



Advancing the health and well-being of rural people and communities

Rural Matters April 2022



Rural Health Network of SCNY announced last week that it has received a Public Health AmeriCorps grant of \$684,377 from AmeriCorps, the federal agency for national service and volunteerism. Public Health AmeriCorps, a partnership between AmeriCorps and the Centers for Disease Control and Prevention, supports the recruitment, training, and development of a new generation of public health leaders. With this new funding, Rural Health Network will leverage the skills and experience of 40 Rural Health Service Corps Public Health AmeriCorps (RHSC PHA) members. Members will address the social determinants of health to improve overall health of residents and communities in response to the COVID-19 pandemic, while at the same time strengthening the public health workforce.

Partnerships with the Broome County Health Department, Seven Valleys Health Coalition, United Way of Broome County, Cayuga Community Health Network, Our Lady of Lourdes Hospital, Cornell Cooperative Extension of Delaware County, and many others will allow RHSC PHA members to serve in multiple counties in Upstate New York. More information about the program can be found at <https://ruralhealthservicecorps.org/public-health-corps>.

Positions will start in September 2022 and will be posted on the [RHSC website](#) soon. Those interested can reach out to Haley Desilet at hdesilet@rhnsncy.org for more details.

PUBLIC HEALTH AMERICORPS IS HERE!

Let's create a healthier, stronger and more resilient future through service.



Serve with us: AmeriCorps.gov/PublicHealth

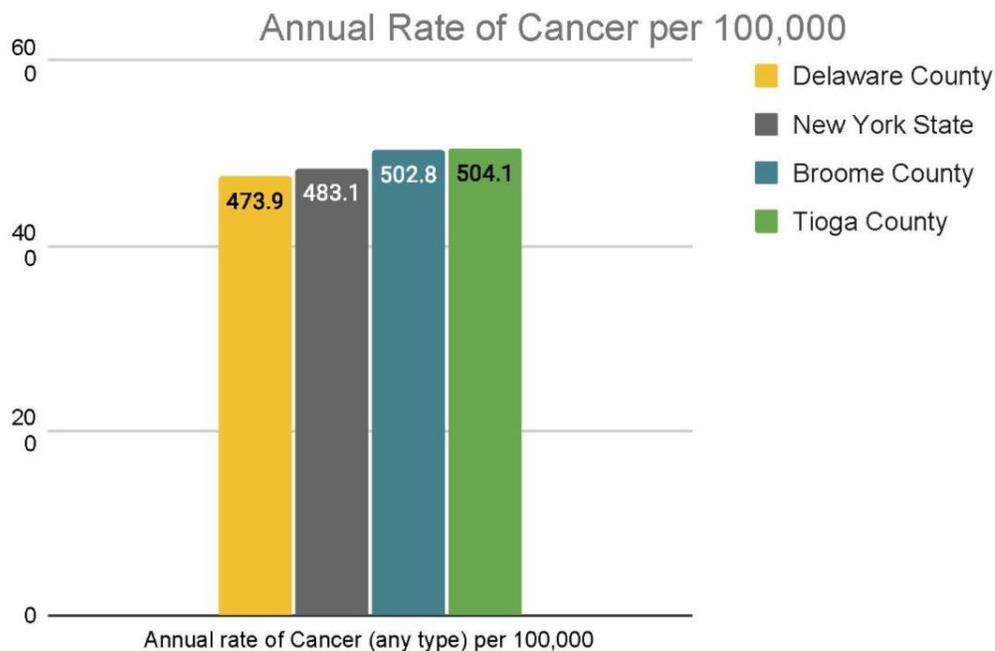
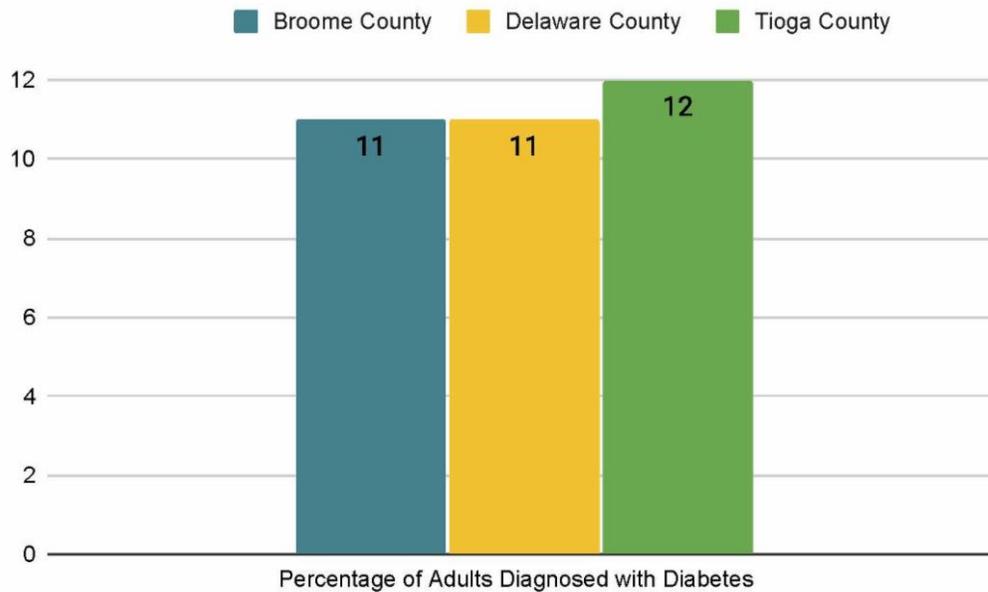


