

RURAL HEALTH NETWORK

Serving South Central New York

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

Rural Matters November 2024



A Message from our Executive Director



It's hard to believe we are releasing the November issue of Rural Matters. Fall is going by so quickly but overall, the weather has remained beautiful in our area! Rural Health Network of SCNY staff have continued to be busy! We are learning more each week about next steps in being involved in the Social Care Network and offering services for the 1115 Waiver.

As you will see later in the Newsletter, our 2nd Annual Rural Health Network Showcase was a great event! Our awardees and their families and friends enjoyed the evening and it was so nice to meet so many of the people that our agency collaborates with. Although the event is over, there is always time to support our agency and the amazing services we provide to the area

communities. If you couldn't come to the event, secure a sponsorship, or purchase a ticket, I invite you to click on the Donate Link near the bottom of this newsletter to show your support! We are coming into the season of giving and funds you donate can go a long way!

November 21, 2024 is National Rural Health Day! Rural Health Network will be joining the National Organization of State Offices of Rural Health (NOSORH) in celebrating rural health champions across the US. "This day offers a perfect opportunity to showcase the remarkable strides made in rural healthcare and to honor the dedicated individuals who help our communities flourish every day." Our agency staff will be coming together to enjoy a fun and relaxed pizza lunch while reflecting on the year and then energizing ourselves for the future.

Demetra Alberti
Executive Director



How We're Celebrating National Rural Health Day

We are honored to be featured in a Nonprofit Spotlight by the Tioga Chamber of Commerce. If you are an early riser, tune in to [WNBF radio](#) this morning around 7:40 AM for a conversation with Executive Director Demetra Alberti and Resource Development Director Cindy Martin.



Yesterday afternoon, we were happy to be recognized by the Tioga County Chamber of Commerce as part of their Spotlight on Nonprofits. Pictured above are Demetra Alberti, Executive Director; Jocelyn Bailey, VISIONS Federal Credit Union, and Dr. Sabrina Henriques, CEO & President of the Tioga County Chamber.

Food & Health Network Recognized by NYSARH

We were also honored to learn that our Food & Health Network program was selected by the New York State Association for Rural Health as the 2024 Outstanding Rural Health Network Program. This award along with NYSARH's annual Senator Patricia M. McGee Award and the Dr. Gary Ogden Rural Health Practitioner of the Year Award will be presented during a virtual award ceremony today at 10 AM. [Pre-register for the event](#) or [visit the NYSARH website](#).

Rural Health Award Recipients

We enjoyed celebrating our Rural Health Awardees at our Showcase event last month.



2024 Rural Health Award Recipients
Dr. Lazarus B. Gehring - Rural Health Practitioner,
Cheryl Lampman representing Catskills Agrarian Alliance - Rural Health Partner, Shawn
L. Yetter - Rural Health Leader,
Tonya Mitschele - Emerging Rural Health Leader, and
Dr. Nicole Rouhana - Rural Health Champion

AmeriCorps VISTA Member Natalie Lowin spoke with some of our event attendees who shared their thoughts with us. We apologize for the background noise as all of our attendees were enjoying the evening.

26th Anniversary - Rural Health Showcase Interview Booth



Community Health Education - Mental Health First Aid

Our next Mental Health First Aid course will be held virtually via Zoom on December 5th and 6th.

For more information or to register, contact [Julianne Lee](#).

Mental Health First Aid, Narcan, and Science of Addiction Training

Learn how to support your friends, family, and neighbors

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. You'll build skills and confidence you need to reach out and provide initial support to those who are struggling.

Narcan and Science of Addiction training includes education on how to recognize the signs and symptoms of opioid overdose and how to respond using Naloxone (Narcan), as well as a deeper understanding of how addiction affects the human body and mind. All who attend the full Narcan and Science of Addiction training will receive a free Narcan kit.

Upcoming Course:

❖ Virtual via Zoom:

**Thursday, December 5th and Friday, December 6th
9:30am - 1:00pm**

PLUS Narcan training Friday 1:00pm-2:00pm

*Must attend **both** sessions to receive Mental Health First Aid certification!*


Registration is **Required**.

