



**Public Health**  
Prevent. Promote. Protect.  
**Tioga County**

## TIOGA COUNTY BOARD OF HEALTH

***IN ORDER TO ASSURE A QUORUM,***

***PLEASE RSVP TO 607-687-8630***

***IF YOU WILL NOT BE ABLE TO ATTEND THIS MEETING***

TO: Members of the Board of Health

FROM: L. McCafferty, Secretary

DATE: March 10, 2022

RE: Board of Health Meeting - Thursday, March 17, 2022,  
7:30 a.m., Multi-Purpose Conference Room, 2<sup>nd</sup> Floor of Health and Human  
Services Building at 1062 St. Rt. 38, Owego, NY 13827.

### ZOOM INFORMATION

<https://us02web.zoom.us/j/84401654877?pwd=NU9VcHZ3RHZCSElrdTd3RHdkM01WZz09>

Dial: +1 646 558 8656 / Meeting ID: 844 0165 4877/ Password: 326552

### AGENDA

#### Introduction of Guests

- Wendy Walsh, District Manager, Tioga County Soil and Water Conservation District

#### Presentation

- Overview of SWCD (Soil and Water Conservation District)

#### Additional Items

#### Old Business

- Meeting Minutes
- Enforcements
- Board Vacancy Update

#### New Business

-

#### Informational

- Agency Updates – February 2022

#### Next Meeting Information

- April 21, 2022

# TIOGA COUNTY BOARD OF HEALTH

## MEETING MINUTES February 17, 2022

### **BOARD MEMBERS PRESENT :**

J. Picco, DDS, President (Arrived. 7:48 a.m.) (By Zoom)  
T. Hills, DVM, Vice President (By Zoom)  
K. Millar, CRNA (By Zoom)  
R. Kapur-Pado, DO (By Zoom)  
W. Standinger III, Legislator (In Person)  
T. Nytch, DVM (In Person)

### **STAFF PRESENT:**

L. McCafferty, Secretary (By Zoom)  
P. DeWind, Esq., County Attorney (By Zoom)  
D. McCann, Director of Administrative Services (In Person)  
A. Reigelman, Secretary to the Public Health Director (In Person)

### **ABSENT:**

J. Raftis, DO, FACEP

### **GUEST:**

K. Holochak, Senior Public Health Educator (Arrived at 7:46 a.m.)(Departed at 8:14 a.m.)

**CALL TO ORDER:** 7:36 a.m. by Dr. Hills who Chaired meeting.

### **INTRODUCTION OF GUESTS:**

Ms. McCafferty announced that Ms. Holochak will be joining to provide update on substance abuse.

### **ADDITIONAL ITEMS:**

N/A

### **OLD BUSINESS:**

- Meeting Minutes: Motion to Approve prior minutes made by Dr. Kapur-Pado; seconded by Dr. Nytch; all in favor, motion approved.
- Enforcements: Dr. Nytch inquired what the food violation was in regard to. Ms. McCafferty clarified that violations were based on cleanliness and temperature insufficiencies.
- Vacancy Recommendation to Tioga County Legislature:
  - Dr. Nytch motioned for discussion to approve both candidates; Mr. Standinger seconded motion.
    - Dr. Kapur-Pado clarified name of the two candidates as Jim Simmons and Teresea Leary.
    - Dr. Nytch stated that he believed both were excellent candidates. Even though it would increase the Board to 10 members; did not think that would be an issue.
      - Mr. Standinger agreed, and commented that if there was an issue that it could be whittled back by attrition.
        - Dr. Kapur-Pado requested clarification. In response, Mr. Standinger stated that if two candidates are admitted now as current Board members resign, positions do not need to be filled.
        - Mr. Millar added that he “attrits in July.”
    - Dr. Hills asked if there was any further discussion on the matter, no member replied. Dr. Hills moved to motion that both candidates be recommended to the Legislature, all in favor to say “Aye.” All members in attendance were in favor, vote was unanimous.

## TIOGA COUNTY BOARD OF HEALTH

- Ms. McCafferty stated that this recommendation will be presented to the Legislature at the March committee meeting.
- Dr. Nytech inquired if Board will need to notify candidates before sending recommendation to the Legislature. Members discussed notification to selected /not selected candidates, as no applicants have received notification as of this date.
  - Decision made by Board to wait to notify all candidates until Legislature approval.

### **PRESENTATION:**

- N/A

### **NEW BUSINESS:**

- N/A

### **INFORMATIONAL:**

- Ms. McCafferty stated that revised calendar was sent (electronically) to the Board to include August/December meeting breaks; in process of organizing speakers to cover discussed topics. Will send another revised calendar with topics included as speakers are finalized.
- At this time, Ms. McCafferty introduced Ms. Holochak for an update on the recent activities and events in Tioga County surrounding substance abuse.
  - Marijuana:
    - Ms. Holochak provided handout from the Rockefeller Institute of Government listing local municipality's status of Opting-In vs. Opting-Out of Marijuana Dispensaries/on-site consumption.
      - Five municipalities opted-in: Berkshire, Candor (Town & Village), Town of Nichols, Village of Owego, Village of Newark Valley (for dispensaries only)
    - Ms. Holochak attended call, Cannabis Conversation, which provided overview of Marijuana Regulation and Taxation Law. Seems New York State is all over the place, could not provide answers to a lot of questions. Very apparent that New York is still a long way from opening dispensaries, possibly not until 2023.
    - Discussion about local "Sticker Shops"/Sticker Shop raids in Tioga County by Sheriff's Department.
    - Public Health and ASAP Coalition are focusing on education to the community; topics including:
      - Marijuana being illegal for under 21
      - Edibles and children
      - Do not drive while high
      - THC and pet poisoning
    - Will be reaching out to municipalities to see what Public Health can do to help.
      - Dr. Hills attested to seeing pets who have been poisoned.
      - Dr. Nytech brought up concern of mixing drugs (alcohol/cannabis/opioids) and how law enforcement will handle this.
    - Discussion about how dispensaries will be enforced, whether by Health Department or other entities; Ms. McCafferty stated that there are a lot of variables and much discussion on the matter, no clear answer though at this point.
  - NARCAN Emergency Boxes:
    - Ms. Holochak stated that another project, currently working on with CASA Trinity, is distribution of NARCAN Emergency Boxes around the community in public locations including: CASA Trinity, Catholic Charities, and Red Door.
    - In Tioga County, could take up to 30 minutes to get an ambulance, NARCAN that is made available in this way can help prevent overdoses.

