



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: July 14, 2022

RE: Board of Health Meeting - Thursday, July 21, 2022,
7:30 a.m., Multi-Purpose Conference Room, 2nd Floor of Health and Human
Services Building at 1062 St. Rt. 38, Owego, NY 13827.

AGENDA

Introduction of Guests

- Christina Olevano, Tioga County Prevent Services Supervisor, CASA -Trinity
- Kylie Holochak, Senior Public Health Educator

Presentation

- E-Cigarettes, Vaping, and the Impact on Tioga County Youth

Additional Items

Old Business

- Meeting Minutes
- Enforcements
- Stipulation Policy

New Business

- N/A

Informational

- Agency Updates – June 2022

Next Meeting Information

- **REMINDER:** No Meeting in August
- Next Meeting will be September 15, 2022



TIOGA COUNTY BOARD OF HEALTH

MEETING MINUTES June 16, 2022

BOARD MEMBERS PRESENT (All Attended In Person):

J. Picco, DDS, President (Arrived at 7:35 A.M.)
T. Hills, DVM, Vice President
W. Standinger III, Legislator
T. Nytch, DVM
W. Simmons
T. Leary, FNP
J. Raftis, DO, FACEP
R. Kapur-Pado, DO (Arrived at 7:37 A.M.)

STAFF PRESENT:

L. McCafferty, Secretary
P. DeWind, Esq., County Attorney (Arrived at 7:35 A.M.)
A. Reigelman, Secretary to the Public Health Director

ABSENT:

K. Millar, CRNA

GUEST:

Dan Scherrer, Public Health Sanitarian, Tioga County Public Health

CALL TO ORDER: 7:34 a.m. by Dr. Hills.

INTRODUCTION OF GUESTS:

Dr. Hills introduced Mr. Scherrer, presenting on topic of Tioga County Public Health potable water program. Ms. McCafferty provided a background /overview of Mr. Scherrer's many roles at Public Health.

PRESENTATION:

- Mr. Scherrer presented on various aspects of the Tioga County water program and the monitoring/reporting of public water facilities including:
 - Ground Water
 - Sanitary Surveys
 - Different forms of contamination
 - Backflow Protection
 - Disinfection methods: Chlorination, Ozone, Ultraviolet light
 - Testing, monitoring/reporting methods
- Mr. Scherrer made note that if a violation is found at a facility, the facility is not necessarily fined immediately if they fix the problem within a certain time frame; Public Health works with the facility operators to be able to ensure correction.
- Dr. Nytch inquired if Public Health does private home testing as well as public.
 - Mr. Scherrer answered that they do receive lots of calls for testing of private wells; mostly testing for Coliform, Nitrates, and contamination spills.
- Dr. Raftis asked how the quantity and quality of the water in Tioga County is comparable to other local counties/regionally.
 - Mr. Scherrer responded that the volume is excellent; briefly explained that during last drought, water levels only decreased slightly then were built back up again quickly.



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- Tioga County water quality is also good, since 2013 have only seen small amount of contaminated wells.
- Brief discussion of various types of facilities and specific testing/inspection requirements (Mobile Home Parks, Fire stations, local businesses, etc.)

OLD BUSINESS:

- Meeting Minutes: Motion to approve prior minutes made by Dr. Picco; seconded by Dr. Nyth; no discussion, all were in favor, motion approved.
- Enforcements:
 - Ms. McCafferty explained the Wendy's violation, stating that the facility had not paid within the first 30 days of receiving, therefore they had to pay the full amount of the fine versus the abbreviated. Violation consisted of cleanliness issues, which Ms. McCafferty explained may be due to staffing challenges.
 - The mobile home park violation, related to lack of a cover.
- Stipulation Policy: Current policy is dated from 2010. Ms. McCafferty stated that Public Health is in process of modernizing all policies, procedures, governing documents, ex. Sanitary Code, and having a routinized schedule for review, assessment. Stakeholders feedback is part of the process.
 - Mr. Scherrer thought that policy should be updated to look at quantity of violations, not just type of violation.
 - Example: A facility could have 20 blue violations, and be filthy, but it does not require a stipulation be sent. On the other hand, a facility could be immaculately cleaned, but have one red violation which would require a stipulation.
 - Red violation is a direct Public Health hazard (ex: cross contamination).
 - Blue violation example is not cleaning the refrigerator.
 - Dr. Kapur-Pado inquired if our fines are comparable to other counties.
 - All counties have different policies on how they fine facilities, but Tioga County seems to fit right in the middle with how enforcements are handled.
 - Dr. Raftis asked if the new Cannabis-selling businesses will be included in this policy.
 - Ms. McCafferty stated that it is not certain yet where Cannabis enforcement will occur, possibly will know within the next couple of years.
 - Discussion of food trucks, temporary event permitting/inspecting (ex. Strawberry Festival), and general inspection details of year-round permitted facilities.
 - All inspection results can be reviewed online through State website.
 - Standardization process of facility inspectors through New York State.
 - Intense training: classroom trainings, on site experience, certifications to ensure consistency of inspecting facilities statewide.
 - Inspections are twice a year for facilities considered high risk (schools, facilities that make homemade items), and only once a year for low risk facilities. If complaints are received inspect more often.
 - Some overlap with Department of Agriculture Markets (AgroMarkets), but have good communication/working relationship when there are overlaps.

NEW BUSINESS:

N/A

INFORMATIONAL:

- Board received the Agency Report electronically,
- Ms. McCafferty handed out New York State Communicable Disease Reporting Requirements chart, for most current list of reportable diseases. Diseases that are highlighted in red prompt action and shall be reported immediately.
- Ms. McCafferty provided update on Community Health Assessment: the survey for Tioga County residents to complete has been publicized via many venues, print, media, placards, email list serves.



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- Ms. McCafferty thanked the Board for their comments on the stipulation policy.

ADDITIONAL ITEMS:

- Dr. Raftis brought up discussion topic with Board on the increased use of vaping seen in young adults, and provided some personal knowledge on the subject. Asked the Board if this is something that they would like to pursue.
- Ms. McCafferty indicated seeing cigarette smoking decrease, but vaping has significantly increased. Public Health partners with ASAP Coalition. Will ask Christina Olevano, Prevention Coordinator for Tioga County come and speak on the topic.

Ms. McCafferty advised the Board that the next meeting will be July 21st, and it will be held in person at the Health and Human Services Building Multipurpose room.

Dr. Picco called for adjournment at 8:38 A.M.

Minutes respectfully submitted by Lisa McCafferty.

Joseph Picco, DDS; President

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

Minutes approved July 21, 2022



Public Health
Prevent. Promote. Protect.