Contact Julianne Lee for more information:

jlee@rhnsnyc.org
(607)788-6896

This project is made possible
by funding through the
Broome County Opioid
Settlement Funds.



 Mental Health FIRST AID
THE NATIONAL COUNCIL FOR MENTAL WELLBEING

**TRUTH
Pharm**

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Welcoming a New Community Health Worker

In October, the Community Health team welcomed Jennifer Crawford, our new Community Health Worker!

Jennifer's primary role is to support patients at the Guthrie/Lourdes Primary Care Practice on Robinson St. in Binghamton, completing intakes and helping patients link to services they need to live healthier lives.

Through our partnership with Guthrie/Lourdes, our Community Health Workers provide an integral link between clinical and community-based supports. They work to address concerns like housing, food, transportation insecurity and more, and they provide countless hours helping patients navigate through complicated systems in order to meet their needs.



Jen shared that she is very excited to join the team. She is passionate about community and how important it is to show kindness, support and compassion. In her previous role

as a Patient Concierge at Guthrie/Lourdes, helping patients that required diagnostic testing, Jen had a number of responsibilities including obtaining prior authorization for radiology testing, scheduling patients for testing and office visits, providing support to patients looking for specific health information and navigating them to the proper parties. She is happy to take on this new role and thankful for the opportunity to contribute to the well-being of others. Jen is a firm believer in making every minute count.

Spending time with her family and friends is essential and something she prioritizes. She enjoys a handful of activities and hobbies such as hiking, traveling, mycology, and pickleball. She also performs in productions with local theatre companies throughout the year. Jen wants to thank everyone for being so welcoming and she looks forward to working with everyone!

We Offer Health Coaching - Learn More

Rural Health Network offers free personalized health coaching. Learn more in this new video produced by AmeriCorps VISTA member Natalie Lowin.



Celebrating the Power of Rural with our Littlest Learners

As we observe National Rural Health Day, programs like Farm to Early Care and Education (ECE) remind us how rural communities creatively overcome challenges to ensure a healthier future for our youngest residents.

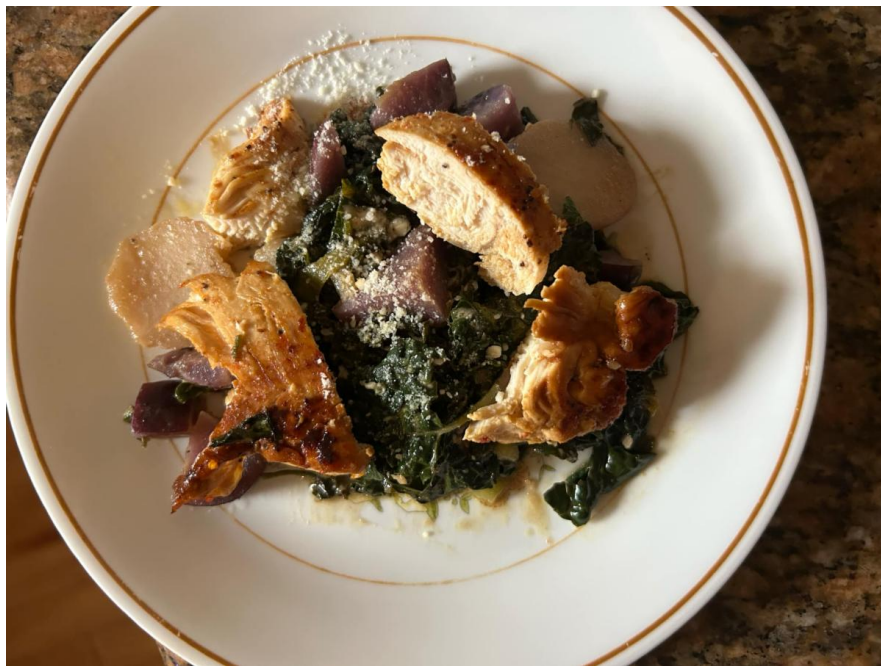
Farm to ECE increases access to healthy, local foods for children ages 0-5 and their caretakers

in such diverse sites as childcare centers, Head Start, family day care, preschool classrooms, and even at home. Farm to ECE offers the same three core components as Farm to School - local food purchasing, nutrition and agriculture education, and gardening. Yet investments in these programs often lag behind those in K-12 Farm to School, and rural communities face additional challenges, including limited budgets and staff capacity.