## TIOGA COUNTY BOARD OF HEALTH

- Dr. Nytch asked how to prevent people from stealing—Ms. Holochak stated that individual site locations will be responsible for their own inventory of NARCAN and to reach out to CASA Trinity or Public Health if in short supply.
- ASAP Coalition is funding the creation of boxes; NARCAN is supplied by Public Health/CASA Trinity (which is free from New York State).
- Ms. McCafferty asked if the Board had any questions about the January Agency Report (distributed electronically)
  - Provided update on Public Health activities:
    - Getting back to pre-Covid times; however still doing Covid as it is a reportable disease, and we are responsible for containment and control. Educating about vaccines.
    - Mask mandates removed from a lot of areas, still in place for schools, healthcare, congregate care facilities;
      - Dr. Kapur-Pado asked if Public Health is dispensing masks for schools.
        - Ms. McCafferty replied that Public Health works in conjunction with Tioga County Emergency Services to get supplies to school districts.
      - Dr. Hills inquired about the New York State self-reporting system.
        - Ms. McCafferty replied that the self-reporting system is self-reliant; if positive, can go online to get self-attestation, orders.

At 8:22 a.m. Health & Human Services Building location experienced intermittent internet connection loss. Upon full return at 8:25 a.m., Ms. McCafferty stated that the next Board of Health meeting will be March 17, 2022.

Dr. Hills, and various Board members, wished Ms. McCafferty well with her recovery.

Motion to adjourn made by Dr. Nytch, seconded by Mr. Standing. Meeting adjourned at 8:26 a.m.

Minutes respectfully submitted by Lisa McCafferty.

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Joseph Picco, DDS, President

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Lisa C. McCafferty, R.S., MPH; Secretary

Minutes approved March 17, 2022





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**Tioga County**

March 2022 Enforcements

| <u>Business</u>   | <u>Type of Violation</u> | <u>Fine Paid/Date</u> |
|---|--------------------------|-----------------------|
| Margret Soprano<br>Soprano's Deli<br>607 Cayuta Ave.<br>Waverly, NY       | Food                     | \$390.00<br>2/7/2022  |
| General Manager<br>Arby's Restaurant Group<br>1021 Route 17C<br>Owego, NY | Food                     | \$220.00<br>2/17/2022 |
| Sukhwinder Singh<br>Harry's Expressway<br>1423 St. Rt. 96<br>Owego, NY    | Water                    | \$50.00<br>2/23/2022  |



# Tioga County Public Health Department

Lisa C. McCafferty, R.S., MPH; Public Health Director



**Public Health**  
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## NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- Jason Davis and Nicole Whitmore were nominated for Leadership Tioga, and have been attending monthly sessions.
- Jordan Marsh was nominated to participate in Tioga County's Institute for Advancement.
- We celebrated February as Heart Health Month!
- Collaborated with NYS Troopers to host a child passenger safety check event at Campville Fire Station in Owego. 8 seats were checked. 6 were installed incorrectly and 2 were replaced.
- Kylie Holochak Provided 1-1 car seat training for new employee in Child Protective Services.
- Collaborated with CASA Trinity to assemble the first set of Narcan Overdose Response Boxes in the county. Boxes have been put up at CASA Trinity's Office and at the Catholic Charities Shelter in Apalachin. Additional locations will also be receiving boxes.
- Kylie Holochak presented to the Board of Health on the current status of marijuana legislation and planned campaigns.
- Katie Wait presented at Leadership Tioga on Public Health and all that we do.
- Laura Bennett helped to update our Interpretation Services flyer, which will be posted at all clinic locations/outreach events. (attached)
- There were 23 referrals to the Early Intervention program (EI) this month; twice as many as last month and more than any single month in all of 2021. Provider capacity issues (provider shortages, coverage areas, provider disciplines) are becoming significantly worse month to month across EI and Preschool. While this problem is not specific to Tioga County, we must be concerned as needs are noticeably increasing among our children.
- The Dental Van had its triennial NYS inspection. We are finishing up at Owego Free Academy and preparing to move to Newark Valley School District. We had just moved to Newark Valley in 2020 when Covid shut down the School and the Dental program. We are looking forward to being back and expect to be busy.
- Dan Scherrer and Samantha Black visited establishments in the Village of Spencer to educate the community about free at-home water testing and distributed flyers to explain the program (attached).
- Ongoing support/partnership in: Team Tioga, Safe Harbor Committee, Allies in Substance Abuse Prevention (ASAP), Tioga County Immunization Coalition, Anti-Hunger Task Force, Tioga County Local Emergency Planning Committee (LEPC), Child Fatality Review Team, Care Compass Network PAC Executive Council, Tioga County Council of Governments, Board of Health, Rural Economic Partnership (REAP), and External Community Advisory Board MPH Program at Binghamton University.

## Continuing with COVID-19

- The New York State mask mandate was lifted, for all but schools, healthcare, and public transportation. Mandate set to be lifted for schools March 9.
- Collaborated with NYSDOH to host Covid vaccine clinic at Tioga Central High School.
- Transitioned to NYSDOH completing all case investigations for Covid positive individuals.
- We are still responsible for: isolation/quarantine of individuals, follow up on NYSDOH cases, responding to inquiries, directing individuals to resources, etc.
- Continued collaboration with schools for mandated weekly testing of unvaccinated teachers/staff, providing masks and other resources as needed.
- Test kits working with Emergency Services et al.
- [Workbook:NYS-COVID-Tracker](#) and/or [Coronavirus COVID-19\(2019-nCoV\\_\(arcgis.com\)\)](#) to see updated data points (national and state) about COVID cases, comorbidities, demographics.

- As of February 28, 2022; since March 14, 2020 onset:

**New York State**

Total Known Cases: 5,071,336

Total Known Deaths: 67,795

Total Known Recoveries: 2,850,280

**National**

Total Known Cases: 80,567,757

Total Known Deaths: 973,119

Total Known Recoveries: 53,192,990

- Current Numbers To Date; since March 14, 2020 onset:
  - **712** Days Since Public Health EOC activated (3/14/2020)
  - **10,590** Confirmed Cases (Data from NYS CommCare system)
  - **20,211** Quarantine/ Isolation Orders Issued (Data from NYS CommCare system)
  - **4,319** Household Trips/Deliveries
  - **186** Complaints
  - **3,960** Facebook Likes
  - **965** Facebook Posts
  - **48** Media Interviews
  - **105** Press Releases

**\*Go to New York State Dashboard for current COVID-19 data at:**

**<https://coronavirus.health.ny.gov/covid-19-data-new-york>**



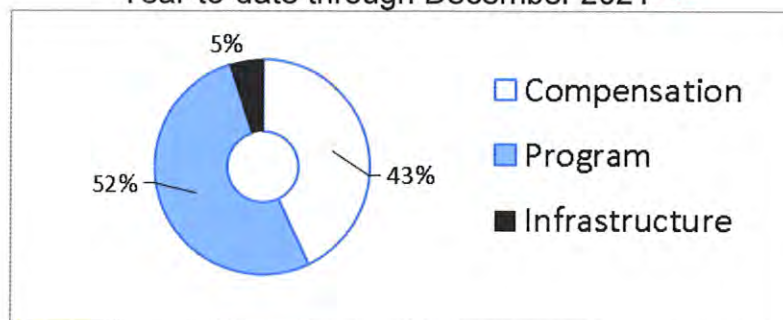
Attachments:

1. Financial Snapshot February 2022.
2. Data Report February 2022.
3. Article: "Tioga County Public Health announces Employee of the Fourth Quarter," Owego Pennysaver, February 16, 2022.
4. Photograph: Public Health Team-February is Heart Health Month, February 9, 2022.
5. Flyer: "Need Language Assistance...," February 2022.
6. Brochure: "Well Water Testing for Village of Spencer," Tioga Public Health, February 2022.
7. Article: "Three Running unopposed for village seats," Morning Times, February 25, 2022.
8. Article: "Number of New COVID-19 Cases Declining," Candor Chronicle, February 9, 2022.
9. Article: "Tioga County COVID\_19 Update for January 12, 2022-Janaury 18, 2022," Owego Pennysaver, January 23, 2022.
10. Article: "Tioga County COVID-19 Update for February 2-February 8, 2022," Owego Pennysaver, February 13, 2022.
11. Article: "Tioga County COVID-19 Update for January 26, 2022-February 1, 2022," Owego Pennysaver, February 6, 2022.
12. Article: "Tioga County Update for February 16-February 22, 2022," Owego Pennysaver, February 27, 2022.
13. Advertisement: "COVID-19 Vaccine Clinic Saturday, February 5," Morning Times, January 21, 2022.
14. Advertisement: " I'm COVID Positive, What Do I Do?," Owego Pennysaver, Janaury 23, 2022.
15. Advertisement: "Pneumococcal Vaccine Not," Morning Times, February 26, 2022.
16. Advertisement: "Bat in your Home?," Morning Times, February 26, 2022.
17. Advertisement: "Recipe for...Healthy Relationships," Owego Pennysaver, February 13, 2022.
18. Flyer: "What the Health!?", February 2022.
19. Flyer: "Personal Preparedness for People with Disabilities," February 2022.
20. Flyer: "How Much Sleep Do I Need?," February 2022.
21. Bulletin Board: "Recipe for...Health Relationships," 56 Main St. Owego, NY 13827, February 2022.

Financial Snapshot  
December 2021

|   | 2017 Actual | 2018 Actual | 2019 Actual | 2020 Actual <sup>2</sup> | 2021 Budget | Actual* <sup>1,3</sup> thru December | Percentage of 2021 Budget |
|---|-------------|-------------|-------------|--------------------------|-------------|--------------------------------------|---------------------------|
| <b>Revenues</b>   |             |             |             |                          |             |                                      |                           |
| Fees  | 742,121     | 1,100,359   | 1,112,262   | 739,661                  | 1,119,950   | 623,039                              | 56 %                      |
| State/Federal   | 2,040,481   | 2,680,110   | 2,704,275   | 2,047,032                | 2,347,657   | 2,315,802                            | 99 %                      |
| Local   | 2,360,036   | 2,147,623   | 2,103,208   | 1,924,103                | 2,944,752   | 1,884,944                            | 64 %                      |
| TOTAL   | 5,142,638   | 5,928,092   | 5,919,745   | 4,710,796                | 6,412,359   | 4,823,785                            | 75 %                      |
|   |             |             |             |                          |             |                                      |                           |
| <b>Expenses</b>   |             |             |             |                          |             |                                      |                           |
| Compensation  | 1,721,424   | 1,734,508   | 1,728,302   | 1,889,627                | 2,136,196   | 2,091,420                            | 98 %                      |
| Program Expense   | 3,206,083   | 3,671,760   | 3,661,604   | 2,518,252                | 3,928,472   | 2,472,220                            | 63 %                      |
| Core Infrastructure   | 215,131     | 521,824     | 529,838     | 302,917                  | 347,691     | 260,145                              | 75 %                      |
| TOTAL   | 5,142,638   | 5,928,092   | 5,919,745   | 4,710,796                | 6,412,359   | 4,828,785                            | 75 %                      |
|   |             |             |             |                          |             |                                      |                           |
| <b>FTE:</b><br>2021 Approved Headcount of 35<br>FTE: 31 FT & 4 PT | 22.6        | 23.8        | 26.3        | 23.7                     | 29.2        | -----                                | -----                     |

Allocation of Expenses  
Year-to-date through December 2021\*<sup>1,3</sup>



- \*Notes:
1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (3.1.2022), and are not the FINAL December 2021 figures.
  2. During 2020, the Legislature required a 10% cut in expenses from all County departments. This was removed from the Expense side of the ledger, but not the offsetting revenue portion, thus inflating the reported "Local Share" of Public Health by nearly \$375K.
  3. COVID Specific funds have been removed from these tables, as they skew the numbers due to their large amounts. Currently over \$2.4 million has been appropriated of Covid funding within Public Health.