CORE Project to Address Chronic Conditions

Rural Health Network is in the process of launching its **Community Health CORE** project. In partnership with Ascension Lourdes Hospital Primary Care Network, the CORE project deploys Community Health Educators (CHE) and Community Health Workers (CHW) to address the needs of adults ages 18-64 residing in Broome or Tioga NY counties with identified gaps in care related to social determinants of health, primary care underutilization, and preventive hematology (anemia, hemoglobin A1C levels) and oncology (mammography or colorectal) screenings not completed within the last 12 months.

Within the CORE project service area, roughly one in ten adult residents have a diabetes diagnosis. Among adults with diabetes in our area, there are profound racial disparities within hospitalization rates and mortality rates. While cancer rates within Broome and Tioga counties have been trending downward, Broome and Tioga County's cancer prevalence remains higher than the New York State average. The CORE team will provide the supports needed to assist community members in accessing critical prevention and detection for cancer and diabetes, while helping to build individuals' overall health management skills.

Percentage of Adults Diagnosed with Diabetes, by County



The CORE Project is funded by the Bristol Myers Squibb Foundation and the Conrad and Virginia Klee Foundation. We are seeking additional local funds to support expenses associated with this project. [Donations can be made online](#). From the menu for "Please use my donation to support" select CORE Project.

The Impact of COVID-19 on Rural Mental Health

By Alex Buncy, Public Health AmeriCorps Member

Even before the COVID-19 pandemic, there were many challenges and barriers keeping rural people from getting the mental health care that they need. Three main barriers that impact rural mental health are availability, accessibility, and stigma. All three of these factors have been greatly impacted by the pandemic, a time in which mental health has worsened for many people. With these pre-existing barriers to mental health care and the unique factors impacting rural communities during the pandemic, rural mental health is facing a crisis that must be addressed with evidence-based interventions as quickly as possible.

We're Hiring

Rural Health Network is searching for a **Summer Crew Leader** who will be responsible for supervising a crew of **AmeriCorps National Service Members** to conduct home/grounds maintenance and light repair services to the homes and properties of older homeowners living in Whitney Point and Northern Broome County, NY. The start date will be on or around Monday, June 20, 2022 – Friday, August 26, 2022 (Note: There can be some flexibility if there is a need to return to college, etc. before August 26, 2022).

[Learn more here.](#) After reviewing the position description, [apply here.](#)



SUMMER POSITION AVAILABLE

Home Improvement Crew Leader

LEAD A TEAM OF YOUNG ADULTS IN REPAIRING THE HOMES OF OLDER ADULTS AND VETERANS IN NORTHERN BROOME



ABOUT THE POSITION

Make a difference in the lives of those who have given more than most! The Summer Crew Leader will **supervise a crew** of AmeriCorps National Service Members to conduct **outdoor home/grounds maintenance** and light repair services to the homes and properties of rural older homeowners and veterans.



Location: Whitney Point and Northern Broome County, NY



Pay: \$25/hour



Timing: June 20 - August 26 (seasonal), up to 40 hours/week



Requirements: 21+, personal vehicle, supervision and construction (or related) experience

For more info, contact:
Michael Treiman
mtreiman@rhnsncy.org
607-352-4681

Learn more and apply at:
<https://rhnsncy.org/get-involved>

RURAL HEALTH
NETWORK
Serving South Central New York

Support Connection to Care through your myWalgreens Rewards

We're participating in the myWalgreens donation program! Walgreens customers can donate their myWalgreens cash rewards to Rural Health Network through the end of May. At Walgreens, you'll earn unlimited 1% Walgreens Cash rewards when you shop and you can choose how much to donate. It's that easy. Whether you'd like to contribute \$1, \$5, or more of your Walgreens Cash rewards, you'll be making a big difference. It really adds up! To learn more about the myWalgreens program visit walgreens.com/mywalgreens. All donations will benefit Connection to Care, which provides transportation assistance to people accessing health and health-related services.