Tioga County

July 2022 Enforcements

<u>Business</u>	<u>Type of Violation</u>	<u>Fine Paid/Date</u>	<u>Year to Date</u>
Jin Xian Yang Lucky Kitchen 6532 St. Rt. 434 Apalachin, NY	Food	\$340.00 6/01/2022	First
Scott & Karla Woodmansee The Red Rooster 13334 St. Rt. 38. Richford, NY	Water	\$100.00 6/15/2022	First
Scott & Karla Woodmansee The Red Rooster 13334 St. Rt. 38. Richford, NY	Water	\$75.00 6/15/2022	Second
Tioga Downs Racetrack, LLC P.J. Clarke's 2384 W. River Rd. Nichols, NY	Food	\$100.00 6/15/2022	First
Tioga Downs Racetrack, LLC Coasters Sports Bar 2384 W. River Rd. Nichols, NY	Food	\$430.00 6/15/2022	First
Simrat Aulach Burger King, Nichols 305 Stanton Hill Rd. Nichols, NY	Food	\$110.00 7/05/2022	First



Tioga County Public Health Department

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



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Tioga County

NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- Commenced Community Health Assessment (CHA) for 2022-2024; including survey to assess community beliefs and perceptions around health problems. To date, over 280 surveys have been completed. Looking to reach at least 500 Tioga County residents (QR code makes it easy).
- Environmental Health inspected 26 temporary facilities, 4 mobile food trucks, and 5 restaurants for the Strawberry Festival; no violations were found. Health Educator Angel Conklin passed out postcards promoting the CHA at the event.
- Launched Project Public Health Ready, an accreditation process for our department regarding our role in emergency preparedness, led by Emergency Preparedness Coordinator Katie Wait.
- Health Educators distributed annual "Fun in the Sun" guide books to all local schools. The guide lists summer camps, activities and summer safety tips.
- Health Educators and Environmental Health Sanitarians collaborated to educate the community about childhood lead poisoning with a press release and live interview.
- Serafini Transportation Corp. was awarded the bid for Transportation Services to Early Intervention and Preschool Special Education Children's Program for another 3-year term.
- Racker will be staying in the Owego location for their 2022-2023 school year to provide Special Education program.
- To help address the provider capacity issue for Early Intervention and Preschool, we now have a therapy room on-site, providers can use with families.
- Environmental Health staff transitioned to Mutli-factor Authentication and RSA Tokens for logging into EH software applications (EHips).
- 2021-22 Dental program summary reports were created to send to Tioga County school districts comparing individual district student data with data of all districts as a whole.
- The Dental Van is back at the Health and Human Services Building for the summer.
- Two new Board of Health members received an orientation, an overview of their new roles given by Lisa McCafferty.
- Jason Davis attended a MUNIS Super User's Training.
- Said goodbye to Laura Schurter and wished her luck in her promotion to the Treasurer's Office.
- All staff completed the County's Defensive Driver's Course!

- 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, Immunization Action Plan Coalition, and Lead Poisoning Prevention Program (LPPP) Coalition.

Continuing with COVID-19

- Continuing to monitor Covid-19 in the county. Provided Covid-education in the “Fun in the Sun” guide distributed to all K-5th graders.
- [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 June 23, 2022; since March 14, 2020 onset:

New York State	National
Total Known Cases: 5,732,447	Total Known Cases: 88,443,398
Total Known Deaths: 70, 002	Total Known Deaths: 1,039,771
Total Known Recoveries: 5,607,090	Total Known Recoveries: 84,153,379
- Current Numbers To Date; since March 14, 2020 onset:
 - **831** Days Since Public Health EOC activated (3/14/2020)
 - **12,407** Confirmed Cases (Data from NYS CommCare system)
 - **20,869** Quarantine/ Isolation Orders Issued (Data from NYS CommCare system)
 - **4,323** Household Trips/Deliveries
 - **186** Complaints
 - **4,036** Facebook Likes
 - **1,051** Facebook Posts
 - **52** Media Interviews
 - **130** Press Releases

*Go to New York State Dashboard for current COVID-19 data at:
<https://coronavirus.health.ny.gov/covid-19-data-new-york>

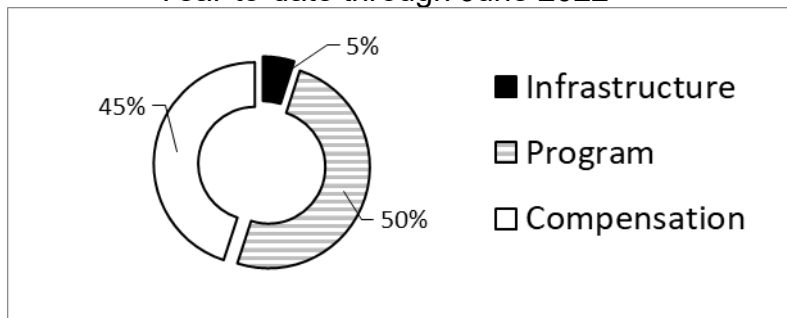
Attachments:

1. Financial Snapshot June 2022.
2. Data Report June 2022.
3. Article: "Tioga County Legislature approves budget modifications for 2022," Tioga County Courier, June 22, 2022.
4. Article: "Guest Editorial: Stay Away from Unfamiliar Animals!," Owego Pennysaver, June 12, 2022.
5. Article: "Guest column: June is Men's Health Month," Tioga County Courier, June 8, 2022.
6. Flyer: Prepare Your Pets for Disasters," June 2022.
7. Flyer: "Unfamiliar Animal?," June 2022.
8. Advertisement: "Sun Safety," Morning Times, June 4, 2022.
9. Flyer: "Beat the Heat!," June 2022.
10. Flyer: "What the Health!?", June 2022.
11. Flyer: "June is the National Month of...," June 2022.
12. Flyer: "COVID-19 Safety For Spring & Summer," June 2022.
13. Bulletin Board: "LGBTQ & Mental Health Awareness," Health & Human Services Building, June 2022.
14. Bulletin Board: " Pests Bugging You?," 56 Main St., June 2022.
15. Flyer: "Tioga County Community Health Assessment Survey," June 2022.
16. 2021-22 Dental Program Summary Reports: CCSD, NVCS, OACSD, SVECSD, TCSD, WCSD, June 2022.
17. Summer 2022 Fun in the Sun Guide, June 2022.

Financial Snapshot
Year-to-date through June 2022

	2018 Actual	2019 Actual	2020 Actual*2	2021 Actual	2022 Budget	Actual*1,3 YTD 2022	Percentage of 2022 Budget
Revenues							
Fees	1,100,359	1,112,262	739,661	625,355	905,235	320,094	35 %
State/Federal	2,680,110	2,704,275	2,047,032	2,315,802	3,040,651	513,582	17 %
Local	2,147,623	2,103,208	1,924,103	1,906,875	2,873,519	1,301,939	45 %
TOTAL	5,928,092	5,919,745	4,710,796	4,848,032	6,819,405	2,135,615	31 %
Expenses							
Compensation	1,734,508	1,728,302	1,889,627	2,136,196	2,541,397	973,277	38 %
Program Expense	3,671,760	3,661,604	2,518,252	3,928,472	3,909,930	1,064,764	27 %
Core Infrastructure	521,824	529,838	302,917	347,691	368,078	101,574	28 %
TOTAL	5,928,092	5,919,745	4,710,796	6,412,359	6,819,405	2,135,615	31 %
FTE: 2022 Approved Headcount of 37 FTE: 31 FT & 6 PT Plus 3 Temps	23.8	26.3	23.7	29.2	30.8	-----	-----

Allocation of Expenses
Year-to-date through June 2022*1,3



*Notes: 1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (6/29/2022), and are not the FINAL June 2022 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

