



# OCO INSIDER



## THIS MONTH'S ISSUE

September 2022 Newsletter

- 1.OCO Insider
- 2.OCO Trauma- Informed Care
- 3.UMR-Healthy You
- 4.New Hires
- 5.Navigators
- 6.OCO Book Club
- 7.DEI Council
- 8.Did You Know
- 9.Labor Day History
- 10.Oswego Pride Festival
- 11-14 Preventative Services
- 15-16 Reproductive Health Services
- 17. Baby Bundle
- 18-20. Revised Guidelines for Covid-19
- 21. Residential Services-Queen For A Day
- 22.. Save The Date-OCO Employee Recognition
- 23.Backstreet Books
- 24-25.Nutrition Services
- 26.Action Calendar & Driving Safety



The DD team would like to recognize Direct Support Professional Week September 11th-17th. Thank You all for the hard work that you do!

**YOU'RE INVITED TO**  
**OCO'S 2022 EMPLOYEE RECOGNITION EVENT**

September 13th, 2022  
 Fulton War Memorial Ice Rink  
 4:00 pm - 7:00 pm  
*Stop by or stay awhile!*

**Event Menu**

- Chicken Riggies
- Sausage, Peppers & Onions Sandwich
- Radiator Salad or Sandwich
- Penegade Salad or Sandwich
- Mac and Cheese
- Texas Caviar
- Raspberry Delight & Brownies

**Awards at 5:30pm**  
 Food - Games - Music  
 Photo Booth - Family Feud  
 throughout the night!

Just for added fun....Can you find the Minion somewhere in this Newsletter every month?



# Trauma-Informed Care series: Collaboration

We believe in **working with** others in partnership rather than *doing to* others.



In our experience, people do not like to be “**done to.**” They prefer to “**work with**” us! Our relationships are based on shared power. We support each person’s skills and strengthen their natural support systems. Individuals are actively involved in working on tasks that help them accomplish their goals. Staff take on some of the tasks, as well. We work with individuals to develop skills and competencies that increase their own self-reliance.



At the Agency level, we collaborate every day with our coworkers to achieve service excellence at the program, service area and department level. Many of our services rely on collaboration with multiple programs or departments across the agency. Pooling our resources helps us to deliver more services in a more efficient way.



At the community level, collaboration is the key to accomplishing our mission. In fact, “**inspiring partnerships**” is written into our mission statement. Creating successful communities involves collaboration from all sectors of the communities we serve. We collaborate with other service providers, with our elected officials, with private businesses and with our own customers, staff and volunteers.



Together, we develop mutually agreed upon goals and design plans for how we’ll achieve those goals. Each partner assumes responsibility for following through on their share of the work plan. We evaluate our results together and tweak the plan along the way as needed. In our most successful collaborations, we celebrate our successes together!

# I sweat, you sweat, we all sweat

Sweating is a normal, natural body function that's very necessary. It allows your body to regulate its temperature.

Sweating is a result of your body over-heating – either physically or emotionally. It's controlled by part of your brain when signaled by inputs from temperature receptors in the skin.

Your body is equipped with an average of 3 million sweat glands located all over your skin surface. Most of them are very small (such as those on your arms, legs, back and stomach). Some are larger (such as those on your scalp, armpits and groin).



## Some people barely sweat

In some folks, the sweat glands don't work properly to cool the body down. The result is very little sweat.

This condition is known as **ANHIDROSIS** and could be the result of many factors. Some include:

- **Skin damage** from burns, radiation therapy or diseases, such as psoriasis
- **Nerve damage** from diabetes, alcoholism or Guillain-Barre syndrome
- **Inherited disorder** of the metabolic system
- **Nerve conditions**, such as diabetic neuropathy
- **Central nervous system diseases and conditions**, such as Parkinson's disease, stroke and spinal cord disease
- **Excessive dehydration**

*If you notice that you hardly sweat at all – especially when you're doing something that should make you sweat – you might want to talk to your doctor.*



## Healthy You



## Manage how much you sweat

### Dress appropriately.

When you're in very warm conditions, wearing loose-fitting, breathable clothing can help your body regulate its temperature. Light colors also help.

### Stay hydrated.

Your body requires water to work at its peak, and sweating depletes your body of water. Keep that hydration coming so you don't run yourself dry!

### Take action to cool down.

If you feel like you're sweating so much you feel overheated, you might be. Find a way to cool off – seek shade, go indoors or find the closest body of water to take a quick dip.

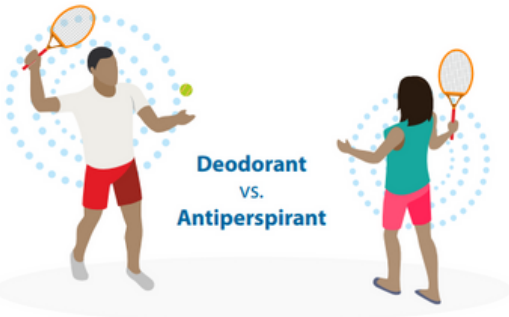
## Sunscreen and sweat

If you're a sun lover, you're probably very familiar with sunscreen and how your body reacts to it. For most of us, after applying sunscreen, it seems like your body wants to start sweating right away. That's because the sunscreen is coating your skin, and your pores are reacting as if something is clogging them. This might result in a thin coating of sweat. If it's not excessive sweat (as in pouring down your body), the sunscreen will still do its job.