These barriers are particularly evident in rural areas of the Southern Tier. Many have been designated childcare deserts by the New York State Council on Children and Families, with some towns having just one licensed childcare provider. In Broome County, 20.2% of children face food insecurity, mirroring national trends that show higher rates of food insecurity in rural areas compared to urban ones.

Yet, with challenges come opportunities. Rural areas, home to 19.7% of the U.S. population and covering 86% of its land, offer unique strengths. Their tranquil beauty and close-knit communities make them ideal for innovative programs like Farm to ECE. Picture this: a crisp fall morning, the season's last harvest dusted with frost, and a parent of a child enrolled in Head Start preparing a nutritious meal using fresh, local ingredients from a farm share.



Funding support for programs like Farm to Early Care and Education addresses gaps by expanding resources and nutrition education for young children and families in need. Moreover, it draws on the strength of rural areas as tight-knit, agricultural communities. Communities with Farm to ECE programs experience a “triple win” - farmers benefit from new markets and relationships, kids and their caretakers benefit from healthier lifestyles, and the community benefits by connecting to its early care providers and farmers.

Visit [our website](#) to learn how Farm to ECE is making a difference and [read more](#) from our Farm to ECE Coordinator, Kevin Davidson.

Try a Farm to School Recipe for Thanksgiving

Did you know that you can find many of our Farm to School recipes on [our website](#)? If

you'd like to try something new this holiday season, look at one of these kid-tested options. We think the Harvest Apple Kale Salad (shown below), Maple Sweet Carrots, or the Roasted Cinnamon Sweet Potatoes would be excellent options for a Thanksgiving meal. If you have leftover turkey, try substituting shredded turkey for the ground chicken in the Southwest Chicken Chili.



Harvest Apple Kale Salad



Servings: 6 (1 and 1/3 cup)

The Ingredients

- 1 kale bunch (10oz - 1lb)
- 1 NYS apple, diced
- 2 Tablespoons lemon juice
- 1 Tablespoon local honey
- 3 Tablespoons vegetable/olive oil
- 1/3 teaspoon salt
- 1/3 teaspoon black pepper
- 1/4 cup dried cranberries or raisins

The Steps

1. Finely chop kale and dice apple.
2. Toss diced apple in 1/2 Tablespoon of lemon juice.
3. Prepare dressing by whisking remaining lemon juice with honey, salt, and pepper.
4. Slowly add in oil until dressing thickens.
5. Add dressing to kale and toss.
6. Add diced apple and dried cranberries/raisins to salad mixture.
7. Enjoy!



Cornell Cooperative Extension
Broome County



Food & Health Network Seeks AmeriCorps Member

The Food and Health Network of South Central New York is looking for a NYS Public Health AmeriCorps Produce Prescription Assistant. The Public Health AmeriCorps (PHA) Produce Prescription member is a part of the Food and Health Network's regional Produce Prescription program that works with healthcare providers throughout the Southern Tier to create better health outcomes for patients diagnosed with diet-related chronic health disease and living with food insecurity. The PHA member will work as part of a team with the Food as Medicine Coordinator to develop, implement, grow, and evaluate the program to bring healthy, local food to patients. Members will work with staff, healthcare providers, patients, vendors, and community partners to expand access to fresh fruits and vegetables for members of the community through Produce Prescription.

This position is flexible as it runs for 675 hours and must be completed within one year. A typical schedule is 9 months at 20 hours a week. A driver's license and personal vehicle are required. Total compensation is \$11,317.14 which includes a living allowance of \$8,500.00 and education award of \$2,817.14.

For more information about this and other AmeriCorps positions available with Rural Health Service Corps, please [visit our website](#) to learn more about the benefits that come with serving. You can also reach out to [Haley Desilet](#) or [Alexis Sankofa](#) with any questions you may have.



