Basics

Wednesday June 3 - 2pm  Colorectal Cancer Basics

Learn the basics and share with consumers, friends and family! Together we can make a difference!
HEAD START IS CURRENTLY TAKING APPLICATIONS FOR THE 2020-2021 SCHOOL YEAR

CALL 315-598-4711 OR GO TO https://www.oco.org/education-services/head-start-upk TO COMPLETE A REFERRAL.

ONCE YOU COMPLETE A REFERRAL, STAFF WILL CALL YOU TO COMPLETE AN APPLICATION
For Your Benefit

By Denise Russell, Benefits Manager

OCO Self-funded Health Plan News and More

Your Health Insurance Resource Center

UMR’s member portal contains a wealth of information for you and your family.

You may search the provider directory to find doctors, labs, imaging, dental, and more.

Health presentations and a library full of resource are available to you without even registering.

Register and log in to see your claims, access temporary ID cards, request new ID cards and more!

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Uncover one of the Best Kept Pharmacy Benefit Secrets!

Did you know it can be cheaper to pay for your prescriptions outright instead of running them through the health plan? Network contracts between Pharmacy Benefit Managers (Express Scripts, OPTUM, CVS, Cigna, Good Rx, Blinkhealth, etc) and retailers dictate the pricing structure. And the contracts prevent pharmacies from advising you that your drug is cheaper if you buy it outright. The good news is there's nothing stopping them from answering you when you ask that question — so ask away!

There are a few ways to shop around for your drugs.

You can ask your pharmacist for the pricing, use the World Wide Web, or download an app that will give you pricing right at your fingertips!


Don't be shy about asking for pricing at our local pharmacies. Under New York law, every pharmacy is required to give a print-out of its retail prices of its 150 most commonly prescribed drugs to encourage savvy shopping. Some pharmacies even offer to match prices offered by another pharmacy in the area. If you find lower prices at other pharmacies, do not hesitate to ask if your pharmacy will match the lower prices.
# NEW EMPLOYEES HIRED IN APRIL

<table>
<thead>
<tr>
<th>Employee Name</th>
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<tr>
<td>Jeremy Symborski</td>
<td>DSP Sub Residential/IRA</td>
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<tr>
<td>Daniel Bullard</td>
<td>Sub Delivery Services Assistant/Sub Food Service Aide</td>
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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!
Cancer Prevention in Action Stresses the Dangers of Indoor Tanning

While many believe that tanning beds, tanning booths and other indoor tanning options are safer than the sun, research indicates that whether from the sunlight or a tanning bed, ultraviolet radiation damages your skin. According to the American Academy of Dermatology Association just one indoor tanning session may increase the risk of developing skin cancer.

According to the NYS Department of Health, every year, about 4,000 New Yorkers are diagnosed with melanoma and nearly 500 die from melanoma. "In Oswego County an average of 28 people are diagnosed with melanoma each year," said Coordinator of Community Health for Oswego County Opportunities Leanna Cleveland. "Tanning makes your skin age more quickly. Wrinkles and loss of skin firmness tend to appear years earlier in people who tan. According to the Skin Cancer Foundation more people are diagnosed with skin cancer each year in the U.S. than all other cancers combined; 20% percent of Americans will develop skin cancer by the age of 70 and more than two people die of skin cancer in the U.S. every hour.

According to the NYS Health Department on average there are 247 cases of melanoma, the deadliest form of skin cancer, each year for New Yorkers under the age of 35. Statistics also show that for those ages 20 to 34 melanoma is the fourth most common form of cancer and females ages 20 – 24 are at three times the risk of getting skin cancer than their male counterparts.

For Penny Halstead the risks of indoor tanning turned out to be more than just statistics. Like many of us, long cold winters and gray skies left her feeling a little depressed. When she heard that indoor tanning could lift her spirits she thought she would give it a try.

"I started tanning two to three times a week. I felt great, especially during the winter months when there is very little sunshine. And with an upcoming vacation to Florida I thought it would be good to get a ‘base’ tan before we leave," she said. Penny continued tanning throughout the year. "I enjoyed it. I never went beyond the suggested time limit and never felt I was ‘sun’ burned." Despite following the required procedures and feeling fine Penny was quite surprised when she went to her routine visit to her doctor.

"My provider noticed a funny bump on my lower eyelid and referred me to an eye specialist who immediately diagnosed it as skin cancer. I had surgery to remove the cancer, which involved removing a third of my lower eyelid. This eye specialist told me that using a tanning bed, even for just one year, is what caused my skin cancer.”