### Sunscreens containing chemicals may cause sweating more than organic ones.

A lot of this depends on how your pores react to the ingredients.

**The bottom line is, keep using sunscreen and re-apply it throughout those days when you're spending lots of time in the sun.** Be careful not to smother your skin in it, though. A thin layer across all exposed skin will do the trick.



**Deodorant  
VS.  
Antiperspirant**

**Point.**  
Deodorant masks body odor.

**Set.**  
Antiperspirant reduces how much you sweat.

**Match.**  
Using both products.

## Some people seem to sweat more than others

You might notice that when you're working out (no matter the intensity), you may be barely working up a sweat, while the person next to you looks like they just stepped out of the shower – drenched in sweat. There are a few factors that lead to the differences:

- **Body weight**  
Overweight people tend to sweat more than people with a lower BMI because their bodies require more to cool down.
- **Gender**  
Men typically sweat sooner and produce more sweat than women.
- **Medications**  
Medications for certain conditions may also cause uncontrolled sweating. Some of those conditions include heart disease, cancer, adrenal gland disorder, stroke and menopause, just to name a few.
- **Fitness level**  
Although fit people tend to sweat less, they sweat sooner because their bodies are used to the routine of regulating body temperature.

- **DNA**  
Your genes may also affect how much you sweat. A condition called **HYPERHIDROSIS** causes sweating not related to heat or movement. People who have this condition usually have a family history of it. Good examples are people whose armpits may sweat at all times or who have unusually sweaty palms.



## You can find Healthy You two ways:

1. Through your online services on [umr.com](http://umr.com)
2. On [ISSUU](http://ISSUU), a free, digital publishing site

Para nuestros miembros de UMR que hablan español, los Institutos Nacionales de Salud (NIH por sus siglas en inglés) es un gran recurso para obtener información sobre temas de salud, desde alergias hasta Zika. Cada mes, el boletín electrónico destaca nuevos recursos para aquellos que hablan español, y sus amigos y familiares. Puede visitar el portal y suscribirse al boletín en <https://salud.nih.gov/>



**Julia E. Allen**  
**Summer Enrichment-Education**

**Sarah Babcock**  
**Support Services Specialist**

**Abigail Brancato**  
**Sub Aide-Discovery Learning Center**

**Laura Broderick**  
**Peer Specialist**

**Tricia J. Conyers**  
**DSP Residential IRA**

**Jessica Dunn**  
**Victim Service Specialist**

**Mia Fallon**  
**Advisor-Mental Health**

**Matthew M. Fitzsimmons**  
**DSP Residential IRA**

## **New Hires**



**Taylor M. Gustafson**  
**HS/DC/Community Hab**

**Brittani I. Mason**  
**DSP Day/Community Hab**

**Luis A. Maxwell**  
**Transit Operator**

**Layla M. Ruggio**  
**DSP Residential IRA**

**Abigail Sheffield**  
**DSP Self-Hire Community Hab**

**Maria Walter**  
**Bi -Lingual Outreach Advocate**



# AFFORDABLE CONNECTIVITY PROGRAM

## WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

### The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

## WHO IS ELIGIBLE?

**A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:**

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

## TWO STEPS TO ENROLL

# 1

Go to **AffordableConnectivity.gov** to submit an application or print a mail-in application

# 2


Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

## LEARN MORE

 Call 877-384-2575, or

 Visit [fcc.gov/acp](https://www.fcc.gov/acp)



# OCO EMPLOYEE BOOK CLUB

*Still time to join!*

MEMBERSHIP IS REVOLVING  
AND IS OPEN TO ALL OCO EMPLOYEES TO  
JOIN AT ANYTIME



**THURSDAY, SEPTEMBER 8TH**

**5:30-6:15 PM - WRAP UP WHERE THE CRAWDADS SING**

**6:15-6:30 PM - NEXT BOOK SELECTION. COME WITH SUGGESTIONS!**

**LOG ON ANY TIME THAT WORKS BEST FOR YOU**

**BE ON THE LOOKOUT FOR AN EVERYONE EMAIL WITH THE TEAMS LINK TO JOIN**

Please contact Bridget for more info [bdolbear@oco.org](mailto:bdolbear@oco.org) or 315-5984717 ext. 1082

## Updates from OCO's DEI Council

OCO's DEI (Diversity, Equity and Inclusion) Council began meeting this summer. The council has prioritized goals for achieving a diverse, equitable and inclusive workplace at OCO and we are looking forward to participation and feedback from employees

45 minute Roundtable discussions on DEI topics are being scheduled once a month via TEAMS. All OCO staff are welcome and encouraged to attend! Stay tuned for more info.