2022 Data Report

| <b>PUBLIC HEALTH ACTIVITIES</b>                     | <b>Y-E 2019</b> | <b>Y-E 2020</b> | <b>Y-E 2021</b> | <b>Feb-22</b> | <b>Y-T-D</b> |
|---|-----------------|-----------------|-----------------|---------------|--------------|
| <b>Community Health</b>                             |                 |                 |                 |               |              |
| Healthy Neighborhoods Program Visits                | 327             | 94              | 112             | 25            | 57           |
| - HNP revisits                                      | 2               | 40              | 14              | 1             | 5            |
| Communicable Disease                                | 464             | 618             | 0               | 0             | 0            |
| - Respiratory (Legionellosis, Strep)                | 31              | 143             | 4               | 0             | 2            |
| - Influenza   | 606             | 571             | 49              | 4             | 89           |
| - Tick caused                                       | 57              | 19              | 105             | 6             | 15           |
| - Hepatitis   | 34              | 20              | 53              | 11            | 20           |
| - Gastrointestinal Disease                          | 16              | 16              | 40              | 2             | 7            |
| - PPD Test Administered                             | 38              | 5               | 0               | 0             | 0            |
| Child Passenger Safety Seats Inspected              | 84              | 6               | 20              | 8             | 8            |
| - Child Seats FAILED Inspection                     | 72              | 5               | 10              | 6             | 6            |
| PH Interns  | 5               | 1               | 2               | 0             | 0            |
| Immunizations total child and adult                 | 120             | 35              | 0               | 0             | 0            |
| People Trained w/ Narcan                            | 18              | 9               | 2               | 0             | 0            |
| Narcan Distributed (added 8/18)                     | 105             | 41              | 160             | 16            | 24           |
| <b>Dental</b>                                       |                 |                 |                 |               |              |
| New Clients   | 637             | 124             | 154             | 30            | 51           |
| Dental Screenings                                   | 1850            | 631             | 782             | 107           | 161          |
| - Clients with no tooth decay                       | 499             | 237             | 328             | 39            | 61           |
| - Clients WITH tooth decay                          | 601             | 116             | 310             | 47            | 60           |
| - Clients with EXTENSIVE tooth decay                | 722             | 251             | 128             | 21            | 40           |
| Extractions   | 161             | 91              | 179             | 9             | 14           |
| <b>Children Services</b>                            |                 |                 |                 |               |              |
| Children w/ Special Health Care Needs NEW Referrals | 25              | 11              | 7               | 0             | 0            |
| - Current Children being served                     | n/a             | 104             | 92              | 9             | 18           |
| <b>Environmental Health</b>                         |                 |                 |                 |               |              |
| Animal bite investigations                          | 197             | 119             | 150             | 9             | 23           |
| Rabies Clinics                                      | 9               | 2               | 6               | 1             | 1            |
| Food Establishment Inspections                      | 235             | 81              | 182             | 12            | 18           |
| - Establishments with Violation                     | 35              | 10              | 26              | 2             | 3            |
| Temporary Food Inspections                          | 68              | 2               | 8               | 0             | 0            |
| - Clean Indoor Air Act Violations (Smoking)         | 1               | 0               | 0               | 0             | 0            |
| Mobile Home Park Inspections                        | 30              | 3               | 37              | 0             | 2            |
| Children's Camps                                    | 9               | 5               | 4               | 0             | 0            |
| Agriculture Fairgrounds                             | 2               | 0               | 2               | 0             | 0            |
| Nuisance Complaints                                 | 25              | 58              | 17              | 2             | 4            |
| Enforcement Actions                                 | 48              | 11              | 31              | 3             | 3            |
| <b>Weights &amp; Measures</b>                       |                 |                 |                 |               |              |
| Inspection Sites                                    | 82              | 69              | 129             | 4             | 4            |
| - Devices Inspected                                 | 432             | 277             | 499             | 13            | 13           |
| Petroleum Quality Samples Taken                     | 0               | 0               | 0               | 0             | 0            |
| <b>COVID-19</b>                                     |                 |                 |                 |               |              |
| * Days Public Health EOC activated from year start  |                 | 285             | 364             | N/A           | 63           |
| Total COVID Cases for period                        |                 |                 | 5628            | 1171          | 3430         |
| Individuals Tracked                                 |                 | 5849            | 13224           | 1171          | 3717         |
| Calls Taken   |                 | 15257           | 7824            | 50            | 310          |
| Quarantine/Isolation Orders Issued                  |                 | 4323            | 13586           | 623           | 2282         |
| Household Trips/deliveries                          |                 | 2518            | 1772            | 5             | 29           |
| COVID-19 Related Complaints                         |                 | 144             | 41              | 0             | 1            |
| Vaccination Clinics                                 |                 |                 | 36              | 1             | 2            |

\* EOC originally activated starting 3/14/20



# Tioga County Public Health announces Employee of the Fourth Quarter

Tioga County's Public Health Department recently announced that Nicole Whitmore is being named the 2021 Employee of the 4th Quarter.

Whitmore started working on the Tioga Smiles Dental Van in 2014 as a Contracted Dental Hygienist, according to the health department. In January 2020 she officially became an employee of Tioga County when she was hired as the Dental Health Coordinator. In January 2021, Whitmore was promoted to Director of Dental Services.

In a prepared release, Tioga County's Public Health Department wrote, "When you talk to Nicole about working on the Dental Van, it is very clear how passionate she is about her job and how much she truly cares about our community members, especially the children! If you see her interacting with clients on the van you will see how kind, compassionate and respectful she is to everyone."

When the Dental Van was reduced to emergencies only due to the COVID-19 pandemic, the department was fortunate



**Pictured are Heather Vroman, deputy public health director, and Nicole Whitmore, director of dental services. Provided photo.**

to gain Whitmore as a member of their COVID-19 team. According to the department, Nicole stepped up and learned each role

that was handed to her - from managing the spreadsheet, contact tracing, conducting case investigations, and running

vaccination clinics.

The department added, "Nicole was always willing to help out wherever she was needed, and even stepped up on occasion on her 'off weekends' when our team needed extra hands. While it was apparent how much she missed

working on the Dental Van, she continued to come to work with a good attitude, was consistently reliable, and did a great job handling her COVID work."

The department also noted that Whitmore was instrumental in completing all the necessary steps

needed to reopen the Dental Van and was able to return to a normal schedule, visiting each of the school districts in the county throughout the 2021 - 2022 school year.

Outside of work, Whitmore enjoys spending time with her family.

*2/6/22  
Owego Pennsylv*







# Need Language Assistance or Interpretation Services?

For Limited English Proficiency, Contact:

Department of Labor  
**1-888-469-7365**

For the Hearing Impaired, Contact:

NYS Call 711 Telecommunications  
Relay Service (TRS)

**Dial 711**

STIC-Interpreter Services

Regular business hours: **(607) 724-2111 ext. 38**

24hr Emergency Response: **(607) 222-4364**

Email: **[interpreters@stic-cil.org](mailto:interpreters@stic-cil.org)**

Ask us about our office's free interpretation services through Language Line Services.





[https://qfreeaccountsajc1.az1.qualtrics.com/jfe/form/SV\\_9EJJIGaFpMHcz1Y](https://qfreeaccountsajc1.az1.qualtrics.com/jfe/form/SV_9EJJIGaFpMHcz1Y)

[ph.tiogacountyny.gov](http://ph.tiogacountyny.gov)

Sign up for **FREE** testing  
using the QR code or  
website addresses above!

30 participants will be selected based  
on geographic location.

# WELL WATER TESTING FOR VILLAGE OF SPENCER, NY

Test your tap for  
nitrates, nitrites, and  
E. coli



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Tioga County





## WHY TEST YOUR TAP?

It's **FREE!**

Nitrates, nitrites, and E. coli can have negative health effects at high levels.

It can help build a future municipal water supply and wastewater treatment plant.



## HOW ARE THEY INTRODUCED INTO THE WATER SUPPLY?

Nitrates are introduced into well water at high levels through improper well construction, well location, overuse of chemical fertilizers, and improper disposal of human and animal waste.

Nitrites are introduced into well water at high levels from fertilizers through run-off water, sewage, and mineral deposits.

E. coli may be present in human and animal fecal waste that can get introduced into the water supply through sewage overflow, improper sewage systems, polluted storm water runoff, and agricultural runoff.

## HEALTH EFFECTS

### NITRATES

At high levels (> 10 mg/L), nitrates can cause thyroid disease, blue baby syndrome, and birth defects. Nitrates may also increase the risk of developing certain cancers.

### NITRITES

At high levels (> 1 mg/L), nitrites can cause blue baby syndrome.

### E. COLI

When E. coli is present in the water supply, it can cause abdominal pain or cramping, watery or bloody diarrhea, fatigue, loss of appetite, nausea, vomiting, and fever.



# Three running unopposed for village seats

Voters will decide on cannabis law

By JOHNNY WILLIAMS  
News Editor

WAVERLY — Three candidates will be running unopposed in March's village election — two of whom are familiar faces.

Incumbents Kevin Sweeney and Keith Correll are running to

retain their two-year seats, while Trustee Kyle Burns did not file for reelection, according to village clerk Michele Wood. Courtney Aronstam is the newcomer looking to win Burns' two-year seat.

Voters will also be deciding on whether or not to allow retail

marijuana dispensaries in the village, after trustees voted earlier this year to put the issue on the ballot.

Specifically, the "yes" or "no" question will read, "Shall the village opt out of allowing retail cannabis dispensaries from locating and operating within the boundaries

See **Voters**, page A6

## Voters

From Page A1

of the Village of Waverly."

Therefore, a "yes" vote will ban dispensaries from setting up shop within the village, while a "no" vote will allow the businesses.

Regardless of the outcome of the vote, recreational marijuana will be legal to possess and consume in the

village.

If dispensaries were barred from the village, the municipality would also miss out on tax revenue from the sales of cannabis. In New York, the state will tax marijuana sales at 9 percent, the county would get a 1 percent tax share, and the Town of Barton and the Village of Waverly — if sales were allowed — would divide a 3 percent tax share. However, the Town of Barton has already opted out.

But opponents of the dispensaries cite potential

negative impacts on children, especially when the cannabis is consumed in the form of edibles, which can look like candy or baked goods.

Additionally, the Tioga County Board of Health has endorsed "the position that the legalization of marijuana is likely to be associated with negative social, physical and mental health outcomes for children."

The village election is slated for noon to 9 p.m. on March 15 at the village hall on Ithaca Street.

Morning Times 2/25/22



# Number of New COVID-19 Cases Declining

But county data does not take into account at-home tests

## STAFF REPORT

Tioga County reported Feb. 2 that between Jan. 26 and Feb. 1 there were 373 new cases of COVID-19 (this data does not include positive at-home tests).

That is compared to 484 new cases reported in Tioga County between Jan. 19 and Jan. 25.

Of those cases, 62 were in people ages 0 to 17. Two-hundred fifty-five cases were in people ages 18 to 64, and 56 were in people who are 65 years old or older. There were seven hospitaliza-

tions and one death.

There are 241 active COVID-19 cases in Tioga County as of a press release issued by the county health department Feb. 2.

New York State Case Investigators are now conducting abbreviated interviews with positive cases and do not ask vaccination status (among other questions) when conducting their interview.

Additional data is available at [coronavirus.health.ny.gov/covid-19-testing-tracker](https://coronavirus.health.ny.gov/covid-19-testing-tracker).

Tioga County continues to have high community transmission of COVID-19. The best defense against severe illness from COVID-19 is vaccination and booster shots.

Wearing a mask while in indoor public areas can also help prevent the spread of COVID-19, especially among those who are asymptomatic carriers of the virus. Please be mindful that those around you may have underlying health conditions, which could make them more susceptible to a more severe case

of COVID-19, so try and social distance when possible.

The New York State Governor's Indoor Mask Mandate for businesses without mandatory vaccination policies remains in place until February 10, 2022. Well-fitting masks should be worn

*continued on page 8*

while in public indoor areas regardless of vaccination status, unless a mandatory vaccination policy is in place. This mandate will continue to be re-evaluated on a two-week basis and will be dependent on COVID case trends across the state.

Please be respectful of the businesses you visit and follow signage they have posted. COVID-19 Resources: COVID-19 vaccine locations: [vaccines.gov](https://vaccines.gov). Find a COVID-19 test site near you: [coronavirus.health.ny.gov/find-test-site-near-you](https://coronavirus.health.ny.gov/find-test-site-near-you). COVID-19 State Run Testing Locations: [coronavirus.health.ny.gov/covid-19-testing](https://coronavirus.health.ny.gov/covid-19-testing). New York State Dashboard: [coronavirus.health.ny.gov/covid-19-testing-tracker](https://coronavirus.health.ny.gov/covid-19-testing-tracker). Tioga County Public Health Website: [ph.tiogacountyny.gov](https://ph.tiogacountyny.gov). Tioga County Public Health Facebook Page: [facebook.com/tiogacountypublichealth](https://facebook.com/tiogacountypublichealth).

*Candor Chronicle 2/9/22*



Owego Pennysaver 1/23/22

# Tioga County COVID-19 Update for January 12, 2022 – January 18, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from Jan. 12, 2022 to Jan. 18, 2022 as follows.

According to the department there were 594 new cases during this time frame, with 62 unvaccinated and 136 vaccinated; there were 51 children under 12 reported as having tested positive for COVID, and there were 345 individuals with an

unknown vaccination status; there were 13 hospitalizations reported during this timeframe. There are currently 278 active cases. Please note that this data does not include self-reported positive at-home tests.

Data is a snapshot of what is reported to the health department via different venues. Vaccination status is self-reported by the positive case or the parent / guardian during the case investigation. Tioga

County is not always notified when a death occurs. Deaths related to COVID 19 are reported to the health department in different ways.

The department wrote, in their weekly brief, "Various factors may impact the severity of one's COVID-19 illness including underlying health conditions and vaccination status. The COVID-19 vaccine offers protection against severe illness and hospitalization. We encourage eligible individuals to get vaccinated."

The department also provided the following important factors to know and understand about isolation and quarantine.

**1. Isolation and Quarantine Attestation Form:** The process for issuing isolation and quarantine orders has changed in New York State. Not all individuals who test positive will receive a call. Those who test positive for COVID-19 who are not in a high priority population may visit <https://tiogacountyny.gov/departments/public-health/> and complete the Isolation Attestation Form. The Quarantine Attestation Form for close contacts can be found here

as well if they need documentation for work or school. The Affirmation Form will serve as your isolation or quarantine order. This form does not need to be submitted to your local health department.

**2. No Contact Tracing:** New York State Department of Health is no longer conducting contact tracing. Anyone who tests positive for COVID-19 is responsible for contacting those they have been in close contact with. If someone is unvaccinated / not fully vaccinated, they should quarantine at home for five days from their exposure.

**3. Who is Required to Quarantine if Exposed to a Positive Case:** Those who have not yet received a COVID-19 vaccine; those who have not completed a vaccine series yet; those who are eligible for a booster shot, but have not gotten one yet (completed the primary series of Moderna or Pfizer vaccine six or more months ago or completed the primary series of J&J vaccine over two months ago).

These individuals must quarantine for five days after a known exposure to a

positive case and should test on day five if possible. A well-fitting mask should be worn when around others for five additional days after completing quarantine.

The following groups are not required to quarantine when exposed to a positive case; those who have received all vaccine doses, including a booster shot; anyone ages five to 11 who completed the primary series of the COVID-19 vaccine; and anyone who has had a confirmed COVID-19 test within the last 90 days.

According to Tioga County's Health Department, these individuals should wear a well-fitting mask when around others for 10 days following their exposure. If symptoms develop, it is recommended that they quarantine and get a COVID-19 test.

**Five day Isolation and Quarantine:** Isolation for those who have tested positive for COVID-19 has been reduced to five days. If symptoms are not improving, the positive case should continue to isolate until day 10, or until they are 24 hours fever-free. Anyone who is not vaccinated, not fully vaccinated,

or who is eligible for a booster shot but has not gotten one yet should quarantine for five days from the last day of their exposure.

Release from Isolation and Quarantine in Tioga County: Once you have completed your isolation or quarantine, the last day on your order or attestation will serve as your release. For example, if your isolation is set from Jan. 15, 2022 to Jan. 20, 2022, you will automatically be released to return to school or work on Jan. 21, 2022 unless new symptoms have developed or current symptoms are not improving. You will not be given a separate release form from Tioga County Public Health.

To find a vaccination location, visit [www.vaccines.gov/](http://www.vaccines.gov/).

You can find testing locations at <https://get-tested-covid19.org/> or visit the New York State Dashboard at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

You can also find more information from Tioga County Public Health by visiting [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov) or [www.facebook.com/tiogacountypublichealth](http://www.facebook.com/tiogacountypublichealth).



## Tioga County COVID-19 Update for February 2 – February 8, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. for Feb. 2 to Feb 8 as follows.

According to the department there were 188 new cases during this time frame; of the cases, 35 were aged 0-17; 129 were between the ages of 18-64; and 24 of the new cases were over the age of 65. The department reported seven hospitalizations during this timeframe.

There are currently 83 active cases. *(Please note that this data does not include self-reported positive at-home tests.)*

New York State Case Investigators are now conducting abbreviated interviews with positive cases and do not ask about vaccination status (among other questions) when conducting their interview.

Additional data is available at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

Just a reminder that in January New York State suspended contact tracing; the responsibility of notifying close contacts now falls back

on the individual who has tested positive for COVID-19.

Tioga County's Health Department wrote, in their weekly brief, "If you test positive for COVID-19, please reach out to anyone you have had close contact with and notify them of their exposure so that they may monitor themselves for symptoms and get tested."

The department additionally noted that those who are identified as a close contact who have not received the COVID-19 vaccine, are not fully vaccinated, or who are not boosted but are now eligible should quarantine at home for five days from their exposure and consider getting tested on day five or if symptoms develop.

Self-reports from those who have tested positive for COVID-19 are administered via online portals. If you test positive, Tioga County's Health Department recommends the following.

For Laboratory Confirmed Tests (ex. PRC test), test results are sent directly to the New York State reporting system. You will receive a phone call from a New York State Case Investigator who

will conduct a brief interview with you over the phone and an isolation order will be issued.

For an at-home test, if you test positive for COVID-19 using an over-the-counter at-home test, visit the health department's website at [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov) for further direction. If you need documentation for school or work, you may complete the self-attestation form found on the health department's website. Their office does not issue any additional documentation for positive at-home tests.

The health department continued, in their brief, "We strongly recommend you verify with your employer whether or not they will accept at-home test results, or if they require a laborato-

ry confirmed test."

For any questions or concerns regarding your illness, the health department recommends you contact your health care provider. If you have additional questions, you can contact the health department by calling (607) 687-8600 (option 1).

To find a vaccination location, visit [www.vaccines.gov/](http://www.vaccines.gov/).

You can find testing locations at <https://get-tested-covid19.org/> or visit the New York State Dashboard at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

You can also find more information from Tioga County Public Health by visiting [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov) or [www.facebook.com/tiogacountypublichealth](https://www.facebook.com/tiogacountypublichealth).

Owego Pennysaver 2/13/22

## Tioga County COVID-19 Update for January 26, 2022 – February 1, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from Jan. 26, 2022 to Feb. 1, 2022 as follows.

According to the department there were 373 new cases during this time frame; of the cases, 62 were aged 0-17; 255 were between the ages of 18-64; and 56 of the new cases were over the age of 65. The department reported seven hospitalizations during this timeframe, and one known death.

There are currently 241 active cases. *(Please note that this data does not include self-reported positive at-home tests.)*

New York State Case Investigators are now conducting abbreviated interviews with positive cases and do not ask about vaccination status (among other questions) when conducting their interview.

Additional data is available at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

[rus.health.ny.gov/covid-19-testing-tracker](https://coronavirus.health.ny.gov/covid-19-testing-tracker).

Tioga County continues to have high community transmission of COVID-19. The best defense against severe illness from COVID-19 is vaccination and booster shots, according to Tioga County's DOH.

They noted, in their weekly brief, "Wearing a mask while in indoor public areas can also help prevent the spread of COVID-19, especially among those who are asymptomatic carriers of the virus. Please be mindful that those around you may have underlying health conditions, which could make them more susceptible to a more severe case of COVID-19, so try and social distance when possible."

The New York State Governor's Indoor Mask Mandate for businesses without mandatory vaccination policies remains in place until Feb. 10, 2022.

Well-fitting masks should be worn while in public indoor areas regardless of vaccination status, unless a mandatory vaccination policy is in place. This mandate will continue to be re-evaluated on a two-week basis, according to the governor's office, and will be dependent on COVID case trends across the state.

The local DOH reminded residents, "Please be respectful of the businesses you visit and follow signage they have posted."

To find a vaccination location, visit [www.vaccines.gov/](http://www.vaccines.gov/).

You can find testing locations at <https://get-tested-covid19.org/> or visit the New York State Dashboard at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

You can also find more information from Tioga County Public Health by visiting [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov) or [www.facebook.com/tiogacountypublichealth](https://www.facebook.com/tiogacountypublichealth).

Owego Pennysaver 2/6/22



## Tioga County COVID Update for February 16 – February 22, 2022

Tioga County's Public Health Department recently released the COVID-19 case breakdown in Tioga County, N.Y. from Feb. 16, 2022 to Feb. 22, 2022 as follows.

According to the department there were 80 new cases during this time frame and four hospitalizations. There are currently 37 active cases. (Please note that this data does not include self-reported positive at-home tests.)

New York State Case Investigators are now conducting abbreviated inter-

views with positive cases and do not ask about vaccination status (among other questions) when conducting their interview.