Relieved to know that the skin cancer was gone Penny stopped her indoor tanning routine. Eight years later she was shocked to learn that the skin cancer has returned. "I noticed that a sore on my nose would not heal. After a visit to my dermatologist I was once again diagnosed with skin cancer," she said. “The cancer was very deep, almost through my left nostril. I went to Boston where I underwent level four Mohs surgery. To remove the cancer the surgery needed to be performed four times testing surrounding tissue they removed each time to make sure it did not contain cancerous cells.” Penny’s skin cancer flared up one more time following year and she had two cancerous spots removed from her legs.

While her indoor tanning days are over Penny still enjoys the sunshine whenever she can. "I am an avid outdoor person. I love to garden, kayak, and go to the beach. Since my skin cancer I take every precaution when outside. If I’m going to be in the sun for more 15 minutes I apply the proper level sunscreen, wear a hat and sun protective clothing."
I’ve been cancer free for the past 18 months and I’m doing everything I can to remain that way!” Penny is just one of many examples of the risk of indoor tanning and importance of sun safety. Cancer Prevention in Action, a program of the St. Lawrence Health Initiative administered locally through Oswego County Opportunities, reminds you that when it comes to sun safety and protecting yourself from skin cancer, indoor tanning is not a safe alternative to the sun. Skin cancer can be prevented. Wearing a hat and proper clothing, sunglasses, and ample use of sunscreen can help you be safe in the sun.

Cancer Prevention in Action is a program is administered locally through Oswego County Opportunities. The mission of the St. Lawrence Health Initiative is to increase cancer prevention in Oswego, St. Lawrence, Lewis, and Jefferson counties. For more information on sun safety and avoiding skin cancer contact Leanna Cleveland at 315-592-0827 or visit www.oco.org

We Wear Because We Care!

From OCO Operations Director, Betsy Copps:
Did you know that it takes something like 21 days of repeating an activity to make it a habit? I think it takes me longer! We all have a new habit to develop: wearing our face masks/coverings when we are moving around our office building.

- Coming to work: wear your mask
- Arriving at your desk: mask not needed
- Going to the restroom: wear your mask
- Going to another floor of the building: wear your mask
- Going to the lunchroom for a snack or drink: wear your mask
- A coworker wants to come into your workspace: both of you wear your masks
- Leaving your desk to head for home: wear your mask out to the car

I have to keep my mask in a plastic Ziploc bag right on my desk so I can grab it whenever I need it. Sometimes I forget, but I’m getting better! Other times, I feel frustrated that I have one more thing to remember to do, when all I want to do is go to the restroom or drop something off in the mail room. Then I remember that I want to show my coworkers that I care about them, that I will do my part to keep everyone healthy and safe – and that makes me put that mask on.
From Candra M-G (Corporate Staff): Here are my Adopt-a-bullies, Faith & Lucky! Faith was adopted in Jan. '19 from Recycle-a-Bull Rescue in Syracuse and Lucky was adopted from the Oswego Animal Shelter in July '19. Both were found as strays and had trust issues from past abuse. Now, they are inseperable and the most loving, trusting & SPOILED little bully babies!

From Cali Sweeting (Health Services Staff): This is Midge! She’s the daughter of two barn cats and never quite lost her wild nature. She’s very good at disliking almost everyone but me and looking at you with judging eyes. Midge is also very vocal about being fed and really dislikes when she’s shut out of the bathroom, too. She’s absolutely beautiful, though, and I just love her to pieces!

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

Greetings! I hope this newsletter is finding you all well & healthy! It’s crazy what can change over the course of two months, isn’t it? Just two months ago most of us were working from our offices or typical work setting, and today many of us find ourselves getting used to a new “normal”. As COVID19 has changed many of our day to day routines, one of the items that people have been marking off their to-do list is CAPTAIN data entry! The planning department has found ourselves in unprecedented times as far as how many people are entering data, and how often! Bravo, CAPTAIN users! We have made a few minor changes to help with the growing number of people entering, and one of them is the implementation of CAPTAIN Assistance Drop In (CADI) virtual sessions. These are sessions where users can log into a GoToMeeting link during a set period of time, and ask any questions they may have! If you would like more information, please don’t hesitate to reach out! We continue to plug away at data entry, and have been able to use some of our data to apply for different funding! We are looking forward to helping you successfully enter data into the database!

Joelle Hutson, Planning Specialist
Kristin LaBarge, Planning Coordinator

“When the winds of change blow, some people build walls and others build windmills.”
– Chinese Proverb

Program Spotlight

Head Start- 2019-2020 is the first school year that Head Start is using the CAPTAIN database for all of their program reports, and so far things are going well! His staff have adjusted well, and always have a positive attitude when faced with new challenges in the database. They have made several changes to process to find what works for them, and they do it with a smile on their face! Bravo, Head Start! Keep up the great work!

SAF- SAF enters into CAPTAIN a little bit different than the rest of the agency. They also are working toward using CAPTAIN for program reports. All of this combined has created several obstacles for us to work through together, but I am happy to report that with their strong leadership, we seem to have found a good system! Kudos to SAF staff who continue to work hard entering information into the system in an accurate, timely manner.