### "ALL ABOUT ME" Activity

Let's get to know each other! Complete the activity below on your own, with your co-workers or make it an activity with your program consumers (with media releases). Please feel free to take a picture holding the activity sheet and share on your program social media pages and send it in for the next newsletter.



**OCO's DEI Purpose statement – OCO respects, honors and values diversity and is invested in creating an inclusive culture where everyone feels valued and respected**

# DID YOU KNOW September is...

Blood Cancer Awareness Month

Animal Pain Awareness Month

Leukemia & Lymphoma Awareness Month

Baby Safety Month

Classical Music Month

National Suicide Prevention Month

Ovarian Cancer Month

World Alzheimer's Month

Save Your Photos Month

Pet Sitter Education Month

National Food Bank Day-2nd

National Lazy Mom's Day-2nd

National Hummingbird Day-3rd

Eat an Extra Dessert Day-4th

Labor Day-5th

National Chocolate Milkshake Day-10th

National Sit With A Stranger Day-11th

Positive Thinking Day-13th

National Hug Your Boss Day-13th

National Eat A Hoagie Day-14th

National Linguine Day-15th

National Puppy Mill Awareness Day-17th

Chiropractor Founders Day-18th

National HIV/AIDS & Aging Awareness Day-18th

National School Backpack Awareness Day-21st

National Ice Cream Cone Day-22nd

National Bakers Day-23rd

Bluebird of Happiness Day-24th

National Food Service Worker Day-25th

Better Breakfast Day-26th

National Alpaca Day-26th

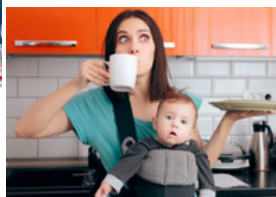
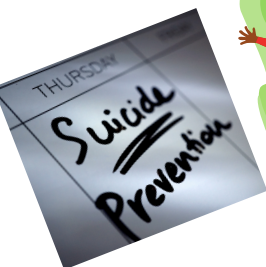
National Family Day-26th

National Good Neighbor Day-28th

National Heart Day-29th

National Assisted Living Week-11-17th

World Green & Clean Week-17-23rd



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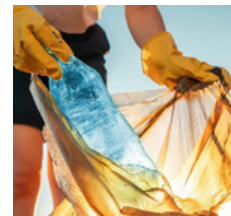
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National Heart Day-29th

National Assisted Living Week-11-17th

World Green & Clean Week-17-23rd



## Why Do We Celebrate Labor Day?

Labor Day, an annual celebration of workers and their achievements, originated during one of American labor history's most dismal chapters.

In the late 1800s, at the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts' wages.

People of all ages, particularly the very poor and recent immigrants, often faced extremely unsafe working conditions, with insufficient access to fresh air, sanitary facilities and breaks.



**Labor Day (Labor Day in the United States) is an annual holiday to celebrate the achievements of workers. Labor Day has its origins in the labor union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.**



**The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.**

**By 1894, 23 more states had adopted the holiday, and on June 28, 1894, President Grover Cleveland signed a law making the first Monday in September of each year a national holiday.**

# OSWEGO PRIDE FESTIVAL



**"WE ARE THE PEOPLE IN  
YOUR NEIGHBORHOOD"**



**SEPTEMBER 24, 2022**

**11:00AM**

**CIVIC PLAZA, OSWEGO NY**

**(BETWEEN CITY HALL AND POLICE STATION)**

**FAMILY FRIENDLY EVENT**



**[WWW.OSWEGOPRIDEFESTIVAL.COM](http://WWW.OSWEGOPRIDEFESTIVAL.COM)**

**(VENDOR AND STAGE SHOW APPLICATIONS)**



**OSWEGO PRIDE**



# OCO Prevention Services Newsletter



## September 2022



The month provides a platform for services and professionals to educate the public about substance use disorder treatments and mental health services.

While substance use disorder and mental health services are nothing new, the stigma attached to them remains. September provides not only an opportunity to help eliminate the stigma but to demonstrate the human face behind the disease. The month serves as a celebration of the steps taking to improve access, information, and treatment.

Each September, Gynecologic Cancer Awareness Month focuses on sharing information about symptoms, treatment, risk factors, prevention, clinical trials, and survivors' stories. Every six minutes, a woman receives a diagnosis of gynecological cancer. It may come in the form of several cancers under this category:

- Ovarian cancer
- Endometrial cancer
- Vulvar cancer
- Vaginal cancer
- Cervical cancer

### September Awareness

#### Days

9/4-World Sexual Health Day

9/10-Suicide Prevention Day

9/18- National HIV/AIDS and aging Awareness Day

9/27-National Gay Men's HIV/AIDS Awareness Day

9/29-World Heart Day

### National Suicide Prevention Week-9/4-9/10

1-800-273-8255 (TALK) or 1-800-784-2433 (SUICIDE).