PUBLIC HEALTH ACTIVITIES	Y-E 2020	Y-E 2021	Jun-22	Y-T-D
Community Health				
Healthy Neighborhoods Program Visits	94	112	15	133
- HNP revisits	40	14	0	7
Communicable Disease	618	0	0	0
- Respiratory (Legionellosis, Strep)	143	4	0	4
- Influenza	571	49	5	208
- Tick caused	19	105	18	73
- Hepatitis	20	53	4	57
- Gastrointestinal Disease	16	40	4	15
- PPD Test Administered	5	0	1	1
Child Passenger Safety Seats Inspected	6	20	0	14
- Child Seats FAILED Inspection	5	10	1	12
PH Interns	1	2	1	1
Immunizations total child and adult	35	0	0	0
People Trained w/ Narcan	9	2	0	1
Narcan Distributed (added 8/18)	41	160	0	44
Dental				
New Clients	124	154	37	160
Dental Screenings	631	782	82	526
- Clients with no tooth decay	237	328	9	135
- Clients WITH tooth decay	116	310	42	252
- Clients with EXTENSIVE tooth decay	251	128	25	132
Extractions	91	179	9	50
Children Services				
Early Intervention Referrals	132	138	11	79
- Early Intervention CURRENT Caseload Monthly total	531	638	68	388
Environmental Health				
Animal bite investigations	119	150	14	85
Rabies Clinics	2	6	0	4
- Number of Animals	391	1098	0	685
Food Establishment Inspections	81	182	21	85
- Establishments with Violation	10	26	1	9
Temporary Food Inspections	2	8	26	26
- Clean Indoor Air Act Violations (Smoking)	0	0	0	0
Mobile Home Park Inspections	3	37	0	4
Swimming Pool Inspections	9	14	2	3
Children's Camps	5	4	0	0
Agriculture Fairgrounds	0	2	0	0
Nuisance Complaints	58	17	1	9
Enforcement Actions	11	31	3	16
Weights & Measures				
Inspection Sites	69	129	18	47
- Devices Inspected	277	499	12	64
Petroleum Quality Samples Taken	0	0	0	0
COVID-19				
* Days Public Health EOC activated from year start	285	364	N/A	182
Total COVID Cases for period	5849	5628	211	5245
Individuals Tracked	5849	13224	211	5532
Calls Taken	15257	7824	14	445
Quarantine/Isolation Orders Issued	4323	13586	0	2886
Household Trips/deliveries	2518	1772	0	33
COVID-19 Related Complaints	144	41	0	1
Vaccination Clinics	36	36	0	2

* EOC originally activated starting 3/14/20

Tioga County Legislature approves budget modifications for 2022

by Anne O. Stout
 At the June 14 meeting of the Tioga County Legislature several budget modifications were approved for the 2022 budget.

The Legislature approved fund capital reserves for an emergency radio communication system and

infrastructure. The legislature noted that they recognize the importance of the emergency radio communication systems, and so will fund it with the 2021 surplus of sales tax revenue in the amount of \$6,463,875. A transfer from the General Operating Fund of \$4,300,000 to the Capital Fund

was approved. Legislative Chair Saucrbrey stated they have been working on getting grants for the emergency communication program, but are putting the funds aside now.

The Tioga County Veterans' Agency (TCVSA) has received increased direct State aid to localities money, an increase from \$10,000 to \$25,000 for 2022. TCVSA has also received new state aid to localities money for the PFC Dwyer Program (\$100,000) from the Tioga County Mental Hygiene Department. The funds will be used to cover the expenses created by changing one part-time Veterans Service Officer position to full time (40 hours), and changing the Director of

Veterans Services position from a 35 hour work week to a 40 hour work week; and changing the remaining part time Veterans Services Officer from a 17 hour work week to a 19.5 hour work week, effective June 18, 2022. Legislators Standing and Mullen complimented the Director of Veterans Services Michael Middaugh "for the fine job he is doing for the Veterans of Tioga County".

A resolution was passed to transfer \$170,000 in funds to help with a Tioga County bridge in need of repair, following to an inspection by NYSDOT. Legislator Standing reported it is the Park Settlement Bridge in Candor, and may possibly be the only wooden bridge left in the state. The Legislature awarded a contract for the repairs to Park Settlement Bridge to Economy Paving Co., Inc, Cortland for \$164,644.46.

The Tioga County Public Health has been awarded additional funds from the state Department of Health for successful participation in the NYSDOH Local Health

Department Performance Incentive Program for \$22,000. The Tioga County Public Health also received two funding awards from Delta Dental of \$25,000, and these funds are specifically for Tioga county's Mobile Dental services.

The Tioga County Department of Social Services appropriated Safe Harbor funding in program expense, and the department has identified a need for an iPad and accessories for the Safe Harbor program, at a cost of \$1,439. Tioga County Department of Social Services has moved high density filing from the services area to accommodate the need for more office space and office furniture for staff moving to the new office space, so a transfer of \$10,000 was approved.

Youth Sports and Education Opportunity Funding has been awarded to the Tioga County Youth Bureau from the Office of Children and Family Services in the amount of \$6,653. Additional funding has been awarded to Tioga County Department of

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Services from the Office of Homeland Security/Federal Temporary and Disability Assistance for the Summer Youth Employment Programs for \$118,459.

A resolution was passed to authorize the sale of county owned properties acquired for delinquent taxes; two in the Village of Waverly, two in the Town of Barton; one in the Village of Candor, four in the Town of Newark Valley, one in the Town of Nichols, six in the Village of Owego, three in the Town of Richford, three in the Town of Spencer, and four in the Town of Tioga. Legislator Standing

noted, "It is unfortunate that people can't pay their taxes and this needs to be done." Tioga County has budgeted funds for the replacement of the HVAC Controls at the HHS Building and authorized awarding the BASE Bid contract to Postler and Jaekle Corporation, Endicott, NY at a cost not to exceed \$492,420. Serafini Transportation Corp was determined to be the best bidder for transportation services for early intervention and preschool special education children's program Public Health at a cost of \$105 per child for Zone 1 and \$118 per child for Zone 2.

Two resolutions were passed authorizing the legislative chair to sign on NY Owego II LLC on a project located at 267 Cafferty Hill Road; and to authorize the legislative chair to sign on NY Owego III, LLC payment in lieu of tax agreement on project located at 2635 Day Hollow road. The NYS Department of

Homeland Security/Federal Emergency Management Agency has issued a grant of \$59,750 to the Tioga County Office of Emergency Services; 30% of the funds will be appropriated to the Sheriff's Office (\$17,925), and 70% to Emergency Management (\$41,825). Due to Computer Aided Dispatch (CAD) upgrade in the E911 Center, it was reported as necessary to replace the outdated laptop computers in the Sheriff's patrol cars as well as the cell phone modems and antennas. This was approved by the Legislature at a cost not to exceed \$50,000. A recognition resolution was read and presented by Legislator Dale Weston for Alan Ervay's 20 years of dedicated service to Tioga County. Ervay said, "These past 20 years I have enjoyed working with the employees of Tioga County; they all are nice people." His supervisor spoke of Ervay always going the extra mile, he was a mechanic and CDI driver and would even sub for snow plowing if needed.

The legislature passed a proclamation proclaiming the month of June 2022 as Skin Cancer Awareness Month. According to the NYS Cancer registry, Tioga county averages about 20 cases of melanoma annually. Skin cancer is the most common cancer in the US and worldwide, affecting 1 in 5 Americans by the age of 70. Melanoma, the third most common form of skin cancer is estimated to kill approximately 7,650 individuals in 2022; and according to NYS Cancer registry, Tioga county averages about 20 cases of melanoma annually.

Tioga County Courier 01/23/22

Guest Editorial: Stay Away from Unfamiliar Animals!

**CONTRIBUTED BY THE
TIOGA COUNTY PUBLIC
HEALTH DEPARTMENT**

Tioga County Public Health has recently seen an increase in domestic animal bites within the county. Animal bites have the potential to spread rabies, a

fatal but preventable viral disease that can affect both humans and animals. It is important that residents know what to do if they encounter an unfamiliar animal.

