

Rural Matters September 2022

Leadership Message



Welcome to September's issue of Rural Matters. Autumn is my favorite season of the year. The days are getting cooler and the leaves are just starting to change color. Soon the fall foliage will be in it's full splendor and I will be visiting the local apple orchard to pick apples, grab a gallon of fresh pressed cider and choose the perfect pumpkin for carving.

Fall also marks the time of the year for Rural Health Network's second annual fundraising event "On the Hunt for Good Health". The event supports our mission of Advancing the Health and Well Being of Rural People and Communities. I hope you will consider participating or will support a participant. This year there will be no registration fee and if you raise \$75 you will receive a free t-shirt. You can find more information about On the Hunt for Good Health below. Participation in the event is simple and can

be enjoyable. For example, I will be visiting farms/orchards/ farmer's markets as a part of the challenge and will purchase fresh regional produce to enjoy as well to support our local farmers.

Later this month we will begin work on our 2023-2025 strategic plan. The strategic plan allows our board of directors, staff and key stakeholders to outline Rural Health Network's priorities for the next 3 years. The plan ensures that the entire Rural Health Network family is aligned around our mission, vision, values and most important priorities. It will outline our objectives and goals while providing a framework for implementing and achieving them. We would love to hear from you, our stakeholders. Please share your thoughts and recommendations on our priorities for the next 3 years.

September is also Hunger Action Month. It is a month to bring awareness to root causes of hunger and to take actions to end hunger in America. Hunger is very complex; it is not caused by food shortages or by personal choice. Hunger is about poverty and the social forces that create and sustain it. Later this month the White House will be holding a conference on hunger, nutrition and health. It will be the first such conference held in 50 years. The goal of the conference is to develop solutions to end hunger in America by 2030. [Click here](#) to learn more about the conference.

I hope you enjoy this month's issue of Rural Matters. Be kind to yourself and your rural neighbors.

-Mark Bordeau
Executive Director

On the Hunt for Good Health Begins Today



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 in support of Rural Health Network.

The challenge activities start today and go through October 2nd. [Register or Donate Here](#).

Thanks to our sponsors and early-bird participants, we are almost at 40% of the goal.

Thank You to Our Sponsors

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AmeriCorps VISTA Positions Available

The Rural Health Service Corps is seeking individuals to fill 17 open AmeriCorps VISTA positions located throughout south central New York. VISTA members support local nonprofits through program management, administrative assistance, capacity building, and so much more! These positions require one calendar year of full-time service. Members will receive a living stipend during their service term in addition to an education award provided at the end of service. All together, VISTA members receive \$24,095 in total compensation. You can view our open positions (and also apply!) [here](#). Please contact [Mitchell Brooks](#) with any questions.

[Follow us on Facebook](#) and share our posts with your connections.

Welcome to Rural Health Network



Left to Right: Alex Buncy, Kevin Davidson, and Rachel Lamond

Meet the newest Public Health AmeriCorps Members serving with Rural Health Network.

Alex Buncy, Community Health Education

Alex is a student in the Masters of Public Health program at Binghamton University. She served a previous AmeriCorps term at Rural Health Network in the Public Health AmeriCorps pilot. We are delighted to have her back. Alex said: "I am excited to be returning to Rural Health Network as a Public Health AmeriCorps member because I know that the work that we do here has a real impact on the community. I am looking forward to helping create and deliver educational materials that will help people live a healthier and happier life."

Kevin Davidson, Food & Health Network

Kevin recently moved to Binghamton after graduating from SUNY Oneonta. He said, "After serving one AmeriCorps term with VINES, I wanted to continue working in the community. I knew Farm to School would be a great fit. I'm excited to connect youth to local food sources and teach them about growing!"

Rachel Lamond, Community Health Services

Rachel is from Wappingers Falls, NY and is a sophomore at Binghamton University majoring in Biology. She attended Roy C. Ketcham High School, where she served as president of the environmental club, advocated for mental health services as her schools representative on the Dutchess County Council of Teens, and volunteered at local soup kitchens and community organizations for all 4 years. In her free time she enjoys writing, fitness, portraiture and practicing Spanish. Rachel said: "I'm excited for my Public Health Service term because I would like to make positive changes in my community alongside like-minded individuals and contribute towards a society with equitable health outcomes for all, regardless of social factors."

**Saturday Morning Living Healthy
Self-Management Program begins October 1**

Join us for the
Living Healthy
Self-Management
Program



Support for **health conditions and symptoms.**

- Manage **pain** and **fatigue.**
- Set **goals** and make plans to improve your health and life.

• **Proven to improve health and lifestyle factors.**

We have both virtual and in-person options available!

All workshops are Free, donations gladly accepted.

• **The next *in-person* workshop will be Saturdays
10:00am - 12:30pm, October 1 - November 12**

- *Location: 455 Court St. Binghamton*
- *Includes healthy snacks; transportation assistance may be available.*

To Register, contact Wendy Hitchcock, whitchcock@rhnsncy.org or (607)788-6897

Participants who complete the program will receive their choice of a \$20 fuel or grocery gift card!

This program is supported by Lourdes Ascension Health Care, Excellus, Bristol-Myers Squibb and Care Compass Network in coordination with the Self-Management Resource Center's Chronic Disease Self-Management certification guidelines.

**RURAL HEALTH
NETWORK**
Serving South Central New York



To register for the next Living Healthy workshop series, contact [Wendy Hitchcock](#).