Help communities *you*
care about by
donating your
Walgreens Cash rewards.

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Getthere

Getthere Mobility Transportation Advocate (MTA) Roz DeRensis recently coordinated a food delivery for an older woman living in Norwich. With the help of a volunteer driver and Catholic Charities of Chenango County's Roots and Wings program a food box complete with a cake celebrating the woman's birthday was delivered. Roz was overjoyed to facilitate the food delivery, which nourished the woman's body and soul.

Getthere's MTAs often speak with callers at their lowest and most vulnerable moments. They share their unique gift of gab while uplifting spirits and linking community members to essential services. MTAs make an enormous impact on our community, one call at a time.

Roots & Wings is an emergency services and self-sufficiency program located at 105 Leilani Lane in Norwich. They provide food security programs, emergency housing services and prescription assistance for individuals and families in need. Click [here](#) to learn more.



April is national gardening month and we have received a record number of applications

for the school garden grant. Award announcements will be made soon.

Read more about National Gardening Month in this issue of [Farm to School News](#). Our Farm to School Program is a collaboration between Broome-Tioga BOCES Rock on Café School Nutrition Services, nutrition education from Cornell Cooperative Extension of Broome County, and technical support and education from the Food and Health Network.

[Join the Farm to School Corps](#)

The Food Bank of the Southern Tier has several open positions including Food Council Coordinator for the Broome County Food Council. [Learn More](#).



Thank You Mindy Alexander, Community Health Worker, for nearly 3 years of dedicated service.



Mindy Alexander has left her role as Community Health Worker with Northern Broome CARES and shared some thoughts about the program.

With my role as the Community Health Worker at Northern Broome CARES coming to an end, I wanted to thank my co-workers & interns at Northern Broome CARES, the Northern Broome Senior Center staff along with all their regulars, the Rural Health Network & most importantly the community of the Whitney Point area for letting me be a part of something so important.

Growing up in a rural area like Whitney Point where health services are limited gave me a front row seat to what my clients were enduring. It gave me the ability to

understand them and help them move forward in the best interest of their health.

Being a part of this program and assisting the older adults in our community, many who have known me my entire life, has been downright amazing. Planning the many events to celebrate our community and seniors has been such a wonderful experience. From May Day, Older Adults Month in May, National Rural Health Day, Christmas for Seniors, to leading a work crew of all female AmeriCorps members for the summer, it was all so amazing!

The Rural Health Network of SCNY's Northern Broome CARES program and the Northern Broome Senior Center in Whitney Point hosted the Johnston School of Irish Dance to perform for over 50 attendees. This "dance-out" was particularly special

because it took place on the actual holiday of St. Patrick's Day, March 17th, which is a popular day for the performers.

The program was a hit with our population and brought a sense of community and joy to all. The performance featured numerous age groups, with the youngest dancer being only 4 years old! Events like these are incredibly important for our rural aging population, keeping spirits high by offering leisure and entertainment without the need for significant travel or cost. We all look forward to providing more events like this and we hope to host the dance troupe again next year.



Johnston School of Irish Dancers entertained at the Northern Broome Senior Center last month.

News and Resources

Spine Care Initiative

Did you know that chronic neck and back pain is a leading cause of absenteeism, which has been highlighted as the greatest challenge to productivity among our business community? In the Southern Tier alone, an estimated 21% of the workforce is treated annually for neck and back pain, totaling more than \$110 million in health care costs. The [Leadership Alliance](#) is exploring the topic of workplace wellness through a number of programs, including through a unique collaboration with the Excellus Spine Care Initiative. Individual community members and employers are invited to take this [short ten-minute survey](#). The survey is completely confidential and offers a brief set of questions regarding back and neck pain in general and in the workplace. Employers are strongly encouraged to take the survey from both a business owner and community member perspective.

National Prescription Drug Take Back Day - April 30th

The National Prescription Drug Take Back Day provides safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications. [Locate a collection site](#).

Greater Good Grocery

[Greater Good Grocery](#) announced another Free Produce Day to be held Wednesday, April 27th from 10 AM - 12 PM or 4 PM - 6 PM. Everyone is eligible. 435 State Street, Binghamton, NY.

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www.rhnsctny.org

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