Nutrition Services (HDM/DAC)- Since the rise of COVID19, Home Delivered Meals (HDM) has had a serious influx of people. They have continued on with CAPTAIN entry, which has allowed us to pull presenting needs data to show the influx of people. This is the exact kind of information we were hoping to be able to pull when implementing a Universal Database! Staff maintain a “can-do” attitude in CAPTAIN entry, and have worked well through any issues that have come up! Awesome job, Nutrition Services!

We appreciate all the hard work that these users/programs dedicate to entering good, useful data into CAPTAIN! Keep up the great work!
SEQUENCE FOR PUTTING ON PERSONAL PROTECTIVE EQUIPMENT (PPE)

The type of PPE used will vary based on the level of precautions required, such as standard and contact, droplet or airborne infection isolation precautions. The procedure for putting on and removing PPE should be tailored to the specific type of PPE.

1. GOWN
   • Fully cover torso from neck to knees, arms to end of wrists, and wrap around the back
   • Fasten in back of neck and waist

2. MASK OR RESPIRATOR
   • Secure ties or elastic bands at middle of head and neck
   • Fit flexible band to nose bridge
   • Fit snug to face and below chin
   • Fit-check respirator

3. GOGGLES OR FACE SHIELD
   • Place over face and eyes and adjust to fit

4. GLOVES
   • Extend to cover wrist of isolation gown

USE SAFE WORK PRACTICES TO PROTECT YOURSELF AND LIMIT THE SPREAD OF CONTAMINATION

• Keep hands away from face
• Limit surfaces touched
• Change gloves when torn or heavily contaminated
• Perform hand hygiene
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE) EXAMPLE 1

There are a variety of ways to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. Here is one example. Remove all PPE before exiting the patient room except a respirator, if worn. Remove the respirator after leaving the patient room and closing the door. Remove PPE in the following sequence:

1. GLOVES
   - Outside of gloves are contaminated!
   - If your hands get contaminated during glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Using a gloved hand, grasp the palm area of the other gloved hand and peel off first glove
   - Hold removed glove in gloved hand
   - Slide fingers of ungloved hand under remaining glove at wrist and peel off second glove over first glove
   - Discard gloves in a waste container

2. GOGGLES OR FACE SHIELD
   - Outside of goggles or face shield are contaminated!
   - If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Remove goggles or face shield from the back by lifting head band or ear pieces
   - If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

3. GOWN
   - Gown front and sleeves are contaminated!
   - If your hands get contaminated during gown removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Unfasten gown ties, taking care that sleeves don’t contact your body when reaching for ties
   - Pull gown away from neck and shoulders, touching inside of gown only
   - Turn gown inside out
   - Fold or roll into a bundle and discard in a waste container

4. MASK OR RESPIRATOR
   - Front of mask/respirator is contaminated — DO NOT TOUCH!
   - If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Grasp bottom ties or elastics of the mask/respirator, then the ones at the top, and remove without touching the front
   - Discard in a waste container

5. WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE

PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATLEY AFTER REMOVING ALL PPE
HOW TO SAFELY REMOVE PERSONAL PROTECTIVE EQUIPMENT (PPE)
EXAMPLE 2

Here is another way to safely remove PPE without contaminating your clothing, skin, or mucous membranes with potentially infectious materials. **Remove all PPE before exiting the patient room** except a respirator, if worn. Remove the respirator **after** leaving the patient room and closing the door. Remove PPE in the following sequence:

1. **GOWN AND GLOVES**
   - Gown front and sleeves and the outside of gloves are contaminated!
   - If your hands get contaminated during gown or glove removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Grasp the gown in the front and pull away from your body so that the ties break, touching outside of gown only with gloved hands
   - While removing the gown, fold or roll the gown inside-out into a bundle
   - As you are removing the gown, peel off your gloves at the same time, only touching the inside of the gloves and gown with your bare hands. Place the gown and gloves into a waste container

2. **GOGGLES OR FACE SHIELD**
   - Outside of goggles or face shield are contaminated!
   - If your hands get contaminated during goggle or face shield removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Remove goggles or face shield from the back by lifting head band and without touching the front of the goggles or face shield
   - If the item is reusable, place in designated receptacle for reprocessing. Otherwise, discard in a waste container

3. **MASK OR RESPIRATOR**
   - Front of mask/respirator is contaminated — **DO NOT TOUCH!**
   - If your hands get contaminated during mask/respirator removal, immediately wash your hands or use an alcohol-based hand sanitizer
   - Grasp bottom ties or elastic of the mask/respirator, then the ones at the top, and remove without touching the front
   - Discard in a waste container

4. **WASH HANDS OR USE AN ALCOHOL-BASED HAND SANITIZER IMMEDIATELY AFTER REMOVING ALL PPE**

**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**
Fighting Stress with Food
Adapted from “Lifestyle and Managing Stress” by Barbara Gordon, RDN, LD

With so much going on in the world today, it is understandable that many of us are feeling anxious and stressed. This month we continue to explore daily habits you can adopt to support a healthy mind and body.