If you see an animal you do not know, whether it is domestic or wild, do not

touch it or try to capture it; use caution and try to avoid the animal; if the animal is in your backyard, go inside; for loose or stray dogs, contact the local dog control officer; if domestic and with their owner, ask permission before approaching. If the animal

is openly aggressive (attacking or attempting to attack others), call 9-1-1.

If you are bitten, if the animal is domestic collect as much information on the animal and their owner as possible (i.e., the owner's name and contact information, name of the animal, distinguishable markings, rabies vaccination status). If wild and available for rabies testing, save the animal dou-

ble-bagged on ice or refrigerated until it can be collected. Call Tioga County Public Health for further instruction. Most importantly, seek medical care.

Daniel Scherrer, Public Health sanitarian, reiterates the importance of staying away from unfamiliar animals, stating, "You never know how an animal may react. It may appear to be friendly, but turn aggres-

sive once approached. The best thing to do for your safety, and the safety of the animal, is to stay away and contact the appropriate authorities."

Tioga County Public Health would also like to remind residents to keep their pets up-to-date on their rabies vaccinations. For the 2022 Rabies Vaccination Clinic schedule, visit ph.tiogacountyny.gov. *Owego Pennsylvanian 6/13/22*

Guest column: June is Men's Health month

Submitted by the Tioga County Health Department

Men's Health Month is observed each June to increase awareness of the health concerns that men commonly face. It's important to encourage the men in our lives to take steps to improve their health and wellness across all domains – physical, emotional, and mental. The top three causes of death for men are heart disease, cancer, and COVID-19, respectively.

In the United States 51.9% of men aged 20 and older have high blood pressure and/or are taking medication to control high blood pressure.

Additionally, 40.5% of men aged 20 and older are obese.

In Tioga County, 29.8% of adults have high blood pressure and 27.5% of adults are obese.

The importance of Men's Health Month is documented in this data since obesity is a risk factor for all three of the top causes of death for men, and high blood pressure is a risk factor for heart disease.

It's never too late to start adopting healthy habits, such as:

- Quitting smoking
- Reducing or eliminating alcohol consumption
- Getting regular exercise
- Eating a variety of fruits, vegetables, whole grains, and lean meats
- Visiting your primary care provider regularly for check-ups, screenings, and other medical care

Men also face roadblocks when it comes to emotional and mental health. Society often teaches men that it is a weakness to discuss or show emotion. Taking care of mental and emotional health might look like:

- Staying connected to friends, family, and the communities you're involved in
- Working on your self-talk and mindset
- Learning new coping skills
- Finding meaning in your life, like volunteering, or joining a faith-based community
- Speaking with your doctor or a therapist

Be sure to recognize when

additional help should be sought from a professional.

Discussing mental and emotional health is not a weakness, but rather the greatest form of strength. There are resources and people willing to help.

Tioga County Mental Hygiene:
607-687-4000

National Suicide Prevention
Lifeline/Veterans Crisis Line:
1-800-273-8255

Tioga Co. Courier 6/8/22



Prepare Your Pets For Disasters

Make a plan. Build a kit. Stay informed.

Make a Plan

If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress, and worry, when you need to make a decision during an emergency.

Things to Include in Your Plan:

- Know what to do with your pet during an evacuation. Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.
- Develop a buddy system. Plan with neighbors, friends, or relatives to make sure that someone is available to care for - or evacuate - your pets if you are unable to do so.
- Have copies of your pet's vaccination record, and make sure your pet is microchipped. Keep your address and phone number up-to-date and include an emergency contact outside of your immediate area.
- Keep contact information for your local emergency management office or animal control office and shelters on hand in case you become separated from your pet.

Build a Kit for Your Pet

Review your kit regularly to ensure the contents are fresh.

Things to Include in Your Kit:

- Food & Water - keep several days' supply of both
 - Keep food in an airtight, waterproof container, and have a water bowl to use
- Medicine - keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container
- First Aid Kit - include items appropriate for your pet's emergency medical needs
- Backup Collar with ID Tag and Harness or Leash - have copies of your pet's registration information in a waterproof container and available electronically
- Traveling Bag, Crate, or Sturdy Carrier - for each pet
- Grooming Items - pet shampoo and other items, in case your pet needs some cleaning up
- A Picture of You & Your Pet Together - if you become separated from your pet, a picture will help you document ownership, and allow others to assist you in identifying your pet
- Sanitation Needs - include pet litter and litter box, trash bags, and other items to provide for your pet's sanitation needs
- Familiar Items - put favorite toys, treats, or bedding in your kit to reduce stress for your pets



Stay Informed

Stay informed of current conditions and know how you will receive emergency alerts and warnings. Always bring pets indoors at the first sign or warning of a storm.



Learn more at [ready.gov/pets](https://www.ready.gov/pets)



UNFAMILIAR ANIMAL?

WHETHER IT IS WILD OR A PET...

DO NOT TOUCH IT



USE CAUTION, GO INSIDE

CALL THE LOCAL DOG CONTROL OFFICER

If the animal is openly aggressive (attacking others), call 911

IF YOU GET BIT...

Collect as much information on the animal as possible (Owner name and address, pet name, markings, rabies vaccination status)

Seek medical care



SUN SAFETY

SUNSCREEN

Use sunscreen with at least 15 SPF.
Cover your entire body and reapply every 2 hours or after getting wet.

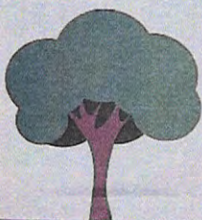


Note: Sunscreen should not be used on children under the age of 6 months. Instead, keep them out of direct sunlight.

SHADE

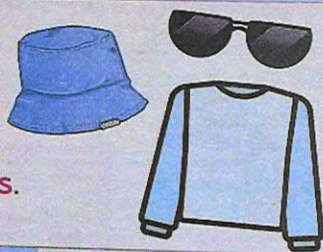
Spend as much time in shaded areas as possible.

Examples: Trees, pavilions, tents, or umbrellas



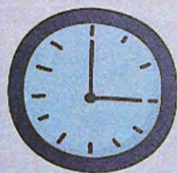
CLOTHING

Dress in long-sleeved clothing, sunglasses, and wide-brimmed hats.



TIME

Limit time outside between 10am - 4pm.



This is when the sun's rays are strongest! Head inside if you notice your skin turning red or pink.



Morning Times 6/4/22



Beat the Heat!

Cooling Centers & Swimming Pools

Apalachin Public Library

607-625-3333

719 Main St., Apalachin

Mon, Tues, Thurs: 10am - 7pm

Fri & Sat: 10am - 2pm

Cady Library

607-699-3835

42 E. River Road., Nichols

Mon: 2pm - 8:30pm

Tues, Weds, Fri: 2pm - 5:30pm

Thurs: 2pm - 8pm

Sat: 10am - 12pm

Candor Free Library

607-659-7258

2 Bank St., Candor

Mon - Fri: 2pm - 5pm

Tues & Thurs: 10am - 12pm, 6pm - 8pm

Sat: 10am - 12pm, 2pm - 4pm

Coburn Free Library

607-687-3520

275 Main St., Owego

Mon, Weds, Fri: 10am - 5pm

Tues & Thurs: 2pm - 7pm

Spencer Library

607-589-4496

41 N. Main St., Spencer

Mon: 9am - 2pm

Tues - Fri: 3pm - 8pm

Sat: 10am - 2pm

Tappan-Spaulling Memorial Library

607-642-9960

6 Rock St., Newark Valley

Mon, Weds: 1pm - 6pm

Tues, Thurs, Sat: 9am - 2pm

Waverly Free Library

607-565-9341

18 Elizabeth St., Waverly

Tues: 10am - 7pm

Wed, Thurs: 10am - 5pm

Fri: 10am - 4pm

Sat: 10am - 2pm



Greater Owego Community Pool

607-687-6352

1 Sheldon Guile Blvd., Owego

Pool Hours & Availability: oacsd.org/communityconnection.aspx

Tioga Central School Indoor Pool

607-687-8001

27 Fifth Ave., Tioga Center

Pool Hours & Availability: tiogacentral.org/aquatics.aspx

Marvin Park Pool

50 W. Main St., Owego

607-687-1101

Open Swim: 12pm - 7pm

Adult Only Swim After 7pm



WHAT THE HEALTH!?