MOBILE CRISIS: Rapid response to adults & youth having a mental health crisis and cannot cope within the home or community without crisis supports or intervention.

(315) 251-0800

## Gynecologic Cancers Quiz

1) All women are at risk for developing gynecological cancers?

True or False

2) The only cancer the pap test screens for is cervical cancer?

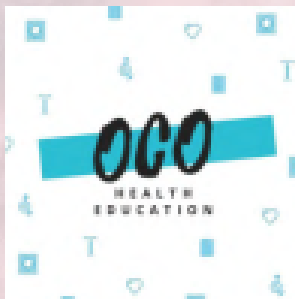
True or False

3) There is a genetic test you can take to predict if you are at high risk for ovarian cancer.

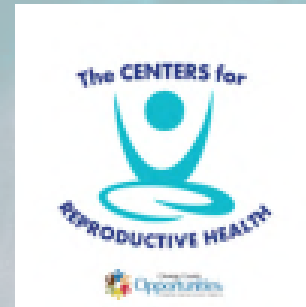
True or False

-CDC

Answers on the back page



**Health Education** focuses on teen pregnancy prevention and the reduction of sexually-transmitted infections through education within area school systems and the community. Our mobile testing unit provides confidential HIV testing and prevention services at various locations throughout Oswego County. Health Education aims to connect individuals to our health centers to improve the reproductive health of the community. We proudly provide the linkages necessary to break barriers to care and make connections for our consumers. We offer a variety of free or low cost sexual health services to individuals regardless of age, sexuality, or gender. (315) 297-5757



**The Center at Fulton #315-598-4740**  
**The Center at Oswego #315-342-0888**  
Services Offered:

- Women's Health
- Men's Health
- STD Diagnosis and Treatment
- HIV Testing & Counseling
- HPV Vaccine (age 19 – 26)
- Birth Control
- Contraception Management
- Pregnancy Testing & Services
- Morning After Pill
- Breast & Cervical Cancer Screenings
- Referral to Specialties and other agencies

North Country

## Cancer Services Program

Your partner for cancer screening, support and information

Screening tests can prevent cervical and colorectal cancers by finding abnormal cells before they become cancer so that they can be removed. Screening tests for breast, cervical and colorectal cancers also find these cancers early, when treatment is most successful.

The Cancer Services Program of the North Country can help uninsured women, aged 40-64, with access to:

- Breast Cancer Screenings
- Cervical Cancer Screenings

and men and women ages 45-64, with access to:

- Colorectal Cancer Screenings
- (855) 592-0830

**OCO LGBTQ+ DROP IN**

Virtual Drop Every Wednesday 3-5pm  
on the LGBTQ+ Drop In Facebook Page

A fun, interactive, and inclusive way for young people  
to connect with each other and the community.

Contact us for more information on Drop In  
and other LGBTQ+ services!


 315-342-7532  
 @OCOLGBTQdropin
 

SEPTEMBER 27

**NATIONAL GAY MEN'S  
HIV/AIDS  
AWARENESS DAY**









National Gay Men's HIV/AIDS Awareness Day (NGMHAAD) is observed each year on September 27 to raise awareness about the impact of HIV on gay and bisexual men in the United States. You can raise awareness of HIV among gay and bisexual men and encourage them to get tested and know their prevention options using Let's Stop HIV Together. Let's Stop HIV Together aims to empower communities, partners, and healthcare providers to promote testing, prevention, and treatment, and reduce HIV stigma.-cdc.gov

**YHOP**


(315) 529-7368 | (315) 806-3932

Reproductive health services  
Free & Confidential HIV testing

@Page13AP

# Preventive Services Resources



## The HUB

Your one stop shop for access to community resources

Accounting services just got easier!

The 2nd and 4th Wednesdays we are at Catholic Charities in the food pantry from 10-2

Every Friday walk in to our website hub @ 1144 Ave F from 1-4 and Talk with OnPoint for College.

SCORE can help with all your work ready needs.

Our Community Hubs are opening back up for walk in services. You can walk in and meet with:


- OnPoint for career & College help
- SNAP Outreach worker
- Head Start/ ESNAP
- Cornell Cooperative Extension
- CTE adult continuing education
- + many more providers

## EDUCATION SERVICES

IF YOU'RE INTERESTED IN FURTHERING YOUR EDUCATION, SCORE CAN CONNECT YOU TO SERVICES. CALL A SPECIALIST TODAY!

- TASC/GED
- CERTIFICATE PROGRAMS
- COLLEGE COURSES
- TRAINING CERTIFICATES
- CAREER EXPLORATION
- WORK KEYS CERTIFICATE
- FINANCIAL AID ASSISTANCE

(315) 529-2038  
WWW.OCD.ORG  
@OCDSCORE



## Emergency Rental Assistance Program

Households adversely affected by COVID-19 can qualify for up to **12 months of past due rent, three months of future rent** and up to **12 months of overdue utility bills**. Applications accepted beginning June 1.