Tioga County's Health Department, in their brief, wrote, "As we approach the two year mark of the COVID-19 pandemic, there is no doubt that the last two years have had an overwhelming impact on the mental health of so many. The pandemic has had impacts on all aspects of our lives, our physical, social, emotional, and finan-

cial wellbeing. With COVID-19 cases decreasing again, we can only hope that everyone is able to start getting back to a healthy and normal life."

If the COVID-19 pandemic has impacted you, the following resources in Tioga County may be able to help.

**Tioga County Mental Hygiene** provides services and support for individuals of all ages and families include coping with emotional problems, mental illness, marital issues, depression, alcoholism, and sub-

stance abuse. You can contact them at (607) 687-4000, or visit [tiogacountyny.gov/departments/mental-hygiene/](http://tiogacountyny.gov/departments/mental-hygiene/).

**The Tioga County Department of Social Services** provides financial and social services to eligible County residents through programs such as the Supplemental Nutrition Assistance Program (SNAP), Home Energy Assistance Program (HEAP), the Emergency Rental Assistance Program, Emergency Solutions, Low-Income Household Water Assistance Program, and Pandemic Emergency Assistance Fund (PEAF). For more information, call

(607) 687-3300 or visit [tiogacountyny.gov/departments/social-services/](http://tiogacountyny.gov/departments/social-services/).

**Tioga Opportunities, Inc.** provides a variety of services including services for older adults, the WIC Program (Women, Infants, and Children), Transportation, Housing, and so much more. Call (607) 687-4222 or visit [tiogaopp.org/](http://tiogaopp.org/) to learn more.

**NY Project Hope** is an emotional support helpline, provides educational materials and trusted referrals to local provider agencies, all dedicated to helping residents manage and cope with changes brought on by COVID-19. You can call

1-844-863-9314 or visit [nyprojecthope.org/](http://nyprojecthope.org/).

Additional resources may be found in the Tioga County Resource Guide available at [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov), or by calling 211.

To find a vaccination location, visit [www.vaccines.gov](http://www.vaccines.gov).

You can find testing locations at <https://get-tested-covid19.org/>, or visit the New York State Dashboard at <https://coronavirus.health.ny.gov/covid-19-testing-tracker>.

You can also find more information from Tioga County Public Health by visiting [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov) or [www.facebook.com/tiogacountypublichealth](http://www.facebook.com/tiogacountypublichealth).

*Onego Pennysaver 2/27/22*



# COVID-19 Vaccine Clinic

## Saturday, February 5

Tioga Central High School  
27 5th Ave, Tioga Center, NY 13845

### 9:00am - 3:00pm

- First Dose - Pfizer Vaccine for Children Ages 5 - 11
- Pfizer Booster for Children 12+
- Pfizer or Moderna Booster for Adults Ages 18+

And Flu Shots!

Walk-ins Welcome  
No Appointment Required!  
Pre-Registration recommended for 5 - 11

Registration is highly recommended for students ages 5 - 11 by calling or emailing Jill Reese at 607-687-8002 or [jreese@tiogacentral.org](mailto:jreese@tiogacentral.org)



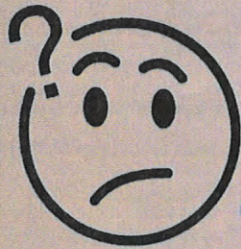
Department of Health



Morning Times  
1/29/22





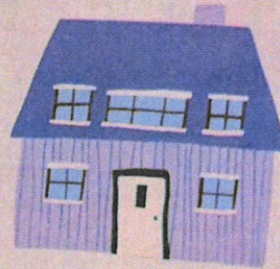


# I'M COVID POSITIVE, WHAT DO I DO?



## STAY HOME FOR 5 DAYS

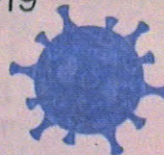
- If symptoms are not improving after 5 days, continue to isolate until day 10



## NOTIFY CLOSE CONTACTS

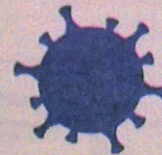
Close contacts should quarantine for 5 days, then test on day 5 (if possible) and continue to wear a well fitting-mask for an additional 5 days, if:

- They have not completed a COVID-19 vaccine series
- They are not boosted, but eligible



## COMPLETE YOUR DOCUMENTATION

- Visit [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov) to complete your documentation for Isolation or Quarantine (attestation form)
- The last day on your attestation will serve as your release date
- Ex: If your isolation is January 15 - 20th, you are automatically released on January 21st (unless symptoms are not improving)



1/23/22

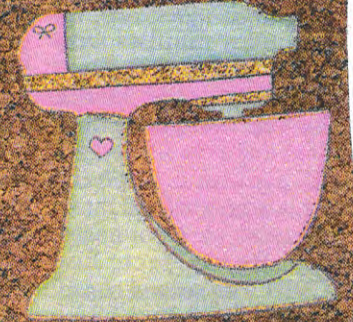
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Recipe for...  
**HEALTHY  
RELATIONSHIPS**

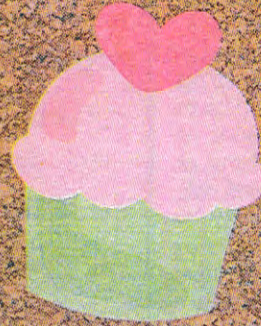


**INGREDIENTS**

**TRUST**

**COMMUNICATION**

**BOUNDARIES**



**KNOW YOUR  
WORTH!**

**DIRECTIONS**

**BE PATIENT  
WITH ONE  
ANOTHER**

**CONSENT**

**RESPECT**

**WORK ON  
AREAS  
WHERE YOU  
STRUGGLE**

**MIX ALL  
INGREDIENTS**

**NEVER STOP WORKING ON YOUR  
RELATIONSHIP TOGETHER\***

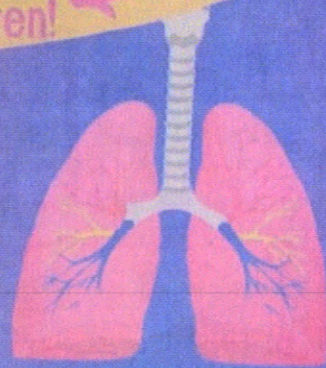
*2/13/22 Owego Pennysaver*  
*2/13/22 Owego Pennysaver*



# PNEUMOCOCCAL VACCINE

Not just for children!

Pneumococcal Disease is caused by bacteria that can lead to serious infections in the lungs (pneumonia), blood, and brain (meningitis). Those at increased risk for pneumococcal disease are children under 2 years and adults over 65 years.



## VACCINATION IS RECOMMENDED FOR...



All children under 2 years



People 2 years to 64 years with certain medical conditions



All adults 65 years and older



Pneumococcal pneumonia causes an estimated **150,000 hospitalizations** each year in the United States, according to the CDC.