SUN SAFETY

SUNSCREEN

Use sunscreen with at least 15 SPF. Cover your entire body and reapply every 2 hours or after getting wet.

Note: Sunscreen should not be used on children under the age of 6 months. Instead, keep them out of direct sunlight.



SHADE

Spend as much time in shaded areas as possible.

Examples: Trees, pavilions, tents, or umbrellas



CLOTHING

Dress in long-sleeved clothing, sunglasses, and wide-brimmed hats.



TIME

Limit time outside between 10am - 4pm.

This is when the sun's rays are strongest! Head inside if you notice your skin turning red or pink.



Little Tick. Tiny Bite. BIG PROBLEM!



Protect Yourself

Check Your Whole Body

Remove Ticks

UNFAMILIAR ANIMAL?



WHETHER IT IS
WILD OR A PET

DO NOT TOUCH IT



USE CAUTION, GO INSIDE
CALL THE LOCAL DOG CONTROL OFFICER

If the animal is openly aggressive (attacking others),
CALL 911

IF YOU GET BIT...

Collect as much information on the animal as possible (Owner name and address, pet name, markings, rabies vaccination status) and seek medical care!



June is the
NATIONAL MONTH OF...

Dairy

- Adults should consume 3 servings of dairy products per day
- Children should consume 2-2.5 servings of dairy products per day, depending on their age
- A serving is approximately 1 cup; review the nutrition label for accurate amounts
- **Some dairy options include: Milk, yogurt, cheese, and non-dairy alternatives**



Fresh Fruits & Vegetables

- Adults should consume at least 1½ - 2 cups of fruit and 2 - 3 cups of vegetables per day
- Children should consume 1 - 2 cups of fruit and 1 - 3 cups of vegetables
- **Some fruit and vegetable options include: Apples, oranges, kiwi, peppers, carrots, broccoli, and more**















Iced Tea

- Choose unsweetened tea instead of sweetened
- Each 8-ounce serving of brewed black iced tea offers 520 micrograms of manganese, which is important for wound healing
- **Use fresh fruits to sweeten, instead of added sugars**



COVID-19 SAFETY FOR SPRING & SUMMER

1. **MAKE SURE YOU ARE UP TO DATE ON YOUR VACCINE AND BOOSTER (CHECK WITH YOUR PRIMARY CARE PROVIDER)** 
2. **PLAY SPORTS (BASKETBALL, SOCCER, BASEBALL, ETC.) AND/OR DO ACTIVITIES OUTSIDE FOR BETTER VENTILATION AND SPACE**   
3. **SOCIAL DISTANCE YOURSELF FROM OTHERS TO THE BEST OF YOUR ABILITY** 
4. **GO ON A WALK, JOG, OR RUN** 
5. **EXERCISE OUTSIDE** 
6. **EXPLORE NATURE** 
7. **ENJOY THE WARM WEATHER AND FRESH AIR WHILE ALSO STAYING HYDRATED**  
8. **CONTINUE TO REGULARLY WASH YOUR HANDS AND USE HAND SANITIZER**  

***PUTTING YOURSELF AND OTHERS AROUND YOU IN THE BEST POSITION TO STAY HEALTHY IS WHAT'S IMPORTANT**



Tioga County Public Health

LGBTQ+ MENTAL HEALTH AWARENESS

• Suicide attempts are 3 times more common among bisexual individuals than straight individuals

• 71% of LGBT youth reported discrimination due to either their sexual orientation or gender identity

• LGBT mental health statistics revealed that 40% of LGBT youth have considered suicide in the previous year

• LGBTQ+ individuals have a great risk of substance use disorder than straight individuals

• Half of LGBTQ+ people had experienced depression and three in five had experienced anxiety

• Those in the LGBT community are 2.5 times more likely to experience depression, anxiety, and substance abuse compared to heterosexuals

• LGBTQ+ youth are twice as likely to be bullied compared to heterosexual youth

• 68% of LGBTQ+ youth reported that they wanted counseling from a mental health professional, but were unable to receive it in the past 12 months due to lack of health insurance and resistance from caregiver/family members

THE ALIEN (AIDS) CONSULTATION LINE
1-888-843-4564

THE TREVOR PROJECT
1-800-785-9380

NATIONAL SUICIDE PREVENTION LINE
1-800-273-8255

EMERGENCY SUPPORT AND LOCAL RESOURCES FOR ALL AGES

TEXT TREVOR TO 1-202-304-1200

TEXT TALK TO 741741

HHS Building, June 2022

Tioga County Public Health

PESTS BUGGING YOU?

Common Pests

• Ants
• Bed Bugs
• Cockroaches
• Fleas
• Flies
• Mice
• Mosquitos

• Rats
• Spiders
• Stinging Pests
• Strik Bugs
• Termites
• Ticks

• Ceilings, walls, closets
• Furnings behind appliances
• Piles of paper, paper products
• Garage
• Missing baseboards
• Piles of wood, leaves
• Sinks, drains, exposed pipes
• Trash cans
• Basements, attics, crawl spaces

Seal & close off cracks and holes to eliminate outside entry and hiding spots.

Store items (especially food) in safe, enclosed containers.

Reduce clutter and places where pests can hide.

Perform routine cleaning and surveying from the roof to the basement floor.

Pest Prevention

Caulk cabinets & baseboards, use steel wool to fill gaps around pipes, and cover holes with wire mesh.

Remove water, food, and shelter sources.

Dispose of garbage regularly with a tightly closed lid.

56 Main St, Owego, June 2022

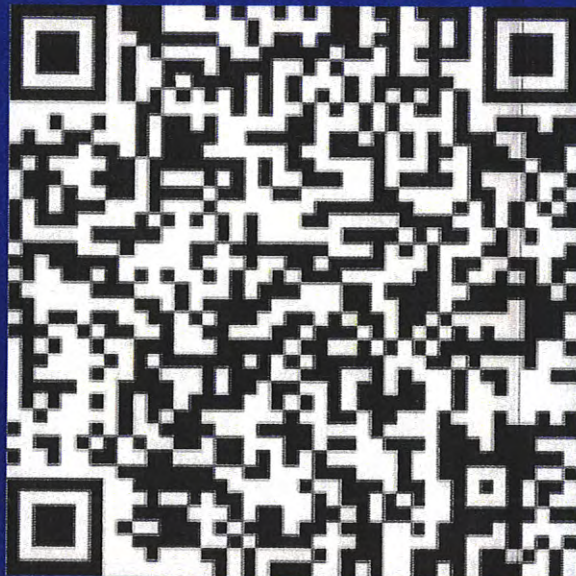


Tioga County

Community Health Assessment Survey

Help us assess the health of our community
in this brief 10 minute survey!

Use the link below or scan the QR code.
<https://www.surveymonkey.com/r/tiogaph22>



Those who complete the
survey may enter to win a
\$50 gas gift card!



Dental Program Summary: Candor Central School District



Let's do the numbers...