For more information, visit [otds.ny.gov/ERAP](http://otds.ny.gov/ERAP)

## THE SPOT

SCORE, PETER'S OR TOP



## TWO 4 TWO

AFTERSCHOOL PROGRAMMING FOR 10-13 YEAR OLDS

- Providing adult supervised activities & crafts meant to promote leadership skills, healthy relationships, and positive self esteem
- Evidence Based Curriculum Making A Difference covering puberty and adolescent health (8 modules at 1 hour each)
- Parent groups which provide education sessions surrounding youth topics and how to better connect with your youth while also learning about available community resources

## THE SPOT HOURS

Monday: 4pm-10pm	Thursday: 4pm-10pm
Tuesday: 4pm-10pm	Friday: 4pm-10pm
Wed/Sun: CLOSED	Saturday: 4pm-10pm

Free virtual programming for people aged 12-17 & 18-21 that promotes wellness, recovery & a drug free lifestyle.

[www.facebook.com/OCDTheSpot](http://www.facebook.com/OCDTheSpot)  
CALL 315-342-7502 x1613 TEXT 315-529-1175  
+ Check out our Facebook page for updates +

For more information call either Heather at 315-402-9908 or Darlene at 315-317-0131

## BACKSTREET BOOKS

BACKSTREET BOOKS IS THE PLACE TO SHOP FOR USED BOOKS OR TO USE A COMPUTER IN FULTON. BACKSTREET BOOKS ALSO FUNCTIONS AS A JOB TRAINING SITE FOR CONSUMERS TO BUILD THEIR JOB SKILLS, AS WELL AS A COMMUNITY MEETING SPOT.



• 201-203 ONEIDA ST. FULTON, NY  
(315) 598-5669



## The SPOT September Events

The SPOT will be closed on 9/5 for Labor Day  
On 9/24 we will be taking part in the Oswego Pride Celebration  
We will be hosting community days on 9/9 and 9/22 for the family of members or interested community members  
We will be attending the Oswego Farmer's Market on 9/8 & 9/15

## HPV Vaccine. What is the real deal?

Heather Shannon, MS, CNM, NP, MPH



Before we discuss Human Papillomavirus (HPV) vaccine, we need to understand more about HPV. According to the Center for Disease Control (CDC, 2020), 14 million Americans are DNA positive for HPV at any given time, which is approximately 15% of the population, excluding children. Of these, 9.2 million are sexually active and between the ages of 15-24. The United States has about 6.2 million new infections each year, which boils down to 80% of people will get a HPV infection in their lifetime. There are 120 different types of HPV strains and at least 40 that infect the oropharyngeal (mouth, throat and neck) and the genitals (cervix, vagina, vulva, anus and penis). Of these 40+ strains, we know that nearly 20 are high risk and cause cancer (CDC, 2020). The two most prevalent strains that cause cervical cancer are High Risk (HR) HPV strains 16 & 18. High risk HPV strain 16 is linked to 54% of cervical cancer, while HR HPV strain 18 is linked to 13% of cervical cancer (CDC, 2020). The most prevalent Low Risk (LR) HPV strains 6 & 11 and are known to cause 90% of all genital warts. Lastly, the science has shown that that most everyone who is or has been sexually active may have become infected with the virus at least once.



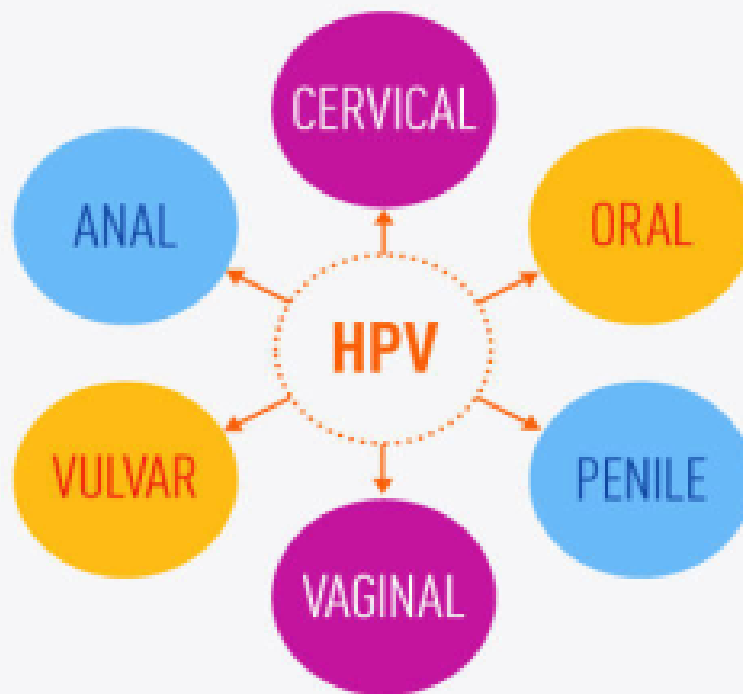
### Cancer Risk:

According to the American Cancer Society (2020), there are over 21,000 cases of cervical cancer each year and over 4,100 will die from the disease, which is about 1 out of 50 cancer related deaths. Cervical cancer is most frequently diagnosed between the ages of 35-44 and is found in 15% of women over the age of 65. Hispanic women have been found to be at the highest risk to get cervical cancer, and then followed by African American women (CDC, 2020).

Besides cervical cancer, HPV is associated with penile, anal, vulvar and oropharyngeal (oral) cancer. Nearly 14,000 cases of HPV related cancers are found in men each year. Of all the cancers, nearly 60% of penile cancers were found to be HPV positive, while nearly 90% of anal cancer (men and women) were HPV positive, 60% of vulvar cancers were HPV positive and 70% of oropharyngeal cancers were HPV positive. (J. Natl Cancer Inst., 2015).

# HUMAN PAPILLOMAVIRUS CAN CAUSE SEVERAL TYPES OF CANCER

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## Prevention:

The best way to prevent HPV is through abstinence (both oral and intercourse) and receiving the HPV Vaccine. Studies have proven the HPV vaccine series will prevent more than 90% of all HPV related cancers when given at the recommended ages for boys and girls. Currently, there is only one licensed HPV vaccine in the United States, Gardasil-9®. The vaccine protects against strains 6, 11, 16, 18, 31, 33, 45, 52 and 58. Two doses of the HPV vaccine are recommended for all boys and girls at ages 11-12 and can be given as early as age 9. If they are older, they may need three doses instead of two. Children who get the vaccine series after their 15th birthday will need three shots given over 6 months. The vaccine series is very safe and may cause minor side effects, such as pain and redness at the injection site, headache and nausea. Fainting and dizziness may occur, but is unlikely. Please talk with your child's health care provider for more information about getting the HPV vaccine.

In October 2018, the FDA approved the Gardasil-9® vaccine for men and women up to the age of 45. If you already have HPV, this vaccine will still be helpful against the other strains of HPV covered in the vaccine. You will need to check your insurance company for coverage. Not all carriers have implemented the policy update. Currently, HPV vaccines are not approved in pregnancy.

Exposure to HPV can result in serious health conditions. It is always best to talk to your health care provider about your risk, protecting yourself and getting the vaccine.

# BABY BUNDLE PROGRAM



**Let's Talk About Babies**

OCO is participating in the NYS Baby Bundle program. This bundle of materials will be provided to new parents (birth, adoption, foster) with children under the age 5 or pregnant parents that live in Oswego County. It's a reusable tote bag, and include books, brochures and helpful resources for families with children age 0 to 5.

If you are interested in this please contact us either through Facebook Heather OCO or OCO Darlene Health Advocate. You can also call either at 315-402-9908 or 315-317-0131.

## Resources to Find Infant Formula During the Current Shortage

For links to resources and guidance for parents and caretakers,

[visit this website: Find Formula During the Infant Formula Shortage | HHS.gov](#)

The list includes:

Calling 211, contacting OCO's WIC program (315-343-1311), contacting OCO's OPTIONS program (315-342-0888 option 6) finding an accredited milk bank, calling formula manufacturers' hotlines, and talking with your child's pediatrician.



## REVISED GUIDELINES FOR COVID-19 EXPOSURE

OCO follows the CDC and the NYS/Oswego County Health Department guidelines and regulations.

These establish the minimum standards for the entire agency.

If your program or service area is subject to stricter rules, then those are the rules you must follow.

As of 8-11-2022, the CDC changed its guidance to be the same for everyone: people who are fully vaccinated against COVID-19, those whose COVID-19 vaccination is up to date, and those who are not vaccinated. If anyone comes in close contact with someone who tests positive, they do NOT have to quarantine at home. However, they are encouraged to wear high-quality masks for 10 days and get tested after 5 days. Read the updates on CDC's website:

<https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html>

### Definition of "Fully Vaccinated" vs. "Vaccination Up To Date":

- Fully vaccinated (fully immunized) = you have finished your primary series, and two weeks have passed
- Up to date = you have received all doses in the primary series *and* all the boosters recommended for you, when eligible to do so.

OCO is still tracking COVID-19 cases via the Administrator On Call (AOC) system so continue reporting to your director or designee. You also must report your positive test result on the Oswego County Health Department's COVID-19 portal, or to the website for the health department serving your county of residence, and provide that documentation to your supervisor.

Link to the portal:

[https://health.oswegocounty.com/information/2019\\_novel\\_coronavirus/report\\_a\\_positive\\_test.php](https://health.oswegocounty.com/information/2019_novel_coronavirus/report_a_positive_test.php)

POSITIVE HOME TEST, REPORT HERE:

<https://treasurerforms.oswegocounty.com/Forms/Report-Positive-COVID-Self-Tests>

POSITIVE LABORATORY (PCR) TEST, REPORT HERE:

<https://treasurerforms.oswegocounty.com/Forms/Report-Positive-COVID-Lab-Tests>

We have begun experiencing “rebound” COVID-19 cases. This chart helps explain the differences and similarities in how these two types of cases are being handled.

**Chart: “Rebound COVID-19 Case” vs. “New COVID-19 Case”**

REBOUND COVID-19 CASE	NEW COVID-19 CASE
Typically occurs within a week of initial recovery from the virus	Occurs more than a week following recovery of previous COVID-19 infection; could be caused by a different variant ( <i>not to be confused with a first-time case</i> )
Can sometimes occur after completing a 5-day course of Paxlovid treatment for COVID-19, usually between 2 and 8 days afterward, but rebound cases also can happen if you did not take this treatment.	N/A
Does not usually cause serious illness	Symptoms can be mild, severe, or nonexistent
Need to re-isolate for at least 5 full days as you are still able to spread the infection	If you test positive, if you were exposed to someone with COVID-19 and you feel ill and suspect you may have COVID-19, <b>AND</b> are waiting on test results to confirm, you must isolate for at least 5 days. If you did not develop any symptoms, your isolation ends after day 5.
Wear a mask everywhere you go for 10 days after rebound symptoms started	Wear a mask everywhere you go days 6-10, and avoid being around at-risk persons thru day 11
The FDA <i>recommends</i> doing at least 3 at-home tests throughout the 5 days of isolation and during the 5 days while you are still masking, but does not specify on what days to do so. A positive test, or continuing or worsening symptoms, during the 5 days will extend the isolation period.	The FDA <i>recommends</i> doing at least 3 at-home tests over 2 to 3 days during the 5 days of isolation if you are COVID-19 positive or you have been exposed, even if you don't have symptoms.
If still test positive after the 10-day period, but symptoms are gone or vastly improved, and any fever is gone for at least 24 hours without use of fever-reducing medication, then normal activities can resume. Masking is still recommended around at-risk individuals, and may be required at your worksite depending on the regulations your program follows.	If symptoms worsen after you complete the isolation period, you need to restart the isolation at day 0 and it is possible that you have developed a rebound case. If you had symptoms during the first 5 days, you may end isolation <b>ONLY</b> if symptoms are gone or vastly improved, and any fever is gone for at least 24 hours without use of fever-reducing meds.
COVID Pay: eligibility depends on whether you have used it for a previous isolation event; it is most likely considered two separate cases for purposes of COVID pay. Your director will consult with HR as necessary.	COVID Pay: eligibility depends on whether you have used it for a previous isolation event. Your director will consult with HR as necessary.

People with weakened immune systems, who have been previously hospitalized with or who experience moderate to severe illness with COVID-19 should contact their medical provider, as a PCR test may be required to end isolation.

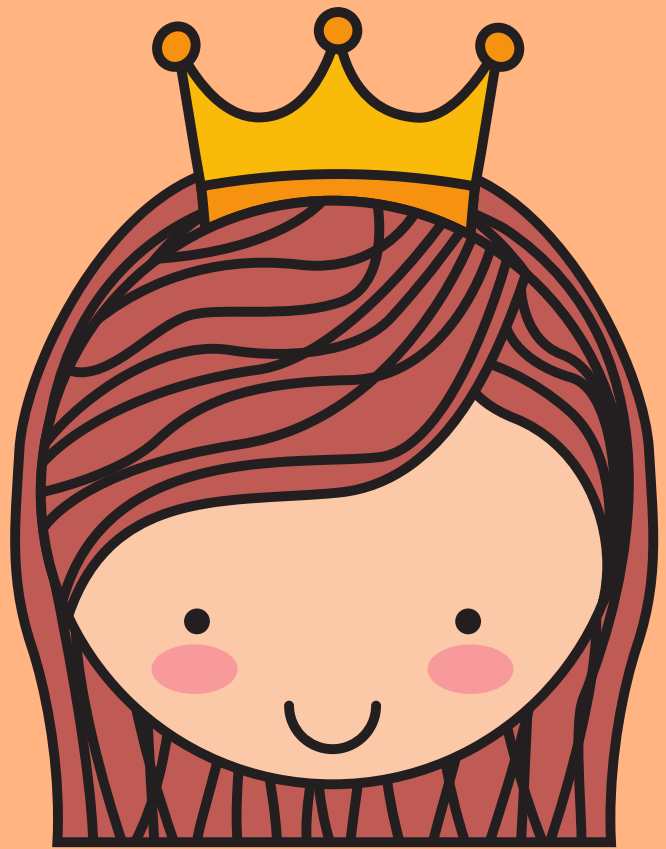
Call 911 if you experience sudden onset of difficulty breathing or other severe symptoms that may require immediate medical attention.

### **What does it Mean to Isolate:**

- Avoid traveling
- Stay home and separate from others as much as possible, and wear a mask if you cannot stay apart in the home
- Use a separate bathroom, if possible
- Take steps to improve ventilation at home, if possible
- Don't share personal household items such as cups, towels, and utensils
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately
- If you must go out, wear a high-quality mask if you will be around others and do not go to places where you are not able to wear a mask

### **How to Calculate Isolation Time:**

- No Symptoms –
  - Day 0 is the day you were tested
  - Day 1 is first full day following the day you were tested
  - If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset
- If you have Symptoms –
  - Day 0 of isolation is the day of symptom onset, regardless of when you tested positive
  - Day 1 is first full day after symptoms started



"For each individual at Meadowbrook, we treat their birthday as a National Holiday. Staff and housemates decorate and prepare special treats and dinner for the birthday guy/girl. We assist the individual with choosing a theme. This was Millie's 2nd day at Meadowbrook, so we had to roll out the red carpet with a royal birthday surprise. She loved it!"

*Meadowbrook Terrace is located in Hannibal. It is one of the homes in OCO's Residential DD program*





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**4:00 - 7:00 PM**

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# FACTS ABOUT JOHNNY APPLESEED

Here are some things you might not know about this fascinating historical figure.



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- He was a Real Dude.
- He actually had profit in mind.
- Johnny Appleseed's apples weren't for Eating.
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- He didn't really wear a Tin Pot on his head.
- He loved animals and became a Vegetarian.
- He didn't just plant Apple Seeds.





Programs are partially supported through grants from our partners:  
Oswego County Office for the Aging  
New York State Office for the Aging  
The United Way of Greater Oswego Inc.



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# The Fruits of Fall

Written by Chaya Lee Charles, RDN

OCO Nutrition Services | September 2022



## Beyond Pumpkins...

When the leaves begin to change and the air turns colder, produce items like squash and pumpkins come to mind. However, there are many lesser-known fruits that reach their peak in autumn as well!

Consider incorporating some of these seasonal foods into your fall diet to boost the flavor and nutrition



## Apples

Likely the most common fruit associated with fall in the North Country, apples are beautiful and delicious sources of nutrition this time of year. Whether red or green, apples are high in fiber, Vitamin C, potassium and antioxidants while being naturally free of fat, sodium and cholesterol. Studies have shown eating apples regularly may help lower your risk of diabetes, dementia, stroke and some cancers. So your mother was right... an apple a day may in fact keep the doctor away!



## Cranberries

Native to North America, cranberries are harvested in New England and the Upper Midwest in the fall. Clinically proven to aid in the prevention and treatment of urinary tract infections, cranberries may also help improve digestion, reduce bad cholesterol and boost your immune system. One half cup only contains 25 calories, but provides a great source of Vitamins A, C and K.



## Figs

Figs are a rich source of many vitamins and minerals including Vitamins A, C, K, and B vitamins, potassium, magnesium, zinc, copper and iron. With a second harvest in the fall (the first one is in the summer), figs are a delicious fall treat eaten raw or dried. They are also an excellent source of soluble fiber which helps in keeping you full for longer periods of time and relieving constipation.



## Pears

As the skin provides an excellent source of fiber, it is best to eat pears unpeeled for the most nutritional benefits. With a combination of soluble and insoluble dietary fibers, pears are beneficial to digestive health by promoting regular bowel movements and supporting "good" gut bacteria. Regular intake of pears may also help prevent heart disease due to their high antioxidant content (especially in the versions with reddish skin).

Programs are partially supported through grants from our partners:  
Oswego County Office of the Aging, New York State Office of the Aging &  
The United Way of Greater Oswego, Inc.



# Self-Care September 2022

MONDAY

TUESDAY

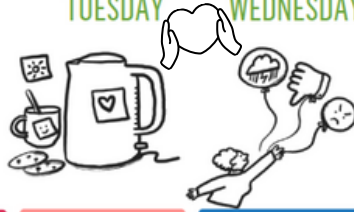
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

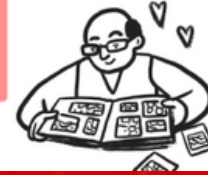
26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



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## Driver Safety: School's in Session!

As a new school year gets under way, vehicle and pedestrian traffic is sure to increase. Here are some safety reminders to keep in mind while driving.

### Following Distance:

Look 15 seconds ahead for traffic and road conditions.

To use the time method, maintain a four-second interval between your vehicle and the vehicle in front of you.

To use the distance method, maintain a distance of at least one car-length for every 10 mph of vehicle speed.

In heavy traffic or poor weather conditions, decrease speed and increase following distance.

Be aware of your stopping distance.

Leave yourself a safety cushion.

Leave yourself an escape route.

### Left Turns:

Signal at least 100 feet ahead of turning.

Check mirrors and blind spots.

Reduce your speed.

Move as far to the left as possible.

Keep your wheels pointed straight ahead until you start your turn.

Look carefully in all directions and yield to oncoming traffic before turning.

Yield to pedestrians and bicyclists.

Maintain your lane.

Do not cut the corner as you turn.

Cancel your turn signal if it does not turn off automatically after completing your turn.

Information provided by OneGroup's risk Management Library. OneGroup is OCO's insurance broker.