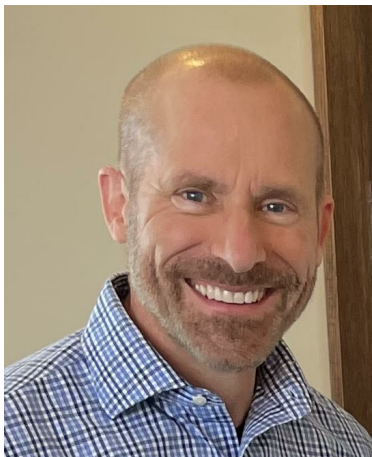


Rural Matters July 2022

Mark's Message - Reflections on the Last Year



As you are reading this issue of Rural Matters, I hope you are on vacation somewhere enjoying this wonderful July weather that we have been blessed with. On June 30, 2021, I left a career that I was all in on. For 32 years I was a director of school food service, overseeing the production and delivery of healthy, locally grown whenever possible, breakfasts and lunches to thousands of kids every school day. I believe it was very impactful work as we had to insure that the students got the nutrition they needed to live productive healthy lives. For many students it might have been the only meals of the day.

So you might ask, why did you leave? For many years I had admired the local non-profits and all the hard work they do to give back to their communities. For some of the non-profits, I gave my time in volunteerism and for others I was fortunate enough to support financially. In 2014 I decided to go back to school to get my degree in business administration with a minor in non-profit management. I wanted to give back even more to a community that had given me so much over the years. In 2020 when Jack Salo told me he was going to announce his retirement as the Executive Director of the Rural Health Network, I knew where I wanted to work next. I was a huge fan of the Rural Health Network and the impact they were having on the communities they serve.

I could not have asked for a better first year. The entire team here has worked so hard and has had such a positive impact on our community over the last 12 months. Every program has expanded which has resulted in adding staff to support our mission of advancing the health and well-being of rural people and rural communities. As you read this month's *Rural Matters* you will see a small glimpse of the great work the team is doing to make a difference for the communities we serve.

As I begin my second year as Executive Director of the Rural Health Network, I can say that I am all in. I was a huge fan before I started working at the Rural Health Network, I am an even bigger fan now. Thank you for your continued support, we could not do the work we do without you. Enjoy the rest of your summer.

-Mark Bordeau
Executive Director

Welcome to Rural Health Network

Three more people joined our team recently. Please join us in welcoming Finance Director Dee Kline, Community Health Worker Megan Arenas-Cardoso, and Summer Home Improvement Crew Leader Travis Wilcox.



Dee Kline, Finance Director

Dee Kline joined our team as Finance Director in June. Dee has over 30 years of experience working in the accounting field. She has spent most of those years working in non-profit accounting in Broome County. Dee also has experience working in government and public accounting but has always been drawn back to her passion of helping community agencies. When she isn't busy crunching or analyzing numbers, Dee is enjoying time with her husband and two daughters.

"I am excited to be part of Rural Health Network and am looking forward to being an asset to the agency as it continues to grow. I am eager to use my experience to provide the support needed for the agency to meet the needs of the clients they serve."



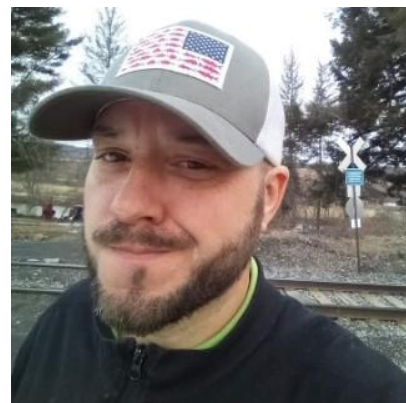
Megan Arenas-Cardoso, Community Health Worker

Megan Arenas-Cardoso is the new Community Health Worker at Northern Broome CARES. She has lived in Whitney Point her entire life and has always wanted to help the members of the community where she lives. Before coming to Northern Broome CARES, Megan worked at M&T Bank for 4 1/2 years, and has worked in the customer service field her entire career. Megan attended SUNY Empire State College and received her Bachelor's Degree in Human Services. Outside of work, she enjoys camping and hiking with her 6 year old daughter and her husband.

Megan said: *"I chose to come to Northern Broome CARES because I have heard about all of the wonderful things the program does for the community. I am really excited to be here and be a part of this amazing program."*

Travis Wilcox, Summer Home Improvement Crew Leader

Travis Wilcox joins Rural Health Network as the Crew Leader for our home repair program this summer. We are proud to have him join us with his over 25 years of carpentry experience to address exterior safety concerns at the homes of our clients. This year we have special funding designated for repair of additional homes specifically for Veterans of the United States Armed Forces.



Travis had this to say about why he felt motivated to apply for this position: *"I wanted to put my years of experience to work for the most vulnerable members of our community, and I particularly wanted to pay my respects to those who served this country in a truly meaningful way."*

We look forward to the work he will be completing for the older adults in rural Northern Broome County. This project is supported by the Roger Kresge Foundation and Broome County.

