



YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News

A Note From the Nurse's Office:

January is Cervical Health Awareness Month!

More than 14,000 women in the United States are diagnosed with cervical cancer each year. Cervical cancer is a preventable disease and early detection is important! The Human Papillomavirus (HPV) is almost always the cause of cervical cancer. Ways to keep yourself healthy including getting your HPV vaccine and getting regular pap smear tests with your doctor or gynecologist to screen for the disease before it becomes cancerous. HPV vaccines are FDA approved and recommended by the CDC for boys and girls aged 11-12 years old to prevent infection from HPV that can lead to cervical cancer as well as genital warts. Ask your or your children's doctor about the HPV vaccine and if it is right for you and your family!

The New York State Education Department and Department of Health continue our work to keep students, teachers, and staff safe through promotion of prevention measures, including the use of vaccines and bivalent boosters to reduce the impact of this virus. Currently, we face a newly complex challenge. A host of respiratory viruses, including influenza, RSV and COVID-19, have taken hold in our state and in most of our communities. These viruses, while often manageable, can cause serious outcomes, especially for children. They have been straining our healthcare system and are taxing the availability of pediatric beds across New York. The number of laboratory-confirmed flu cases has nearly tripled over the past three weeks and flu hospitalizations have more than doubled. In addition, COVID-19 continues to pose a significant threat, particularly for unvaccinated or under-vaccinated New Yorkers, as the virus remains one of the leading causes of death in the United States. In response, we are urging a community-wide approach, inclusive of schools, to again take precautions this winter that can prevent the spread of respiratory viruses and protect young children, older individuals, and those with underlying health conditions.

Communities and schools should encourage these precautions to prevent the spread of respiratory viruses:

1. Staying up to date on vaccines, including Flu and COVID-19.
2. Washing your hands often with soap and hot water for at least 20 seconds.
3. Not coughing or sneezing into your hands; sneeze or cough into your elbow.
4. Staying home when sick or symptomatic.
5. Wearing a well-fitting, high-quality mask when in public indoor spaces.

You're not opening the door to sex. You're closing the door to cancer.

HPV vaccine is cancer prevention. Talk to your child's doctor about the HPV vaccine.



Another tool you can use to prevent cancer is a cervical cancer screening.

Uninsured? Call the Cancer Services Program of the Finger Lakes Region to see if you are eligible for free cancer screenings at 585.224.3070.

January is stalking and human trafficking awareness month.

Stalking is defined as a course of conduct directed at a specific person that involves repeated (two or more occasions) visual or physical proximity, nonconsensual communication, or verbal, written, or implied threats, or a combination thereof, that would cause a reasonable person fear.

Human trafficking, also known as trafficking in persons, is a crime that involves compelling or coercing a person to provide labor or services, or to engage in commercial sex acts. The coercion can be subtle or overt, physical or psychological. Exploitation of a minor for commercial sex is human trafficking, regardless of whether any form of force, fraud, or coercion was used.

While these crimes may seem disconnected, they have many qualities that are similar: traffickers and stalkers frequently cultivate relationships with victims, and these crimes are frequently complex and difficult to bring to justice. The good news is that more and more awareness is being brought on these two topics and the advocates at the Survivor Advocacy Center work with survivors' side by side to help them find safety and start over.

Call us 24/7 at 800-456-1172.

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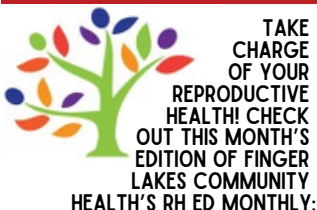
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January Challenge: Create a sleep three step pre-sleep routine!
 Each night you successfully complete your routine, put a “Z” on the calendar. See how many Z’s you can catch for the month of January!

CDC Tips for better sleep:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom
- Avoid large meals, caffeine, and alcohol before bedtime
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

Create your own routine:

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	8	9	10	11	12	13
	15	16	17	18	19	20
	22	23	24	25	26	27
	29	30	31			

As of January 1st the COVID-19 community transmission level for Wayne is **LOW**- to get the most updated levels please visit cdc.gov or scan the QR code:



Winter Sport Safety

Safety Tips

- Dress appropriately for weather conditions.
- Always wear protective gear, such as goggles, helmets, gloves, and padding.
- Check all equipment prior to every use.
- Make sure you drink enough water.
- Pay attention to any winter storm warnings.
- Never participate alone.

Public Health Wayne County, NY

Wayne County Mental Health Crisis Services

- IF YOU NEED SOMEONE TO TALK TO OR IF YOU NEED RESOURCES** → **CALL 211**
- IF YOU ARE THINKING ABOUT SUICIDE OR FEELING SUICIDAL** →
 - GO TO OR CALL CLIFTON SPRINGS CPEP AT 315-462-1080 OR
 - CALL 988 OR
 - GO TO NEWARK WAYNE HOSPITAL
- FOR EMERGENCIES AND SAFETY ISSUES** → **CALL 911 IMMEDIATELY**
- FOR WBHN MOBILE CRISIS TEAM** → **CALL 315-946-5750 OR CALL 911 AFTER HOURS**