	K-12	Total Tioga Co. Schools
Students participating 2021/22	70	647
Students participating 2019/20	NA	588
Dental Screenings	70	606
% Low Cavity Risk (Children)	5%	15%
% Moderate Cavity Risk	68%	53%
% High Cavity Risk	27%	32%
Dental Cleanings	70	573
Fluoride Treatments	70	583
Sealants	90	708
Restorations (Fillings)	19	323
Extractions	2	31

DID YOU KNOW...?

- Tooth decay is the most common childhood disease.
- Tooth decay is 5X more common than asthma.
- 3 out of 5 children are affected by tooth decay.
- Over 34 million school hours are missed annually in the United States because of tooth decay.
- Tooth decay is almost entirely preventable.



Program Update

The end of the 2021/22 school year marks our 18th year of providing dental services to the children of Tioga County. It was our first full year with the new dental unit and we were able to visit all 6 school districts.

The dental van will be operating at the Health and Human Services building in Owego for the summer and we look forward to another great school year in 2022/23.

Tioga County Public Health
School Year 2021-2022



Dental Program Summary: Newark Valley Central School District



Let's do the numbers...

	NVHS	NVMS	NYH	Total Tioga Co. Schools
Students participating 2021/22	17	28	30	647
Students participating 2019/20	17	NA	NA	588
Dental Screenings	17	28	30	606
% Low Cavity Risk (Children)	24%	4%	4%	15%
% Moderate Cavity Risk	65%	57%	66%	53%
% High Cavity Risk	11%	39%	30%	32%
Dental Cleanings	17	28	30	573
Fluoride Treatments	17	28	30	583
Sealants	28	24	56	708
Restorations (Fillings)	5	25	21	323
Extractions	0	0	5	31

DID YOU KNOW...?

- Tooth decay is the most common childhood disease.
- Tooth decay is 5X more common than asthma.
- 3 out of 5 children are affected by tooth decay.
- Over 34 million school hours are missed annually in the United States because of tooth decay.
- Tooth decay is almost entirely preventable.



Program Update

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Tioga County Public Health
School Year 2021-2022



Dental Program Summary: Owego Apalachin School District



Let's do the numbers...

	AES	OES	MS/OFA	Total Tioga Co Schools
Students participating 2021/22	33	56	27	647
Students participating 2019/20	63	78	33	588
Dental Screenings	31	55	27	606
% Low Cavity Risk (Children)	26%	22%	38%	15%
% Moderate Cavity Risk	45%	53%	52%	53%
% High Cavity Risk	29%	25%	10%	32%
Dental Cleanings	27	55	27	573
Fluoride Treatments	29	54	25	583
Sealants	36	40	52	708
Restorations (Fillings)	16	31	20	323
Extractions	1	2	3	31

DID YOU KNOW...?



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- Tooth decay is 5X more common than asthma.
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- Over 34 million school hours are missed annually in the United States because of tooth decay.
- Tooth decay is almost entirely preventable.

Program Update

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Tioga County Public Health
School Year 2021-2022



Dental Program Summary: Spencer- Van Etten Central School District



Let's do the numbers...

	K-12	Total Tioga Co. Schools
Students participating 2021/22	73	647
Students participating 2019/20	NA	588
Dental Screenings	72	606
% Low Cavity Risk (Children)	7%	15%
% Moderate Cavity Risk	63%	53%
% High Cavity Risk	30%	32%
Dental Cleanings	69	573
Fluoride Treatments	69	583
Sealants	76	708
Restorations (Fillings)	47	323
Extractions	2	31

DID YOU KNOW...?



- Tooth decay is the most common childhood disease.
- Tooth decay is 5X more common than asthma.
- 3 out of 5 children are affected by tooth decay.
- Over 34 million school hours are missed annually in the United States because of tooth decay.
- Tooth decay is almost entirely preventable.

Program Update

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Tioga County Public Health
School Year 2021-2022



Dental Program Summary: Tioga Central School District



Let's do the numbers...

	Tioga Elementary PK-4	Total Tioga Co Schools
Students participating 2021/22	96	647
Students participating 2019/20	139	588
Dental Screenings	91	606
% Low Cavity Risk	11%	15%
% Moderate Cavity Risk	53%	53%
% High Cavity Risk	36%	32%
Dental Cleanings	81	573
Fluoride Treatments	87	583
Sealants	86	708
Restorations (Fillings)	74	323
Extractions	7	31



DID YOU KNOW...?

- Tooth decay is the most common childhood disease.
- Tooth decay is 5X more common than asthma.
- 3 out of 5 children are affected by tooth decay.
- Over 34 million school hours are missed annually in the United States because of tooth decay.
- Tooth decay is almost entirely preventable.

Program Update

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Tioga County Public Health
School Year 2021-2022



Dental Program Summary: Waverly Central School District



Let's do the numbers...

	MS/HS	Elm St	Lincoln St	Total Tioga Co Schools
Students Participating 2021/22	37	114	66	647
Students Participating 2019/20	63	105	90	588
Dental Screenings	29	91	65	606
Low Caries Risk	65%	15%	7%	15%
Moderate Caries Risk	27%	41%	43%	53%
High Caries Risk	8%	44%	50%	32%
Dental Cleanings	24	90	55	573
Fluoride Treatments	25	91	58	583
Sealants	24	176	20	708
Restorations (Fillings)	13	29	23	323
Extractions	2	4	3	31



DID YOU KNOW...?

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- Tooth decay is 5X more common than asthma.
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- Over 34 million school hours are missed annually in the United States because of tooth decay.
- Tooth decay is almost entirely preventable.

Program Update

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Tioga County Public Health
School Year 2021-2022

SUMMER 2022

FUN IN THE SUN!

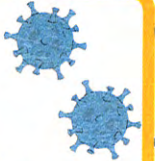
A Guide to:
Activities, Camps, Meal Sites,
Community Events,
AND MORE!



June 2022



HAVE A COVID SAFE SUMMER!



Spend time outside where there is more space and better ventilation!
Ex: play sports, have a picnic.



Exercise outside by going on a walk, jog, run, or just stretch.



Spend time in nature! Try hiking, mountain biking, or kayaking.



When in crowded indoor areas, distance yourself from others as much as possible. Wear a mask if you are high-risk for severe infection from COVID-19.



Get your COVID-19 shots and boosters, when eligible. Regularly wash your hands.

STAY UP-TO-DATE ON VACCINES!

Did you know?



To attend school, students must be up-to-date on all routine vaccinations, unless they have a documented medical exemption. Students behind on vaccines are required by New York State Public Health Law to be excluded from school until they are caught up.

CDC Immunization Schedule Birth-18yrs:



Use the summer months to make sure your child is up-to-date on vaccinations. Check with their primary care provider!

Summer Safety!

Wear a helmet, bright colored clothing, and other protective gear when riding anything with wheels!

Always swim with a buddy! Stay in areas supervised by lifeguards.

Drink lots of water & keep pets hydrated too!



NEVER leave children or pets alone in parked cars, even if the window is open. The temperature inside can be deadly!

Always use at least 15 SPF sunscreen when going outside.

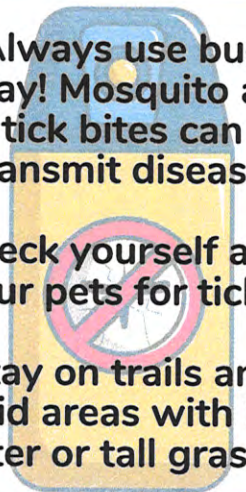
Stay in shaded areas.