Save the Date - On the Hunt for Good Health



On the Hunt for Good Health returns for 2022. Put the "fun" in "fundraising" by selecting one or more activity challenges or create your own challenge. Encourage your friends, family, or coworkers to join you or support you and Rural Health Network.

Activity challenges will run September 16 to October 2.

Watch for registration information in mid to late August.



AmeriCorps Positions Available with Broome County Council of Churches

Join Public Health AmeriCorps as a Community Engagement Specialist, educating the community on existing programs at the Broome County Council of Churches (BCCC) to ensure access to healthy foods. BCCC operates the Community Hunger Outreach Warehouse (CHOW is a grass-roots food bank) which supports 100 emergency food programs in Broome County. The Greater Good Grocery is a non-profit grocer providing high-quality food at affordable prices and offers programs designed to address food access issues. Faith In Action Volunteers offers a program designed to meet the nutritional and social needs of seniors in our community. BCCC is looking to transform the way they serve our community and they need people who are innovative, motivated, can run with new ideas and concepts, and – most of all – are not afraid to fail. This is a part-time (20 hours/week) position that will run from September 2022 - July/July 2023.

Like all PHA members, the two Community Engagement Specialists will participate in Cornell's Public Health Essentials Training (a \$3,600 value), in addition to being given a living allowance (\$11,000) and education award (\$3,247.50). This is a great opportunity for individuals hoping to break into the field of public health or gain more practical, hands-on experience. Rural Health Service Corps is partnering with many organizations to bring a variety of positions to different geographic areas, such as Binghamton, Buffalo, Olean, Auburn, Bath, Hudson, and Cortland.

To learn more about these positions and many others, please visit our [website](#).



Getthere closed out the first half of 2022 with strong numbers in the month of June, assisting on 449 mobility management cases. This brings the case total for the year to 1,952. As attested by these numbers, Getthere's mobility caseload continues to grow. However, a recent review of our call records confirmed what we suspected: that the number of calls received after 5:30 PM is not substantial or growing. Shifting staff time to cover hours earlier in the day, when we know demand is high, will allow us to better serve the community.

**Call Center hours are now 7:00 AM to 5:30 PM Monday - Friday
1-855-373-4040**

A significant niche that Getthere fills is that it affords service recipients the ability to speak to a real person about their unique needs, which helps them feel heard and attended to in a meaningful way. That impetus, to provide conscientious client-oriented service, remains and continues to motivate all that we do. The Call Center provides FREE trip planning, transportation education, and referral services to people throughout the region and beyond. Getthere serves Broome, Chenango, Delaware, Otsego, and Tioga Counties.



Our Farm to School team and partners recently held a Farm to School Culinary Experience. Nearly 200 food service staff members from across 15 school districts in Broome-Tioga BOCES had the chance to partake in this valuable professional development. Trainees had the opportunity to learn knife skills, cooking techniques, and test recipes for next school year using fresh NY produce.

BT-BOCES produced [a video](#) about the experience. You can also view other videos in the series on the [Food and Health Network website](#).

The New York State Agriculture Commissioner recently [announced awards](#) for sixteen Farm to School programs across the state. The Rural Health Network of South Central New York will receive \$100,000 for a project to increase the capacity of farm to school programs in 15 school districts in Broome and Tioga counties to increase the volume and variety of New York State farm products purchased by school districts and achieve 40% New York State procurement by 2024.

News and Resources

Webinar: Farms Under Threat 2040: Choosing an Abundant Future for New York

A new report from American Farmland Trust maps three alternative futures out the year 2040 to safeguard more farmland through better land-use planning and additional farmland protection tools. [Learn more](#) and register for the August 1st webinar.

988 Lifeline Transition Begins July 16

On July 16, 2022, the U.S. will transition to using the 988-dialing code, and it is a once-in-a-lifetime opportunity to strengthen and expand the existing Lifeline. 988 is more than just an easy-to-remember number—it's a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress – whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. People can also dial 988 if they are worried about a loved one who may need crisis support. For more information visit [SAMHSA's 988 page](#).

Family Emergency Plan

[Ready.gov](#) has a variety of tools to assist in making an emergency plan for your family.

B.C. SAFE July Newsletter

Broome County Suicide Awareness for Everyone, a local suicide prevention coalition, has released their [July newsletter](#). Topics include a Summer Self-Care Checklist and National BIPOC Mental Health Awareness Month.

2022 Community Star Nominations are Open

The National Organization of State Offices of Rural Health is accepting nominations for their annual Community Stars Recognition Program in conjunction with National Rural Health Day (November 17th). [Learn More](#)

Join our Monthly Giving Society

Have you ever considered supporting Rural Health Network on a monthly basis? Scheduling a monthly gift can help you fit charitable giving into your budget and provide Rural Health Network with sustainable gifts over time. It's easy to schedule a recurring gift and you can change or cancel the recurring donation at any time. Click the donate button below and under "Frequency", select "Monthly". For questions or technical assistance, contact [Cindy Martin](#), Director of Resource Development, at 607-692-7669, ext. 203.

[DONATE](#)

We're pleased to share our [2021 Impact Report](#).



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