For the fifth year running, Northern Broome CARES will deliver holiday presents to some of our most vulnerable and isolated community members as part of our Christmas for Seniors program. Last year, we brought gifts to over 200 individuals. We are so grateful to the community for your support and hope that you will consider providing a donation or gift to support this program! You can also save [our flyer](#) to share with your contacts.

Northern Broome CARES serves residents 60+ who live in Whitney Point or the towns of Barker, Lisle, Nanticoke, and Triangle. To learn more about services designed to help residents live well and age well at home, contact Megan Arenas-Cardoso at 607-352-4681.



Gifts for Seniors

FOR THE HOLIDAYS

- Make a Donation and we'll shop
- Or, purchase gifts to ship or deliver to Northern Broome CARES, 12 Strongs Place, Whitney Point, NY 13862
- Gifts need to arrive by December 12th!

Northern Broome CARES

RURAL HEALTH NETWORK
Serving South Central New York

Gift Ideas

Jigsaw Puzzles (200-500 piece)

Personal Hygiene items

Socks/Slippers

Warm Throw

Note Cards/Stamps

Kitchen or Bath Towels

Gift Wrap

Puzzle Books/2025 Calendar



Public Notice

The Rural Health Network of South Central New York is accepting proposals for Transportation and Mobility Services. Proposals will be accepted from not-for-profit organizations or local government service providers to provide services in each of the following three counties: Chenango, Delaware, Otsego. Services will include outreach and public education, development of increased transportation capacity, or coordination at the county level. One grant award is anticipated for each county. To receive a copy of the Request for Proposals, please email Cindy Martin at cmartin@rhnsctny.org and cc Nick Ceconni at nceconni@rhnsctny.org. Call (607) 692-7669, or write to: Rural Health Network of SCNY, 455 Court St., Binghamton, NY 13904.

Questions are due by 4:30 PM EST on November 29, 2024 and proposals must be received electronically by 4:30 PM EST on December 9, 2024.

Travel Training

AmeriCorps VISTA member Natalin Lowin has produced several videos focused on Getthere services. She said, "In this third Getthere video, I spoke with Julie Feheley about her role in Travel Training at Getthere. This is a useful program for anyone who needs to learn how to utilize public transportation options - from a college student to a senior citizen or a person with disabilities. Learn more about Travel Training today and share this program with someone you think could benefit from it!"



GIVING TUESDAY

The Giving Tuesday global network collaborates year-round to inspire generosity around the world, with a common mission to build a world where generosity is part of everyday life.

"Whether it's making someone smile, helping a neighbor or stranger out, showing up for an issue or people we care about, or giving some of what we have to those who need our help, every act of generosity counts, and everyone has something to give."

Giving Tuesday launched in 2012 and is observed on the Tuesday after Thanksgiving in the United States. It has become a day where people across the world prioritize giving back through acts of kindness or generosity. We invite you to consider Rural Health Network if you are making charitable gifts this season.

[DONATE](#)

News, Articles of Interest, and Resources

NYHealth Data Brief - Racial Disparities in Maternal Health: Opportunities to Leverage Primary Care in New York State

Deaths and serious complications related to or associated with pregnancy are among the most glaring and persistent health disparities. In a new data brief, NYHealth explores inequities in maternal health outcomes and in the use of preventive care services before, during, and after pregnancy. The brief also highlights strategies New York State is pursuing to address racial disparities in maternal health within and beyond health care settings—and how affordable, accessible primary and preventive care can play a key role. [View the data brief.](#)

Watch "Ask the Experts: Nutrition Edition"

The New York State Office for Aging (NYSOFA) provides SNAP-Ed NY nutrition programs to older adults, including monthly digital programming. NYSOFA has relaunched one of those staple offerings, Ask The Experts: Nutrition Edition. Catch the [latest episode here](#) and look for new episodes on the second Friday of each month.

Solutions to Social Isolation in Rural Communities

[This article](#) from Next Avenue caught our eye. Both the challenges of aging in place and some of the possible solutions described in this article are reflective of our Northern Broome CARES program.

[2023 Impact Report](#)

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