Wear hats, sunglasses, and long-sleeved clothing.

Always use bug spray! Mosquito and tick bites can transmit disease.

Check yourself and your pets for ticks.

Stay on trails and avoid areas with leaf litter or tall grass.



Day Camps

Camp Ahwaga

Educational and recreational day camp for children and teens with disabilities. Must be 4-21 years of age. For Tioga County residents or those that attend a Tioga County school district.

607-761-4353
campahwaga.org
campahwaga@gmail.com

Summer Junior Basketball Clinic

Mondays starting July 11th-August 8th, 3:00pm-4:00pm

Grades K-6th
607-687-0690
tiogabgca.org

Everything "Teen" Group

Baking, walking field trips, arts and crafts, and more!

Wednesdays starting July 13th-August 10th 4:00pm-5:00pm

Grades 8th-12th
607-687-0690
tiogabgca.org

Waterman Explore

Day camp options for specific age groups with activities tailored to their needs and abilities. Learn about nature through exploration and hands-on activities.

607-625-2221
watermancenter.org/watermanexplore

Joint Summer Recreation Program

Program offers fun, creativity, and physical activities for children in Northern Tioga County.

For more information Heidi-Lynne Cardone
nvsummerrec@gmail.com

4-Hidden Valley

Camp through Cornell Cooperative Extension of Schuyler County. Open to all youth, ages 6-16. Day and residential camp (for kids 8+ only) options available.

607-535-6812
CCE: 607-687-4020
http://cceschuyler.org/hidden-valley-4-h-camp

Day Activities

Family Resource Centers of Tioga County

Family Resource Centers provide free community playgroups, workshops, and events for families and young children to learn, play, and connect with others!

Check out their Summer Programs by visiting... [Facebook.com/FRCTioga](https://www.facebook.com/FRCTioga) or tioga.cce.cornell.edu



★ Learn... Connect... Be Involved
Family Resource Centers of Tioga County

Tioga County Boys and Girls Club

The Boys and Girls Club offers open gyms, e-games, arts & crafts, movie nights, and Kids in the Kitchen!

Call or visit their website for more information on their summer activities!



BOYS & GIRLS CLUB
of Tioga County

607-687-0690
201 Erie St, Owego
tiogabgca.org

Family Activities

Cardinal Lanes

Bowling Alley
607-642-8028
24 Watson Ave,
Newark Valley



Owego Bowl

Bowling Alley
607-687-5631
1404 Taylor Rd,
Owego

Valley Bowling

Bowling Alley
607-565-9946
13 N. Chemung St,
Waverly

Chuckster's

Mini Golf
607-748-7888
1915 Vestal Pkwy W,
Vestal

DJ's Golf Center

Mini Golf
607-565-2618
273 County Rd 60,
Chemung

Tioga Downs Racetrack

Horse Racing
607-699-3901
2384 W River Rd,
Nichols



Tioga Theater

Movie Theater
607-687-5401
208 Main St,
Owego



Ti-Ahwaga Community Players

Community Theater
607-687-2130
42 Delphine St,
Owego

Waterman Center

Environmental
607-625-2221
403 Hilton Rd,
Apalachin

Bement-Billings Farmstead Museum

Museum
607-642-9516
Route 38,
Newark Valley

Tioga County Historical Society

Museum
607-687-2460
110 Front St,
Owego

SRAC Archaeological Center

Museum
607-565-7960
345 Broad St,
Waverly



Owego Gymnastics & Activity Center

Gymnastics
607-687-2458
748 State Rt 38,
Owego

The Party Brush

Painting Studio
607-624-4410
186 Front St,
Owego



Side Hill Acres Goat Farm

Farm Tours
607-659-4121
79 Spencer Rd,
Candor

Programs Outside of Tioga County

Cornell University Cubs Camp
 Week-long day camps for children 4-14. Variety of sports and activities.
 607-255-1200
cornellcamps.com/cubs-camp

SUNY Cortland Sports Camps
 A variety of sports camps on SUNY Cortland's Campus.
 607-753-2739
commerce.cashnet.com/cashnetg/serve/BrowseCatalog.aspx

TC3 Sports Camps
 Variety of full or half-day sports camps!
 607-844-8222 ext. 4491
tcpanters.com/information/sports_camps

Girl Scouts of NYPENN
 Day or overnight camp options!
 855-213-8555
gsnypenn.org/

Ross Park Zoo
 Offering ZooU online educational program.
rossparkzoo.org/zooU/

Discovery Center
 Day camp options for different age groups.
 607-773-8661
thediscoverycenter.org/summer-camp/

Kopernik Observatory
 STEM exploration summer camps for students entering grades 2-12.
 607-773-8661
kopernik.org/summer-camps/

Roberson Museum
 Day camps for students in grades 2-8.
 607-772-0660
roberson.org/education/steam-summer-camp-registration/

Town of Vestal Recreation
 A variety of sports and outdoor recreation camps.
 607-754-3368
Vestalny.myrec.com

Cayuga Nature Center
 Environmental and outdoor educational day camps.
 607-273-6260
cayuganaturecenter.org/camp/summer-camp

Primitive Pursuits Camps
 Day camps focused on fostering a lifelong connection with nature.
 607-272-2292 ext. 195
primitivepursuits.com/summer-catalogue-2022/

Mansfield University Camps
 Sports and music camps for students.
 570-662-4000
mansfield.edu/camps/index.cfm

Community School of Music & Arts
 Camps focused on visual arts and music!
 607-272-1474
csma-ithaca.org/classes-category/summer-camps/



Community Events



Tioga County Fair
 August 10th - 13th
 Tioga County Fairgrounds in Owego

Blueberry & Book Festival
 July 23rd
 Berkshire Free Library

Newark Valley Summerfest
 July 30th
 Village Green and Trout Ponds Park

Grandstand events, fair food, and more!
 For more information:
www.tiogacofair.com

Blueberries, children's books, and more!
 For more information:
www.berkshireny.net/about-2

Duck races, fireworks, vendors, food, and more!
 For more information:
<http://www.newarkvalley.org/>

Candor's Fourth of July Celebration
 June 30th - July 4th
 McNeil Pavilion/Ball Field in Candor

Spencer Picnic
 August 10th - 13th
 Nichols Park
 NYS RT 34, Spencer

Concerts in the Park
 Every Wednesday
 June 29th - August 3rd
 Hickories Park, Owego

Carnival, fireworks, parade, car show, food and more!

Food, fun, and friends!
 For more information:
www.thespencerpicnic.com/home

Listen to local musicians!
 For more information:
<https://www.facebook.com/tiogaarts.council>

Beat the Heat!

Follow these tips to stay cool this summer!

Take frequent breaks from physical activity

Avoid high-energy activities during midday heat



Stay hydrated by drinking water before you get thirsty

Wear loose, light-colored clothing



Libraries & Cooling Centers

Libraries with stars next to them also serve as cooling centers. Cooling Centers provide air conditioning for community members on hot days!