Two interns from Binghamton University will be working with the Northern Broome CARES program this fall.

Erin Gray lives in East Hampton, NY, and is a first-year graduate student attending Binghamton University majoring in social work. She attended East Hampton high school and attended undergraduate at Binghamton University majoring in sociology. At Binghamton, she served as the volunteer coordinator for Paws and Effect, an animal welfare club on campus that volunteers weekly at local animal shelters.



Additionally, she was a mentor for underclassmen through the women's network at Binghamton University. In her free time, she enjoys traveling, hanging out with company, cooking, art, and hiking.

"I'm honored to be interning through the Rural Health Network as it will allow me to enhance my interprofessional skills in a rural environment in addition to forming significant relationships with the community."

Tova Wilensky is from Ithaca, New York. She is currently attending Binghamton University in the master's of social work program. She attended the State University of New York College at Cortland, where she received her bachelor's degree in social sciences. She enjoys hiking, cycling, spending time outside, being with family and friends, and reading.

"I am looking forward to working as an intern at the Rural Health Network's Northern Broome CARES program. I am passionate about connecting people with resources they need, especially in the rural setting where there are more limitations. I am excited to learn how to provide support and guidance for older adults and the Whitney Point community."



September is National Preparedness Month

September is **National Preparedness Month**: a time to educate individuals and communities across the country about the importance of being prepared before disasters and emergencies strike.

This year's theme—A Lasting Legacy—encourages people to take action to protect themselves, preserving their legacy for future generations. Rural Health Network's Community Health Workers encourage all households to create family communication and evacuation plans and to assemble emergency kits.

Here are steps you can take to get prepared:

- Visit [ready.gov](https://www.ready.gov) for access to preparedness resources.
- Create an Emergency Communications Plan to share with loved ones using this [online form](#).
- Download the updated FEMA App on [iOS](#) or [Android](#).
- Check out the new [@ready.gov Instagram](#) to review preparedness tips.

Watch new Public Service Announcements from FEMA [here](#).



The Food and Health Network's Produce Prescription Program is excited to share a special treat with you... the



Produce FUNDamentals Video Series!!! This was a collaboration with our incredible friends at [CCE Broome Nutrition](#), who provided the videos and expertise.

Each video is about 2 minutes long and chock full of great info on easy ways to prep the wonderful produce that is available from local farms in Upstate New York.



(855) 373-4040 - 7am-5:30pm

Serving Broome, Chenango, Delaware, Otsego, & Tioga Counties
One stop resource for transportation support, assistance, and education

MAS Navigation

Helps people with Medicaid set up rides with MAS, Medicaid's non-emergency transportation provider.

Connection to Care

Helps people without Medicaid travel to health-related services. Prescription pick up and delivery are available.

COVID-19 Test & Vaccine

Helps people travel to a COVID-19 test site or vaccine appointment.

Volunteer Driver Program

Help Getthere and your neighbors, sign up to be a volunteer driver! Drivers are reimbursed for mileage.

How Do I Getthere? Travel Training Program

Helps people navigate rural and urban transportation resources safely and independently.

Transportation to Employment Program

Helps people maintain a long-term job through transportation assistance.

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

News and Resources

Public Service Loan Forgiveness Program - available until October 31

Non-profit employees may be eligible to take advantage of this limited-time program to have federal loans fully forgiven. Not to be confused with the recent debt forgiveness announcement, this temporary waiver means that, even if you were rejected for Public Service Loan Forgiveness (PSLF) previously or had made payments that someone said didn't qualify, you now may be much closer to having your loans fully forgiven. [Check eligibility.](#)

Boosting SNAP Participation Among Older Adults to Reduce Food Insecurity

In 2020, nearly 9.5 million adults ages 50 and older were food-insecure. Five million of them were 60 or older. The Supplemental Nutrition Assistance Program (SNAP) is the nation's largest antihunger program and provides financial assistance to many low-income and food-insecure individuals and families to help buy the food they need. Yet eligible older adults have historically had much lower participation in SNAP than those in

other age groups. A series of three AARP Public Policy Institute and Mathematica *Spotlight* reports analyze SNAP participation among older adults and the policies that affect it. The first report, [Participation: Who Are the Eligible but Unenrolled?](#), uses quantitative data to better understand the characteristics of older adults who are eligible but are not enrolling in SNAP. The second, [Access: Who Are the Low-Income and Unenrolled? A State-Level Look](#), examines the SNAP access rate (the share of lower-income people receiving SNAP) and the extent to which the program reaches individuals in need. The third and final report, [Solutions: State Policies Associated with Higher Participation](#), identifies relationships between certain state SNAP policies and the SNAP participation rate among adults ages 60 and older.

September 21 is World Alzheimer's Day

The Alzheimer's Association has resources available to help caregivers. [Learn more.](#)

Save the Date - National Rural Health Day is November 17th

The National Organization of State Offices of Rural Health invite us all to celebrate the Power of Rural - it's more than a day, it's a movement. [Learn more.](#)

It's Apple Season

Did you know that there are more than 7,000 varieties of apples grown worldwide? Apples are a great source of vitamin A, iron, potassium, vitamin C, and fiber. Try one of our [Farm to School recipes](#) featuring apples - the Apple Beet Carrot Salad or Harvest Kale Apple Salad are great choices.

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