WAYNE BEHAVIORAL HEALTH NETWORK
 OPEN ACCESS CENTER
 HOURS: MONDAY- SATURDAY 8:00AM - 4:00PM
 SUNDAY 8:00 AM - 1:00 PM

Recipe of the Month: Chicken and Sausage Jambalaya

- 2 tablespoons vegetable oil
- 1/4 pound chicken sausage cut into 1/2-inch slices
- 1 onion (chopped)
- 2 bell peppers (chopped)
- 1 cup corn
- 1/2 cup celery (chopped)
- 1 clove garlic (finely chopped)
- 1 3/4 cups chicken broth
- 5 tomatoes chopped or 8 ounces low canned, chopped tomatoes
- 1/4 cup tomato sauce
- 1 bay leaf
- 1/4 teaspoon chili powder
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon dried oregano
- 1 cup instant brown rice (uncooked)
- 3/4 pound chicken thighs



1. In a stockpot, heat vegetable oil over medium-high heat. Add sausage, onion, bell pepper, corn, celery, and garlic. Stir together and cook 5 minutes or until vegetables are tender.
2. Stir in chicken broth, tomatoes, tomato sauce, bay leaf, chili powder, red pepper flakes, and oregano. Bring to a boil.
3. Reduce heat and simmer uncovered for 10 minutes, stirring occasionally. Stir in rice. Cover and simmer for 10 minutes, stirring occasionally.
4. Add chicken, cover the pot and simmer 5 additional minutes until chicken is cooked and rice is tender.
5. Remove from heat and let stand, covered, for 10 minutes. Remove bay leaf before serving.

EXTRA CHALLENGE: Modify this recipe and send in your instructions, ingredients and or image of your own unique meal! Give it a name and email Arb398@cornell.edu your wonderful recipe to be displayed on CCE Wayne's Facebook page!

Looking for more cozy, easy, and healthy meals?
 Visit <https://eatfresh.org/search?search=crockpot> for cozy crockpot recipes!

UPCOMING EVENTS IN OUR COUNTY:

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 ★	5 ★	6	7	8	9	10
11	12	13	14	15	16 ★	17
18	19	20 ★	21	22	23	24 ★
25 ★	26	27	28	29	30	31 ★

Jan 4: New Year, New Habits, Nutrition



12:00PM
Virtual Workshop
To register please visit:
https://cornell.zoom.us/j/6uqzorGdJ2AtJk0W04kPu88_kJMgA

Jan 20: Wayne County Partnership & Foodlink Food Distribution

10:00AM until food is gone!
Lyons CSD Bus Garage
70 Clyde Rd
Lyons, NY 14489

Jan 5 (Weekly): Fruit and Vegetable Prescription Program



5:00-6:00PM
After each class receive \$15 vouchers to spend on fresh fruits and vegetables at local retailers.
Phone/text Adam Bullock at 315-945-4118 to register!
6817 Main St
Red Creek, NY 13143

Jan 25: Wayne County Partnership & Foodlink Food Distribution

10:00AM until food is gone!
Lyons CSD Bus Garage
70 Clyde Rd
Lyons, NY 14489

Jan 10: Wayne County Partnership & Foodlink Food Distribution

10:00AM until food is gone!
Lyons CSD Bus Garage
70 Clyde Rd
Lyons, NY 14489

Jan 31: Wayne County Partnership & Foodlink Food Distribution

10:00AM until food is gone!
Lyons CSD Bus Garage
70 Clyde Rd
Lyons, NY 14489

Want to submit your upcoming events to our newsletter? Email Jill at JHarper@soduscscd.org



WAYNE ACTION for RACIAL EQUALITY

Monday, January 16, 2023

Dr. Martin Luther King Jr. Celebration



Sodus Third United Methodist Church
58 W. Main Street, Sodus, NY 14551

Youth Leadership Forum (site TBD): 9:30 to 11:30 AM

MLK Commemorative March: Noon to 12:30 PM

Main Program: 12:45 to 3:15 PM

For further information contact:

Pat Hall at 585-737-2542 or Jim Wood at 585-967-8687

The Open Access Center offers free Narcan trainings every day of the week. There is no wrong time to get trained in Narcan, you never know when it could save a life. Community members can walk-in during business hours to request Narcan training, people can call to schedule an appointment for the Narcan training, and community organizations can call The Open Access Center to schedule a Narcan training. The telephone number to the Open Access Center is 315-946-5750, Staff will assist with scheduling a training or event.

Get connected with Early-Stage Social Engagement Programs.

The Alzheimer's Association® Early-Stage Social Engagement programs provide opportunities for individuals living with early stage Alzheimer's or another dementia to interact through group activities in a community setting. Enjoy the company of others through planned social events.

WAYNE COUNTY

Museum Tour
Tuesday, January 24th
1:00 pm - 2:00 pm
Phelps General Store Tour
132 Market St.
Palmyra, NY 14522

Museum Tour
Thursday, February 23rd
11:00 am - 12:00 pm
Ailing Coverlet Museum
132 Market St.
Palmyra NY 14533

Maple Syrup Tour
Monday, March 20th
10:00 am - 11:00 am
Shadow Hill Maple Farm
6330 Lakeside Rd.
Ontario, NY 14519

Get out, get active and get connected with members of the early stage community. These programs are for individuals living with early stage Alzheimer's or another dementia and their care partner/companion/family/friends.

Contact the Rochester and Finger Lakes Region Chapter to learn more and sign up for an activity near you: Call 800.272.3900 to pre-register for one of the programs listed. Pre-registration is required to attend.