For more information, visit: [WWW.CDC.GOV/PNEUMOCOCCAL](http://WWW.CDC.GOV/PNEUMOCOCCAL)

Morning Times 2/26/22

# BAT IN YOUR HOME?

**DON'T:**

LET THE BAT GO

KILL THE BAT

THROW THE BAT AWAY

**DO:**

CALL TIOGA COUNTY PUBLIC HEALTH

SAVE THE BAT

WEAR GLOVES WHEN HANDLING THE BAT



**TIOGA COUNTY PUBLIC HEALTH**  
**607-687-8600**

Morning Times 2/26/22



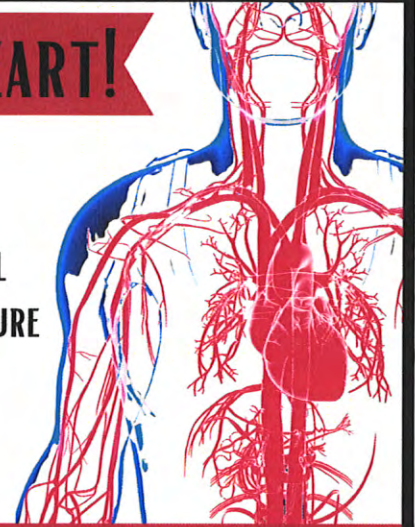
# WHAT THE HEALTH!?

## PEARLS OF WISDOM

- P**rotect tiny teeth by caring for your mouth when you're pregnant. Your child's future oral health starts with you.
- E**nsure to wipe your baby's gums after each meal.
- A**void putting babies to bed with a bottle.
- R**emember to brush your child's teeth twice daily with fluoride toothpaste. For children younger than 2 years, consult with your dentist or doctor about when to start using fluoride toothpaste.
- L**imit drinks and food with added sugars for children. Encourage your child to eat more fruits and vegetables and have fewer fruit drinks, cookies, and candies. This gives your child the best possible start to good oral health.
- S**chedule your child's first dental visit by their first birthday or after their first tooth appears. Their tiny teeth matter!

## LOVE YOUR HEART!

- BE ACTIVE
- EAT WELL
- CONTROL CHOLESTEROL
- MANAGE BLOOD PRESSURE
- REDUCE BLOOD SUGAR
- LOSE WEIGHT
- QUIT SMOKING



## AMERICAN HEART MONTH!

### I'M COVID POSITIVE, WHAT DO I DO?

#### STAY HOME FOR 5 DAYS

- If symptoms are not improving after 5 days, continue to isolate until day 10



#### NOTIFY CLOSE CONTACTS

Close contacts should quarantine for 5 days, then test on day 5 (if possible) and continue to wear a well fitting-mask for an additional 5 days, if:

- They have not completed a COVID-19 vaccine series
- They are not boosted, but eligible



#### COMPLETE YOUR DOCUMENTATION

- Visit [ph.tiogacountyny.gov](https://ph.tiogacountyny.gov) to complete your documentation for Isolation or Quarantine (attestation form)
- The last day on your attestation will serve as your release date
- Ex: If your isolation is January 15 - 20th, you are automatically released on January 21st (unless symptoms are not improving)





# PERSONAL PREPAREDNESS FOR PEOPLE WITH DISABILITIES

Stay Informed. Make a Plan. Build a Kit. Get Involved.

## Build a Kit.

- In addition to basic survival supplies, an emergency kit should have items to meet your individual needs.
- Consider items you use every day, and which ones you may need to add to your kit.
- Find additional tips specific to your needs at [ready.gov/disability](https://www.ready.gov/disability).

You may be on your own for several days, and access to medical facilities or drug stores may be limited or unavailable, which is why it's crucial to plan for your daily needs now, and know what to do.



## Make a Plan.

- Create a support network of people who can help you.
- If you are on dialysis or other life-sustaining medical treatment, know the location and availability of more than one facility that can help you.
- If you use power-dependent medical equipment, talk to your healthcare provider about how to keep it running during a power outage. You can also ask your power provide about being added to a list for priority power restoration.
- If you have a communication disability, consider carrying printed cards or storing information on your devices to inform people how to communicate with you.
- Get your benefits electronically through direct deposit or the Direct Express prepaid debit card.



## Stay Informed.

- Know which disasters could affect your area.
- Know when to evacuate and when to shelter-in-place.
- Keep up with TV, radio, and mobile alerts.





# How Much Sleep Do I Need?

0-3 months =  
14-17 hours

4-12 months =  
12-16 hours

1-2 years =  
11-14 hours

6-12 years =  
9-12 hours

3-5 years =  
10-13 hours

13-18 years =  
8-10 hours

18 & older =  
7-9 hours





Recipe for...

## HEALTHY RELATIONSHIPS

### INGREDIENTS

### DIRECTIONS

#### TRUST

YOU ARE VULNERABLE WITH ONE ANOTHER AND KNOW YOU CAN RELY ON YOUR PARTNER FOR SUPPORT.

#### BOUNDARIES

YOU FIND WAYS TO MEET EACH OTHER'S NEEDS IN WAYS YOU ARE BOTH COMFORTABLE WITH.

#### CONSENT

YOU LISTEN AND RESPECT ONE ANOTHER'S BOUNDARIES. YOU DON'T USE FORCE OR GUILT TO GET YOUR WAY.

#### COMMUNICATION

YOU SHARE YOUR FEELINGS WITH ONE ANOTHER, EVEN WHEN YOU DON'T AGREE, IN A WAY THAT MAKES THE OTHER PERSON FEEL HEARD, NOT JUDGED.

#### RESPECT

YOU CONSIDER EACH OTHER'S FEELINGS, WISHES, AND NEEDS.

NEED HELP LEAVING AN ABUSIVE RELATIONSHIP?  
CALL  
A MEN HOPE CENTER'S  
24/7 HOTLINE:  
607-687-6866

NOTE:

NOT ALL RELATIONSHIPS LAST FOREVER & A RELATIONSHIP TAKES 2 PEOPLE IN A HEALTHY RELATIONSHIP, BOTH PARTIES ACTIVELY WORK ON IMPROVING AND MAINTAINING THE RELATIONSHIP. ONE PERSON SHOULD NOT BE PUTTING FORTH ALL THE EFFORT!

#### MIX ALL INGREDIENTS

#### BE PATIENT WITH ONE ANOTHER

#### NEVER STOP WORKING ON YOUR RELATIONSHIP TOGETHER!

#### KNOW YOUR WORTH!

IF THE RELATIONSHIP BECOMES MENTALLY OR PHYSICALLY ABUSIVE, OR YOU NO LONGER FEEL SAFE, SEEK HELP & LEAVE THE RELATIONSHIP.

#### WORK ON AREAS WHERE YOU STRUGGLE