Do you have a go-to comfort food when you feel stressed? If so, you are not alone. During times of stress, many of us may reach for foods or snacks and often these are high in saturated fats or added sugars. However, there are some go-to foods that may help you to reduce stress.

Our Body’s Reaction to Stress
Your central nervous system releases stress hormones when you feel anxious or stressed. These hormones make your heart beat more rapidly, your blood pressure may rise and your rate of breathing might increase. Being in a chronic state of stress can cause long term health problems. In addition to feeling anxious, many may become depressed, struggle to get a good night's sleep or experience digestive issues.

Can Certain Nutrients Ease Stress?
In addition to ensuring good nutritional health, your diet can also play a role in your mental health. Research linking certain nutrients to stress management is limited, however we know there are nutrients the brain needs such as antioxidants and B vitamins. The best way to get them is through the foods you eat. For example, fruits and vegetables contain antioxidants along with other nutrients that promote health. And many foods provide a variety of B vitamins naturally, including whole grains, fruits, vegetables, dairy products, beans and meats.

Some studies also report a potential link between low levels vitamin D and stress, showing that increased intake of Vitamin D foods may ease stress. Luckily, lots of foods contain vitamin D including fatty fish (like salmon) and fortified dairy and soy products.

Do Vitamin and Mineral Supplements Combat Stress?
Some supplements claim to help manage stress. However, any studies done on these supplements show little to no proof of their effectiveness. Talk with your health care provider before taking any vitamin and mineral supplements, and remember in almost all cases FOOD IS BEST!

Stress-Busters

When it comes to food and stress, one of the best things you can do for your body is to choose a balanced, healthful eating style. Participating in regular physical activity is also beneficial for managing stress. As little as five minutes of exercise a day can be beneficial. Other ways to help ease stress might include:

- Relaxation activities, such as meditation, yoga or stretching.
- Socializing with friends and loved ones for emotional support during stressful situations. Although this is more challenging than normal currently, using telephone or electronic communication is just as important.
- If stress has you craving crunchy foods, reach for lower calorie, healthful foods such as carrots, celery or plain popcorn instead of potato chips.
- Consider seeking professional help. Stress can become debilitating. Counselors and other health care providers can offer treatments to help combat stress.

For more information visit: [www.eatright.org](http://www.eatright.org)
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<th>Monday</th>
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<th>Thursday</th>
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<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>Focus on what you can do rather than what you can’t do</strong></td>
<td><strong>Be grateful for the little things, even in difficult times</strong></td>
<td><strong>Take a step towards one of your life goals, however small</strong></td>
<td><strong>Let someone know how much they mean to you</strong></td>
<td><strong>Tell someone a kindness mission</strong></td>
<td><strong>Look out for positive news and reasons to be cheerful today</strong></td>
<td><strong>Reconnect with nature today, even if you’re stuck indoors</strong></td>
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<td><strong>What are your most important values? Use them today</strong></td>
<td><strong>Today do something to care for the natural world</strong></td>
<td><strong>Share photos of things you find meaningful and memorable</strong></td>
<td><strong>Tell someone a story about a moment that really matters to you and why</strong></td>
<td><strong>Ask a loved one or colleague what they think makes your job really valuable</strong></td>
<td><strong>Look up an inspiring quote and notice three reasons to give them a boost</strong></td>
<td><strong>Do something special today and revisit it in your memory tonight</strong></td>
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<tr>
<td><strong>Hand-write a note to someone you love, and send them a photo of it</strong></td>
<td><strong>Today link your decisions and your choices to your purpose in life</strong></td>
<td><strong>Recall three things you’ve done that you’re really proud of</strong></td>
<td><strong>Today focus on what you can do rather than what you can’t do</strong></td>
<td><strong>Look around you and notice five things you find meaningful</strong></td>
<td><strong>Think about how your actions make a difference for others</strong></td>
<td><strong>Do something meaningful for someone you really care about</strong></td>
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<tr>
<td><strong>Start Where You Are. Use What You Have. Do What You Can. ~ Arthur Ashe</strong></td>
<td><strong>You Can”t Do What You Can’t Do</strong></td>
<td><strong>Today do something to make things better</strong></td>
<td><strong>Share an inspiring quote</strong></td>
<td><strong>Take positive action to help in your local community</strong></td>
<td><strong>Find three good reasons to be hopeful about the future</strong></td>
<td><strong>Look for positive action to help in your local community</strong></td>
</tr>
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**ACTION FOR HAPPINESS**

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