- Apalachin Public Library** ★
607-625-3333
719 Main St, Apalachin
Mon, Tues, Thurs: 10am-7pm
Fri & Sat: 10am-2pm
- Waverly Free Library** ★
607-565-9341
18 Elizabeth St, Waverly
Tues: 10am-7pm
Weds-Thurs: 10am-5pm
Fri: 10am-4pm
Sat: 10am-2pm
- Spencer Library** ★
607-589-4496
41 N Main St, Spencer
Mon: 9am-2pm
Tues-Fri: 3pm-8pm
Sat: 10am-2pm
- Tappan Spaulding Memorial Library** ★
607-642-9960
6 Rock St, Newark Valley
Mon & Weds: 1pm-6pm
Tues, Thurs, Sat: 9am-2pm
- Candor Free Library** ★
607-659-7258
2 Bank St, Candor
Mon, Weds, Fri: 2pm-5pm
Tues & Thurs: 10am-12pm; 2pm-7pm
Sat: 10am-2pm
- Coburn Free Library** ★
607-687-3520
275 Main St, Owego
Mon, Weds, Fri: 10am-5pm
Tues & Thurs: 2pm-7pm
Sat: 1pm-4pm
- Cady Library** ★
607-699-3835
42 E River Rd, Nichols
Mon: 2pm-8:30pm
Tues, Weds, Fri: 2pm-5:30pm
Thurs: 2pm-8pm
Sat: 10am-12pm
- Berkshire Free Library**
607-657-4418
12519 St Rt 38, Berkshire
Tues-Fri: 12-5pm
Sat: 9am-2pm



Signs of Heat Exhaustion

Headache	Dizziness	Irritability	Heavy Sweating
Nausea	Weakness	Thirst	Elevated Temp

Swimming!

- Marvin Park Pool**
RT 17 C (Main St), Owego
Open swimming from 12pm-7pm daily.
Adult swimming only 7pm-8pm.
Free Admission!
- Greater Owego Community Pool**
607-687-6352
1 Sheldon Guile Blvd, Owego
For more information on pool hours and availability:
www.oacsd.org/CommunityConnection.aspx
- Tioga Central School Indoor Pool**
607-687-8001
27 5th Ave, Tioga Center
For more information on pool hours and availability:
www.tiogacentral.org/Aquatics.aspx
- Park Station Harris Hill Pool**
607-739-9164
2 West Beaver Pond Rd, Erin
Open Mid June through Mid August
Mon-Fri: 12pm-7pm
Sat & Sun: 11am-7pm
- Highland Park Pool**
607-786-2970
801 Hooper Rd, Endwell
For more information on pool hours and availability:
www.townofunion.com/departments/parks-recreation.html



First Aid, CPR, & Lifeguard Training

If you are interested in getting trained in first aid, CPR, babysitting & childcare, lifeguarding, or AED, visit: www.redcross.org

American Red Cross of the Southern Tier
607-785-7207

Tioga County Career Center
Resume assistance, Adult Learning Labs, and more!
Call ahead: 607-687-8483
1062 St Rt 38, Owego

Summer Meal Sites

Meals must be consumed on site

Owego Elementary School

2 Sheldon Guile Blvd
Owego

Monday-Friday
July 5th-August 19th
Breakfast: 8:00am-9:15am
Lunch: 11:30am-12:30pm

Owego-Apalachin Middle School

3 Sheldon Guile Blvd
Owego

Monday-Friday
July 5th-August 19th
Breakfast: 8:00am-9:30am
Lunch: 11:30am-12:30pm

Commonground Christian Community Center

28 West Main St
Owego

Monday-Friday
July 5th-August 19th
Lunch: 10:30am-12:00pm



Owego United Methodist Church

263 Main St
Owego

Tuesday & Thursday
July 5th-August 18th
Lunch: 11:00am-12:00pm



West Learning Center

471 Pennsylvania Ave
Apalachin

Monday-Friday
July 5th-August 19th
Breakfast: 8:00am-9:15am
Lunch: 11:00am-12:00pm

Newark Valley Middle School

88 Whig St
Newark Valley

Monday-Thursday
June 27th-July 21st
Breakfast: 8:00am-8:30am
Lunch: 11:00am-11:30am

Richford Community Hall

7 Bowery Lane
Richford

Monday-Friday
July 5th-August 19th
Lunch: 12:00pm-1:00pm

Berkshire Community Hall

12519 St Rt 38
Berkshire

Monday-Friday
July 5th-August 19th
Lunch: 11:00am-12:00pm

Candor Elementary School

1 Academy St
Candor

Breakfast: 9:15am-10:00am
Lunch: 12:00pm-12:30pm
For qualifying children only,
contact the district for more details.



Tioga Central High School

27 Fifth Ave
Tioga Center

Monday-Friday
July 5th-July 29th
Breakfast: 7:45am-8:00am
Lunch: 11:00am-11:15am



Joint Summer Recreation Program

Newark Valley Middle School
88 Whig St, Newark Valley

Meals Served Daily
June 27th-July 21st
Breakfast: 8:30am
Lunch: 12:00pm
For any child in the
community, birth-18yrs

Racker Center

3226 Wilkins Rd
Ithaca

Monday-Friday
July 5th-August 12th
Breakfast: 8:00am-9:15am
Lunch: 11:00am-12:30pm

Monday-Friday
August 22nd-September 2nd
Lunch: 10:00am-11:30am

Please note: Changes may occur with meal sites throughout the summer. Visit www.rockoncafe.org or call the 2-1-1 hotline for updates. Like Tioga County Food for Families on Facebook and check their page for any meal site changes.



Tioga County Public Health Summer Events

Rabies Vaccination Clinics

Open to all Tioga County Residents for dogs, cats, and ferrets

\$10 Suggested Donation

Pre-registration REQUIRED!

JULY 17th

Stray Haven
194 Shepard Rd,
Waverly
607-565-2859
Time TBD

SEPT 8th

Rawley Park
13334 NY-38,
Richford,
5:30pm-8:00pm
Pre-register:
WWW.HEALTH.NY.GO/V/GO2CLINIC/54



Tioga County Mobile Dental Van

Will be parked at the HHS Building in Owego (1062 St Rt 38) for the summer!



Schedule your appointment:

607-972-7552

TI OGA
Smiles
DENTAL SERVICES

Visit Our Website & Like Us on Facebook!

@TiogaCountyPublicHealth for other summer event info, schedule changes, and more Summer Safety Tips!

607-687-8600
ph.tiogacountyny.gov



**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: Skin cancer is the most common cancer in the United States and worldwide, affecting 1 in 5 Americans by the age of 70; and

WHEREAS: Melanoma, the third most common form of skin cancer and the most deadly, is estimated to kill approximately 7,650 individuals in 2022; and

WHEREAS: According to the New York State Cancer Registry, Tioga County averages about 20 cases of melanoma annually; and

WHEREAS: If caught early, melanoma has a 5-year survival rate of 99%; and

WHEREAS: Routine skin cancer screenings and self-examinations for abnormal moles and spots can help catch melanomas early on; and

WHEREAS: Rates of melanoma and other skin cancers can be further reduced through routine sun safety practices including: applying sunscreen with a minimum of SPF 15, seeking shaded areas, dressing in long sleeved clothing, wearing sun glasses and wide-brimmed hats, and limiting time outdoors between the hours of 10am and 4pm when the sun's UV rays are strongest; and

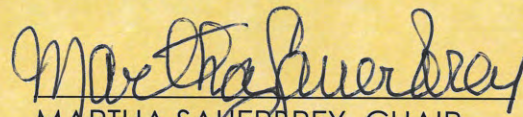
WHEREAS: Tioga County Public Health in partnership with the Cancer Prevention in Action grant funded by New York State, emphasize the importance of sun safety through education and outreach to local daycares, outdoor recreation facilities, outdoor worksites, and the community in general; now therefore

THE TIOGA COUNTY LEGISLATURE does hereby proclaim the month of June 2022 as

SKIN CANCER AWARENESS MONTH

and urges all residents to practice sun safety year round and seek medical advice for any abnormal moles or spots.

Dated: June 14, 2022


MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE

