



**Public Health**  
Prevent. Promote. Protect.

**Tioga County**

## 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: June 8, 2022

RE: Board of Health Meeting - Thursday, June 16, 2022,  
7:30 a.m., Multi-Purpose Conference Room, 2<sup>nd</sup> Floor of Health and Human  
Services Building at 1062 St. Rt. 38, Owego, NY 13827.

### AGENDA

#### Introduction of Guest

- Dan Scherrer, Public Health Sanitarian

#### Presentation

- Tioga County Public Health Water Program

#### Additional Items

#### Old Business

- Meeting Minutes
- Enforcements
- TCPH Stipulation Policy

#### New Business

- N/A

#### Informational

- Agency Updates – May 2022

#### Next Meeting Information

- July 21, 2022



# TIOGA COUNTY BOARD OF HEALTH

## MEETING MINUTES May 19, 2022

### **BOARD MEMBERS PRESENT (All Attended In Person) :**

T. Hills, DVM, Vice President  
W. Standinger III, Legislator  
T. Nytch, DVM  
W. Simmons  
R. Kapur-Pado, DO (Arrived at 7:44 A.M.)

### **STAFF PRESENT:**

L. McCafferty, Secretary  
P. DeWind, Esq., County Attorney (Arrived at 7:36 A.M.)  
A. Reigelman, Secretary to the Public Health Director

### **ABSENT:**

J. Picco, DDS, President  
T. Leary, FNP  
J. Raftis, DO, FACEP  
K. Millar, CRNA

### **GUEST:**

Laura Bennett, Public Health Educator, Tioga County Public Health (Departed at 7:56 A.M.)

**CALL TO ORDER:** 7:33 a.m. by Dr. Hills.

### **INTRODUCTION OF GUESTS:**

Dr. Hills introduced Ms. Bennett, presenting on topic of 2022 County Health Rankings.

### **OLD BUSINESS:**

- Meeting Minutes: Motion to approve prior minutes made by Mr. Simmons; seconded by Legislator Standinger; no discussion, all were in favor, motion approved.
- Enforcements:
  - Ms. McCafferty briefly explained the ATUPA program, is to regulate the underage sale of tobacco products. (Adolescent Tobacco Use Prevention Act)

### **PRESENTATION:**

- Ms. Bennett presented a concise overview of the 2022 County Health Rankings (electronic presentation, hardcopy handout provided):
  - Background information of the County Health Rankings system (established in 2010),
  - Ranking measurements are standardized using various national and state data sources,
  - Model based on Health Outcomes vs. Health Factors,
  - 2021 vs. 2022 data in areas needing improvement and areas that have improved,
  - How Public Health will target areas for improvement.
- Dr. Nytch inquired about the small percentage changes from one year to the next; and what makes one area's small change significant over another.
  - Ms. Bennett replied that it can depend on the variable itself as what is deemed a significant change.
- Ms. McCafferty added that the system of ranking measurements has been consistent since 2010, making it a useful tool for improvement areas.



## TIOGA COUNTY BOARD OF HEALTH

- Ms. McCafferty asked Ms. Bennett to speak briefly on the topic of the Cancer in Action Prevention Grant and Sun Safety, one of Ms. Bennett's areas of focus.
  - Ms. Bennett has worked with Town of Richford, Town of Berkshire, as well as the Boys & Girls Club to adopt Sun Safety policies.
    - The policy allows Public Health to provide funds for locations to help purchase sun safety products. Ex. sunscreen dispensers which are available to the public and tents to provide shade for events, etc.
- Ms. McCafferty advised the Board that Public Health is in process of developing survey questions for the next CHIP/CHA (Community Health Improvement Plan/Community Health Assessment).
  - Offered to send the drafted questions to the Board and if anyone has any comments, or would like to add any other questions can do so.

### **NEW BUSINESS:**

- Tioga County Public Health Stipulation Policy:
  - Ms. McCafferty handed out paper copies of the Tioga County Public Health Stipulation Policy for Environmental Health (last revised in 2010). She explained that the policy is in need of updating, and requested that the Board review the current policy and provide comments/feedback/recommendations.
  - Brief discussion about overlap in jurisdiction in local licensed establishments between New York State Department of Health and Department of Agriculture. There is good relationship/cooperation between all parties.
  - County Attorney DeWind advised to increase the amount for administrative hearings, based on past actions/costs.
  - Legislator Standinger inquired if the discounting of \$100.00 if fine is paid within 30 days has helped to reduce the number of administrative hearings.
    - Ms. McCafferty responded that it has; but asked the Board if the discount is something that we want to continue to provide.
  - County Attorney DeWind inquired if Public Health has the right to call a hearing if an entity is in continuous violation, if not would suggest that it be added.
    - Ms. McCafferty added that enforcement is also tied to the Tioga County Sanitary Code (which is also outdated).
  - Brief discussion of fines as having to do with well/septic complaints.
    - Ms. McCafferty clarified that Public Health is not aggressive or punitive; would rather work with the property owner/municipalities and correct any problems.
      - Some enforcement actions are advised by local policy, and other actions local entities do not have discretion to change as it comes from state level.
        - Ex. Lead regulation/enforcement-discussion on current lead legislation changes taking place in New York State.
          - Ms. McCafferty offered to have Tioga County Environmental Health Sanitarians and Ms. Bennett back to discuss the operation of Tioga County Public Health's Lead program.
      - Dr. Nytech inquired if the fines should be updated per modern economics, as they seem low currently on paper.

### **INFORMATIONAL:**

- Ms. McCafferty stated that the Board received the Agency Report electronically, as well as ASAP letter on Cannabis Legislation and Memo from Office of Cannabis Management keeping the Board informed on status of this topic-which is a slow moving project.
- Ms. McCafferty handed out copies of the current Influenza Surveillance Report from New York State- flu is widespread. New York extended flu season by several weeks.
  - CDC is replicating same kind of map for COVID.
    - Cases in Tompkins and Broome both are increasing.
    - New York State is moving toward personal responsibility (Ms. McCafferty handed out the online Isolation/Quarantine Self Attestations issued by the state).





## TIOGA COUNTY BOARD OF HEALTH

- Many still need paper proof to provide to employers to be able to get paid.
- Tioga County Public Health still monitoring PCR positive tests.
- Ms. McCafferty handed out an example of an IHANS health alert that she receives from the state- some are just advisory, others urgent. Many different groups are set up to receive notifications including but not limited to medical providers.
  - Sometimes this is information overload for clinical practices so Public Health sifts through and sends blast faxes to medical providers of important information that comes through the alert system.
- Ms. McCafferty noted the latest Chlamydia outbreak in Australia with its Koala population.
  - Dr. Nytch mentioned COVID being seen in deer populations

### ADDITIONAL ITEMS:

- Dr. Nytch asked if the Board should respond to a letter that was from a local church official and medical provider accusing the Tioga County Board of Health of making mistakes during COVID.
  - Dr. Nytch made a motion that the Board respond back; motion not seconded.
  - Discussion between Board members took place on whether or not to respond.
    - Several Board members agreed to review the letter again, and respond personally to the individual.
    - Mr. Simmons stated that he would do this, and share his letter with the Board before sending it to the individual-not sending as a representative of the Board, just personally to be able to share his own experience with COVID.

Ms. McCafferty advised the Board that the next meeting will be June 16<sup>th</sup>. Currently, the emergency declaration is due to end June 14<sup>th</sup>, could be extended. Inquired if the Board would like to meet in person, or virtually if still able. Consensus in person.

Ms. McCafferty also stated that Public Health Sanitarian, Daniel Scherrer is scheduled to attend the next meeting to present on water systems. If preferred, can change topic to Public Health's Lead program.

Legislator Standinger noted that he has received positive feedback from the community on Public Health's rabies clinics and the use of electronic registration. Mr. Simmons added that he has attended in the past, and they are very well organized. Ms. McCafferty stated that rabies clinics have been a fun activity for Public Health, that is not COVID related. She stated that she would convey the message to the Public Health crew.

Dr. Nytch called for adjournment at 9:14 A.M.

Minutes respectfully submitted by Lisa McCafferty.

---

Joseph Picco, DDS; President

---

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

Minutes approved June 16, 2022





**Public Health**  
Prevent. Promote. Protect.

**Tioga County**

June 2022 Enforcements

<u>Business</u>	<u>Type of Violation</u>	<u>Fine Paid/Date</u>	<u>Year to Date</u>
Marty McFeely Wendy's-1-012 170 Fifth Ave. Owego, NY	Food	\$700.00 4/25/2022	First
Marty McFeely Wendy's-1-012 170 Fifth Ave. Owego, NY	Food	\$380.00 4/25/2022	Second
Gino Abayev Hidden Valley MHP 2718 W. Creek Rd. Candor, NY	Utilities	\$110.00 5/23/2022	First
Jason Harris Tioga Golf Course 2384 W. River Rd. Nichols, NY	Food	\$220.00 5/26/2022	First





# Tioga County Public Health Department

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



**Public Health**  
Prevent. Promote. Protect.

Tioga County

## NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- Year 1 of the Creating Healthy Schools and Communities Grant has ended. The Village of Waverly and Town of Richford were able to purchase items to improve the walkability of their municipalities, while Waverly School District was also able to purchase items to improve and expand physical activity options for their Physical Education classes.
- Tioga County ranked 24<sup>th</sup> for health outcomes in this year's New York State County Health Ranking Report which is a slight drop from last year. Laura Bennet gave an informative presentation on the topic to the Tioga County Board of Health.
- We sent a blast fax to Tioga County Primary Care Providers to notify of a report sent from CDC on children being diagnosed with Hepatitis and Adenovirus.
- We said goodbye to Samantha Black, our intern from Binghamton University.
- Katie Wait and Angel Conklin participated in the Child & Youth Resource Event at Hickories Park.
- Katie Wait presented on Tioga County Public Health programs and services to the Apalachin Lion's Club.
- Katie Wait, Laura Bennett, and Angel Conklin assisted Broome County Traffic Safety with a CarFit event.
- All Health Educators hosted and participated a car seat event at Visions FCU in Apalachin.
- Laura Bennett worked with Town of Richford to develop and implement a sun safety policy, part of the Cancer in Action Prevention Grant.
- Katie Wait provided New York State Department of Health an updated list of Tioga County Cooling Centers and Pools to be included in the New York State list for Summer 2022.
- Early Intervention Coordinators are looking for creative ways to address the provider capacity issue. They have turned one of the clinic rooms into a space where providers could see children; making it more suitable for a therapy session.
- Referrals continue to come in and not only has it been an issue trying to find providers for both EI and Preschool age children; but evaluators are also backed up, often for months at a time.
- The dental van is moving to its 12th and last school site for the 2021/2022 school year. We have visited all 6 school districts and have seen children from all 20 public schools in Tioga County, including West Learning Center in Apalachin. We look forward to continuing to serve our community's dental needs at the Health and Human Services Building site for the upcoming summer months.
- Todd Kopalek attended the Public Health Partnership Conference in Niagara Falls.



- Adam Ace completed the New York State Certification in Septic Treatment with Minimal Maintenance Using Combined Treatment and Dispersal (CTD), for treatment and dispersal without a mechanical system.
- All Environmental Health staff attended a virtual webinar on ATUPA (Adolescent Tobacco Use Prevention Act) Program responsibilities.
- Held our rabies clinic at Hickories Park at the end of April, and despite the cold, still vaccinated almost 200 animals. Also partnered with Stray Haven in another rabies clinic in May where they vaccinated over 100 cats and dogs, and 1 ferret.
- Dan Scherrer hosted an American Water Works Class on basic laboratory skills for area water operators and waste water operators to be able to earn state required continuing education credits.
- Transportation Services contract/RFP for Early Intervention and Preschool programs is due for renewal for another 3-year term. We held the Transportation Bidder's Conference and Bidder's Open this month.
- 3-5 Preschool Services Contract for providers has been updated and is being prepared to be sent out to Provider's for another 3-year term.
- 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

- We continue to message in-line with the CDC and NYSDOH. COVID-19 information was distributed at the Child and Youth Resource Fair and at the Car Seat Event.
- [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 May 26, 2022; since March 14, 2020 onset:

**New York State**

Total Known Cases: 5,559,628  
 Total Known Deaths: 69,395  
 Total Known Recoveries: 5,390,788

**National**

Total Known Cases: 85,440,340  
 Total Known Deaths: 1,030,415  
 Total Known Recoveries: 81,851,405



- Current Numbers To Date; since March 14, 2020 onset:
  - **803** Days Since Public Health EOC activated (3/14/2020)
  - **12,196** 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
  - **4,018** Facebook Likes
  - **1,043** Facebook Posts
  - **51** Media Interviews
  - **125** Press Releases

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

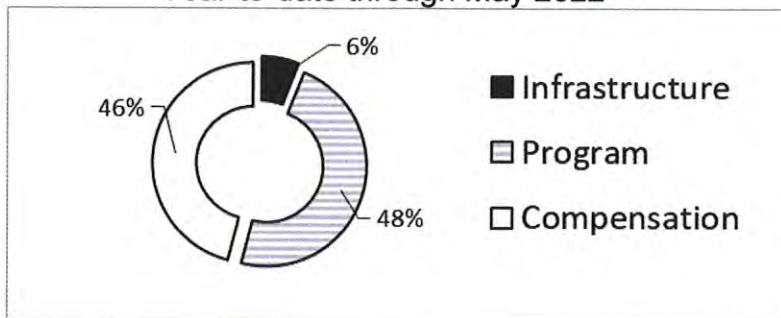
#### Attachments:

1. Financial Snapshot May 2022.
2. Data Report May 2022.
3. Article: "Tioga County ranks 24<sup>th</sup> in health ranking report," Morning Times, April 30, 2022.
4. Handout: Tioga County Health Outcomes & Health Factors 2018-2022, April 22, 2022.
5. Article: "May is Mental Health Awareness Month," Owego Pennysaver, May 22, 2022.
6. Article: "Agencies come together for 'Child and Youth Resource Safety Event'," Owego Pennysaver, May 3, 2022
7. Flyer: "Child & Youth Resource Event!," Tioga County Suicide Prevention Coalition and a New Hope Center, May 4, 2022.
8. Article: "COVID-19 Cases on the Rise in Tioga County," Candor Chronicle, May 4, 2022.
9. Article: "Tioga County Health updates guidance for positive COVID cases," Morning Times, April 29, 2022.
10. Article: "Tioga County COVID update for May 11, 2022," Owego Pennysaver, May 15, 2022.
11. Advertisement: "Tioga County Rabies Vaccination Clinic," Morning Times, April 23, 2022.
12. Flyer: "Tioga County Child Safety Seat Check Event," May 2022.
13. Flyer: "COVID-19 Cases are on the Rise in Tioga County," May 2022.
14. Flyer: "Stay Active While You Work a Desk Job," May 2022.
15. Flyer: "National Asparagus Month," May 2022
16. Flyer: "What the Health!?", May 2022.
17. Bulletin Board: "Food Safety/End Food Waste," HHS Building, May 2022.
18. Bulletin Board: "End Food Waste!," 56 Main St., Owego, May 2022.
19. Billboard: Cannabis Candy-Children Safety, May 2022.

Financial Snapshot  
Year-to-date through May 2022

	2018 Actual	2019 Actual	2020 Actual* <sup>2</sup>	2021 Actual	2022 Budget	Actual* <sup>1,3</sup> YTD 2022	Percentage of 2022 Budget
<b>Revenues</b>							
Fees	1,100,359	1,112,262	739,661	625,355	905,235	298,969	33 %
State/Federal	2,680,110	2,704,275	2,047,032	2,315,802	3,018,651	513,582	17 %
Local	2,147,623	2,103,208	1,924,103	1,906,875	2,848,519	954,207	33 %
<b>TOTAL</b>	<b>5,928,092</b>	<b>5,919,745</b>	<b>4,710,796</b>	<b>4,848,032</b>	<b>6,772,405</b>	<b>1,766,758</b>	<b>26 %</b>
<b>Expenses</b>							
Compensation	1,734,508	1,728,302	1,889,627	2,136,196	2,541,397	822,559	32 %
Program Expense	3,671,760	3,661,604	2,518,252	3,928,472	3,859,378	843,672	22 %
Core Infrastructure	521,824	529,838	302,917	347,691	371,630	100,527	27 %
<b>TOTAL</b>	<b>5,928,092</b>	<b>5,919,745</b>	<b>4,710,796</b>	<b>6,412,359</b>	<b>6,772,405</b>	<b>1,766,758</b>	<b>26 %</b>
<b>FTE:</b> 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 May 2022\*<sup>1,3</sup>



\*Notes: 1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (5/31/2022), and are not the FINAL May 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

<b>PUBLIC HEALTH ACTIVITIES</b>	<b>Y-E 2020</b>	<b>Y-E 2021</b>	<b>May-22</b>	<b>Y-T-D</b>
<b>Community Health</b>				
Healthy Neighborhoods Program Visits	94	112	14	118
- HNP revisits	40	14	0	7
Communicable Disease	618	0	0	0
- Respiratory (Legionellosis, Strep)	143	4	1	4
- Influenza	571	49	0	203
- Tick caused	19	105	27	55
- Hepatitis	20	53	3	53
- Gastrointestinal Disease	16	40	2	11
- PPD Test Administered	5	0	0	0
Child Passenger Safety Seats Inspected	6	20	6	14
- Child Seats FAILED Inspection	5	10	5	11
PH Interns	1	2	0	0
Immunizations total child and adult	35	0	0	0
People Trained w/ Narcan	9	2	0	1
Narcan Distributed (added 8/18)	41	160	19	44
<b>Dental</b>				
New Clients	124	154	35	123
Dental Screenings	631	782	128	444
- Clients with no tooth decay	237	328	22	126
- Clients WITH tooth decay	116	310	75	210
- Clients with EXTENSIVE tooth decay	251	128	30	107
Extractions	91	179	4	41
<b>Children Services</b>				
Children w/ Special Health Care Needs NEW Referrals	11	7	1	2
- Current Children being served	104	92	0	19
<b>Environmental Health</b>				
Animal bite investigations	119	150	20	71
Rabies Clinics	2	6	2	4
- Number of Animals	391	1098	300	685
Food Establishment Inspections	81	182	16	64
- Establishments with Violation	10	26	3	8
Temporary Food Inspections	2	8	0	0
- Clean Indoor Air Act Violations (Smoking)	0	0	0	0
Mobile Home Park Inspections	3	37	2	4
Swimming Pool Inspections	9	14	0	1
Children's Camps	5	4	0	0
Agriculture Fairgrounds	0	2	0	0
Nuisance Complaints	58	17	2	8
Enforcement Actions	11	31	4	13
<b>Weights &amp; Measures</b>				
Inspection Sites	69	129	9	29
- Devices Inspected	277	499	33	52
Petroleum Quality Samples Taken	0	0	0	0
<b>COVID-19</b>				
* Days Public Health EOC activated from year start	285	364	N/A	154
Total COVID Cases for period	<del>5849</del>	5628	961	5034
Individuals Tracked	5849	13224	961	5321
Calls Taken	15257	7824	40	431
Quarantine/Isolation Orders Issued	4323	13586	161	2886
Household Trips/deliveries	2518	1772	0	33
COVID-19 Related Complaints	144	41	0	1
Vaccination Clinics	<del>36</del>	36	0	2

\* EOC originally activated starting 3/14/20

# Tioga County ranks 24th in health ranking report

OWEGO — Tioga County Public Health recently announced that Tioga County has ranked 24th out of 62 counties in New York State for Health Outcomes.

This is a slight drop from the 2021 ranking of 20th, but Tioga County

still remains in the higher middle range of counties in New York. The County Health Rankings reinforce the fact that health is more than what happens at the doctor's office. There are a multitude of factors that influence quality and length of life. The County

Health Rankings provide counties across the country an opportunity to see how well they are performing in terms of health outcomes and factors, so they can celebrate successes and identify areas for improvement.

The 2022 County Health Rankings have begun to reveal the impact the COVID-19 pandemic has had on our community's health.

- The county saw a notable increase in years of potential life lost before age 75, per 100,000 (6,500) compared to rates from the 2021 County Health Rankings (5,948).

- Unemployment rates increased from 4.10 percent reported in 2021 to 7.8 percent.

- Rates of sexually transmitted infections increased from 189.4 in the 2021 Rankings to 257.2 in the 2022 Rankings.

Despite the challenges the community has faced, there were several notable improvements.

- The percentage of adults with diabetes decreased from 12 percent in the 2021 County Health Rankings to 8 percent.

- Improvements in health factors related to substance abuse and risky behaviors included a decrease in Tioga County's teen birth rate (20 per 1,000 females 15-19), rate of driving deaths related to alcohol impairment (13 percent), and drug overdose mortality rate (15 per 1,000).

- Positive changes were also seen in factors related to education and children in poverty. The percentage of Tioga County residents with some college

education rose from a previously stagnant 61 percent to 63 percent. The number of children in poverty decreased to 12 percent, and percentage of children qualifying for free or reduced lunch dropped to 47 percent.

"As always, our primary focus is on prevention and the promotion of healthy lifestyle choices" says Lisa McCafferty, Tioga County Public Health Director, "Through education and outreach and ongoing work with our community partners, we will continue to take steps to improve the overall health of Tioga County."

"Our ongoing work with community partners includes Tioga Opportunities, Tioga County Adult Immunization Coalition, Tobacco Free Broome and Tioga, Tioga County Allies in Substance Abuse Prevention (ASAP), Team Tioga, Council of Governments, and the Family Enrichment Health Advisory Committee," county officials stated. "Through these partnerships we hope to continue educating and positively affecting the health of Tioga County."

For more information about the County Health Rankings and to compare Tioga County to other counties in New York State visit: <https://www.countyhealthrankings.org/>. Morning Times





**Tioga County Public Health Department**  
 1062 State Route 38, PO Box 120, Owego, NY 13827  
 607-687-8600



**Public Health**  
 Prevent. Promote. Protect.  
**Tioga County**

Health Outcomes & Health Factors	2022	2021	2020	2019	2018
Health Outcomes Ranking	24/62	20/62	16/62	27/62	40/62
Health Factors Ranking	20/62	25/62	27/62	22/62	26/62
Tioga County Population	47,904	48,203	48,560	48,578	48,760
Median Income	\$62,400	\$60,699	\$60,300	\$57,200	\$55,600
Years of Potential Life Lost Before Age 75, per 100,000	6,500	5,948	5,800	6,400	6,632
% Fair to Poor Health **	17%	15%	14%	15%	15%
Average of Physically Unhealthy Days in Past 30 Days**	3.9	3.9	3.4	3.9	3.9
Average of Mentally Unhealthy Days in Past 30 Days **	4.8	4.5	4.1	3.8	3.8
% Frequently Mentally Distressed	15%	14%	12%	11%	11%
% Frequently Physically Distressed	12%	12%	10%	12%	12%
% Insufficient Sleep	40%	40%	36%	36%	36%
% Adult Smoking **	20%	21%	16%	17%	17%
% Adults Obese	31%	32%	35%	33%	30%
% Adults Diabetic	8%	12%	13%	12%	11%
Access to Exercise Opportunities	49%	65%	65%	65%	70%
% Physically Inactive	27%	25%	27%	26%	25%
% Driving Deaths Related to Alcohol Impairment	13%	17%	21%	21%	24%
% Excessive Drinking **	23%	21%	21%	19%	19%
Drug Overdose Mortality Rate	15	17	19	18	21
Motor Vehicle Crash Deaths	12	10	8	10	11
Injury Deaths	64	64	64	62	59
Mammography Screening	47%	48%	46%	47%	67%
Sexually Transmitted Infections	257.2	189.4	148.2	202.2	206.5
% Low Birth Weight	7%	7%	7%	7%	7%
Teen Birth Rate ( Per 1,000 Females 15-19)	20	21	23	24	26
PCP Ratio	3,210:1	3,237:1	3,470:1	3,050:1	3,297:1
Dentist Ratio	5,320:1	5,356:1	5,400:1	5,400:1	5,418:1
MHP Ratio	640:1	699:1	740:1	740:1	728:1
% Adults Uninsured	5%	5%	6%	6%	7%
% Children Uninsured	2%	2%	2%	2%	3%
High School Graduation Rate	89%	91%	87%	87%	83%
% With Some College Education	63%	61%	61%	61%	61%
% Unemployed	7.80%	4.10%	4.40%	5.20%	5.10%
% Children in Poverty	12%	14%	15%	16%	19%
% Food Insecure	11%	10%	10%	10%	10%
% Children on Free or Reduced Lunch	47%	49%	50%	51%	49%
% Single Parent Households	19%	18%	30%	31%	30%

Source: The County Health Rankings New York Data 2018-2022

Updated: 4/22/2022

\*\* Data should not be compared to previous years

# May is Mental Health Awareness Month

**CONTRIBUTED BY  
TIOGA COUNTY'S  
DEPARTMENT OF  
PUBLIC HEALTH**

Mental Health Awareness Month is observed each May to raise awareness, fight stigma, provide resources, educate the public, and advocate for policies that are supportive of mental health.

Mental health isn't just about mental health conditions. Our mental health is an important part of our overall health, and includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also determines how we handle stress, relate to others, and make healthy choices.

Regardless if you have been diagnosed with a



**Provided graphic.**

mental health condition or not, there are ways that you can take care of your mental health. Eat healthy, well-balanced meals; be physically active by doing activities you enjoy that get you up and moving; get plenty of sleep; avoid alcohol, drugs, smoking and tobacco products (including e-cigarettes); make time to unwind and do activities you enjoy; connect with others, your community, and/or faith-based organizations; take breaks

from watching, reading, or listening to news stories, including social media.

Part of taking care of you is recognizing when to seek help from a professional. Reaching out for help is not a weakness, but rather an act of self-compassion.

Tioga County Mental Hygiene offers a variety of services to meet your needs, and there is NO waiting list. Services are available to all ages and no one is refused services due

to inability to pay.

A member of the Mental Hygiene team will meet with you, listen to your needs, work with you to create goals for treatment, and set you up with the services that meet your needs. Services may include, but

are not limited to, individual therapy, group therapy, family therapy, case management services, and medication.

Crisis services are available 24/7. You can call (607) 687-4000; after hours, weekends, and holidays call (607)

Owego Pennysaver

687-1010 and ask for the on-call social worker, or walk-in at the Owego Clinic between the hours of 9 a.m. and 6 p.m., Monday through Friday.

Additional information and resources can be found at [cdc.gov/mentalhealth](http://cdc.gov/mentalhealth).

5/22/2022



## Agencies come together for 'Child and Youth Resource Safety Event'

The Tioga County Suicide Prevention Coalition, A New Hope Center, and Tioga County Mental Hygiene are sponsoring a "Child and Youth Resource Safety Event" on Saturday, May 14, from 11 a.m. to 4 p.m. at the Hickory Parks #4 Pavilion (directly across from the playground).

Parents and children of all ages are invited to join them for an afternoon of fun activities and an opportunity to speak directly with child and youth serving representatives from over 12 agencies. They want to let the community know that you can find support and help here, and have a great time too.

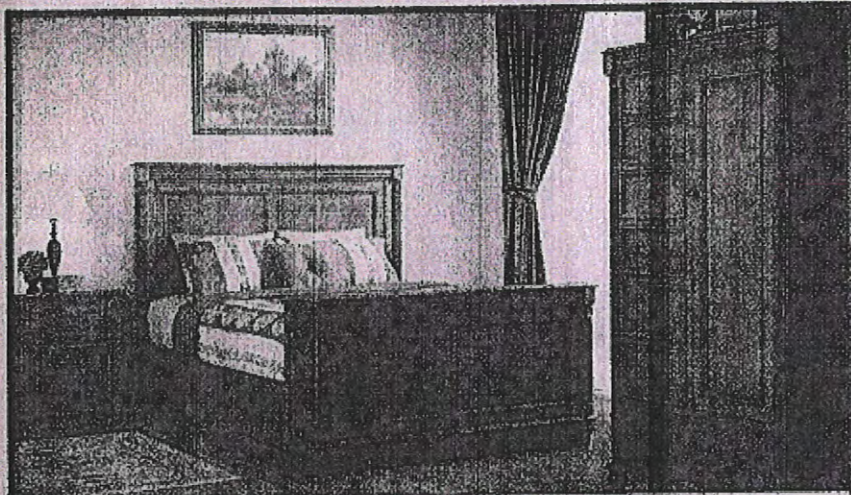
Registered agencies will be on site to discuss their free and voluntary support services including The Tioga County Suicide Prevention Coalition, Tioga County Mental Hygiene, A New Hope Center, NYS Office of People with Developmental Disabilities, Tioga County Probation, the Tioga County Boys and Girls Club, Tioga Catholic Charities, Health Home Care Management in home supports, the Tioga County Health

Department, the Chemung / Tioga Suicide Survivor Grief Group, the Tioga / Broome Mobile Integration Team, the American Foundation for Suicide Prevention, the Aspire Hope Par-

ent Support Group, and many more.

Activities for kids include a craft table, face painting, games, and many free giveaways. Bike helmets will be given to the

first 50 children that attend, and there will be a free bike drawing for one boy and one girl's bicycle at 2 p.m. (youth must be present for the helmet and bike drawing).



Wondering where you can find Quality Pennsylvania made Furniture?

Dining Room, Bedroom,  
Mission, Home Office  
And More!



**Morris**  
Chair Shop

[morrishairshop.com](http://morrishairshop.com) 570.353.2735

**ALL TOWING/SERVICE/REPAIRS/TIRES/SALES**

**Auto Detail.....**

Owego Pennsylvaner 5/3/22



# Child & Youth Resource Event!

**Saturday, May 14th at Hickory  
Park Pavilion #4  
11:00–4:00pm**

Please join us for this spring resource event! Child and youth serving agencies will be on hand to discuss community support services.

- Drawing will be held for a FREE boys and girls bicycle (drawing at 2:00 PM, must be present)
- FREE bike helmets given to the first 50 children (Child must attend for helmet)
- FREE craft table, face painting, other activities!



**Sponsored By The Tioga County  
Suicide Prevention  
Coalition and A New Hope  
Center**



# COVID-19 Cases on the Rise in Tioga County

Public Health Dept. Gives  
Updated Guidance on Testing  
Positive

## STAFF REPORT

COVID-19 cases are once again on the rise in Tioga County, according to the Tioga County Public Health Department. Over the past two weeks, Tioga County has been averaging 24 new cases of COVID-19 each day, according to a press release issued by the health department April 26. As of April 26, Tioga County had 105 confirmed active cases of COVID-19.

These numbers do not include those who have tested positive with an at-home test, leaving us uncertain about how many active cases are truly circulating around our community. Although cases may seem high, of more importance, COVID-19 hospitalizations remain low during this time, as do the number of severe cases.

Tioga County Public Health continues to monitor hospitalizations and severe infections from COVID-19, which gives us a better indication of how COVID-19 is affecting the local community. According to the health department, making sure you and your family are up-to-date on the COVID-19 vaccination can help protect you against severe illness and hospitalization. Here are the current recommendations:

- COVID-19 Vaccine Primary Series: May be given to all individuals ages 5 and up.

- First Booster Shot: May be given to those 12 years and older who completed their COVID-19 vaccine primary series at least three months ago.

- Second booster shot is recommended for adults over the age of 50, people ages 12 years and older who are moderately or severely immunocompromised, and people who received two doses (one primary and one booster dose) of the Johnson & Johnson Janssen vaccine.

“Throughout the COVID-19 pandemic, we have learned ways to mitigate the spread of the virus and individuals are personally responsible for the actions they take to protect themselves against COVID-19,” the press release states.

Those with underlying health conditions and those who are more vulnerable to severe illness should take extra precautions during this time like wearing a mask and avoiding crowded places where it is more difficult to socially distance from others. Additional prevention measures include washing your hands often, disinfecting frequently touched objects, and focusing on other important health factors like getting plenty of sleep, making healthy food choices, and staying physically active.

If you are not feeling well and are experiencing symptoms of COVID-19, the health department is asking that you please get tested for COVID-19 through your primary care provider or use an at-home test kit. Contact your

primary care provider within the first few days of developing symptoms or testing positive for the virus to discuss whether treatment options are right for you.

### New Guidance on Testing Positive

Two days after announcing the rise in cases, the health department issued another press release stating that after April 28 anyone who tests positive for COVID-19 will no longer be receiving a phone call or text message from a case investigator. Instead, positive cases should follow New York State’s current isolation and quarantine guidelines:

- Isolate at home for five days from your test date or from the day you develop symptoms, with Day Zero being the day of symptom onset or your test date. Wear a well-fitting mask when leaving your home during days six to 10.

- If symptoms are not improving after five days or if you are moderately to severely immunocompromised, please continue to isolate for an additional five days, or until symptoms improve.

- Notify those you were in close contact with during the 48 hours prior to testing positive or becoming symptomatic. Close contacts should monitor for symptoms and get tested if they become symptomatic.

- If you are concerned about your

symptoms, please contact your primary care provider to discuss treatment options that may be available to you.

Additional information on New York State’s Isolation & Quarantine Guidelines may be found at [coronavirus.health.ny.gov/isolation-quarantine](https://health.ny.gov/isolation-quarantine).

If you test positive for COVID-19 and need documentation for your employer or school, an Affirmation of Isolation is now being used in place of an Isolation Order for anyone who tests positive, regardless if it is a PCR Test or an At-Home COVID-19 Test. This is a fillable form and can be downloaded at [tiogacountyny.gov/departments/public-health](https://tiogacountyny.gov/departments/public-health).

Staff at Tioga County Public Health will continue to monitor for new clusters forming in the community and for other concerning trends. We will still have members of our team to assist with answering questions and monitoring the current status of cases in Tioga County.

Please call the health department office at (607) 687-8600 (option one) to reach a member of the COVID-19 team. Additional COVID-19 information including Isolation & Quarantine Guidelines, COVID-19 At-Home Test Kit Pick-Up Locations, and more are available on the Tioga County Public Health website.

Canter Chronicle 5/4/22



# Tioga County Health updates guidance for positive COVID cases

For The Morning Times

OWEGO — After Thursday, April 28, anyone who tests positive for COVID-19 will no longer be receiving a phone call or text message from a case investigator, the Tioga County Health Department announced.

Instead, positive cases should follow New York State's current isolation and quarantine guidelines:

- Isolate at home for five days from your test date or from the day you develop symptoms, with day zero being the day of symptom onset or your test date. Wear a well-fitting mask when leaving your home during days six through 10.
- If symptoms are not improving after five days or if you are moderately to severely immunocompromised, please continue to isolate for an additional five days, or until symptoms improve.
- Notify those you were in close contact with during the 48 hours prior to testing

positive or becoming symptomatic. Close contacts should monitor for symptoms and get tested if they become symptomatic.

- If you are concerned about your symptoms, please contact your primary care provider to discuss treatment options that may be available to you.

Additional information on New York State's Isolation & Quarantine Guidelines may be found at <https://coronavirus.health.ny.gov/isolation-quarantine>.

If you test positive for COVID-19 and need documentation for your employer or school, an Affirmation of Isolation is now being used in place of an Isolation Order for anyone who tests positive, regardless if it is a PCR Test or an At-Home COVID-19 Test. This is a fillable form and can be downloaded on the Tioga County Health Department website at <https://tiogacountyny.gov/departments/public-health/>.

Staff at Tioga County Public Health will continue to monitor for new clusters forming in the community and for other concerning trends. We will still have members of our team to assist with answering questions and monitoring the

current status of cases in Tioga County. Please call our office at 607-687-8600 (option 1) to reach a member of our COVID-19 team. Additional COVID-19 information including Isolation & Quarantine Guidelines, COVID-19 At-Home Test Kit Pick-Up Locations, and more are available on the Tioga County Public Health website. *Morning Times 4/29/22*

## Tioga County COVID update for May 11, 2022

Tioga County Public Health continues to monitor the spread and severity of COVID-19 infections within the community. While many may be concerned over the media reports of COVID-19 infections continuing to rise, the health department wants to remind residents that the main focus should be on hospitalizations and deaths, as these numbers are a better indicator of the true impact that COVID-19 is having on the community. The widespread availability of vaccinations and treatment options has undoubtedly helped prevent severe cases of COVID-19 infections, according to the department.

Although there continues

to be a large focus on COVID-19, the health department encourages everyone to be mindful of the number of cases of the seasonal flu that are being seen this year. While it is not abnormal to see a flu season continue through the month of May, we are seeing higher than usual activity for this time of the year. Influenza cases typically peak during the months of January (89 confirmed cases) and February (18 confirmed cases); however, the flu cases did not peak until April this year, with 109 confirmed cases.

While COVID-19 cases may seem high, severe cases of COVID-19 and hospitalizations remain low during this time, the department

added, stating, "Our team will continue to monitor the situation with COVID-19 in our community. Everyone should be taking precautions to best protect themselves and their family to reduce the risk from COVID-19 and influenza."

Some recommendations are as follows.

Get vaccinated – it's not too late to get your annual flu shot or your COVID-19 vaccination; get your COVID-19 booster shot(s) once you are eligible.

Stay home if you are not feeling well, and contact your primary care provider if you have concerns over your symptoms.

Wash your hands and disinfect frequently touched

objects.

Consider wearing a mask while indoors or in areas where it is difficult to socially distance from others.

Opt for outdoor gatherings.

Prioritize other health factors like eating nutritious foods, getting plenty of sleep, and staying physically active.


At this point in the pandemic, individuals should take the precautions that they feel are best for themselves and their families; however, the department continues to encourage individuals who are not feeling well to stay home. If you must leave your home, the

department noted, please respectfully wear a mask while around others to avoid spreading any illness.

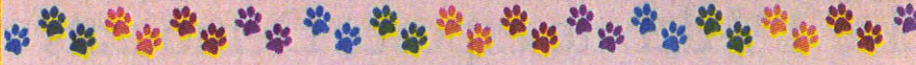
Free at-home COVID-19 tests continue to be available across Tioga County. For a full listing of sites distributing test kits, visit <https://tiogacountyny.gov/departments/public-health/>. If you test positive for COVID-19, please follow New York State's Isolation Guidelines, and contact your primary care provider within the first few days of developing symptoms or testing positive for the virus to discuss whether treatment options are right for you.

To view updated data or COVID-19 from the New York State Department of Health on COVID-19 testing cases, variants, hospitalizations and fatalities, and vaccinations, Long Term Care Facilities and schools, visit <https://coronavirus.health.ny.gov/covid-19-data-new-york>. *Owego Pinnysawer 5/15/22*





# **TIOGA COUNTY RABIES VACCINATION CLINIC**



**APRIL 28, 2022**  
**5:30pm - 7:30pm**

**HICKORIES PARK**

**359 Hickories Park Rd, Owego, NY 13827**

**PRE-REGISTRATION  
IS REQUIRED!**

**\$10 Suggested Donation**

**Dogs, cats, and ferrets are welcome. All animals must be at least 3 months old. Vaccination is no charge, donations are greatly appreciated. Dogs must be on a leash. If your dog is aggressive, please bring a muzzle. Cats and ferrets must be in a carrier. One per carrier, please. Bring proof of prior rabies shots, if available. No residency restrictions. If you have multiple animals, please bring a friend or a family member to help.**



**Scan the QR Code or  
visit our website  
[ph.tiogacountyny.gov](http://ph.tiogacountyny.gov)  
to register!**

*Morning Times 4/23/22*







# TIOGA COUNTY CHILD SAFETY SEAT CHECK EVENT!

Thursday, May 19, 2022  
3:00pm - 6:00pm

Visions Federal Credit Union  
8836 State Route 434, Apalachin, NY 13732

Have your child's seat checked for  
correct installation and fit for your child by a CPS Technician.  
Replacement seats available for qualifying individuals!



**Public Health**  
Prevent. Promote. Protect.  
Tioga County

Questions? Please Call Kylie at 607-687-8612

Program funded by grants from  
The Community Foundation of South Central NY  
and Visions Federal Credit Union.

**VISIONS**  
FEDERAL CREDIT UNION



# COVID-19

## CASES ARE ON THE RISE IN TIOGA COUNTY

**PLEASE DO YOUR PART TO HELP  
PREVENT FURTHER SPREAD OF  
COVID-19 IN OUR COMMUNITY**

**THOSE WHO ARE MORE VULNERABLE  
TO SEVERE ILLNESS FROM COVID-19  
SHOULD TAKE EXTRA PRECAUTIONS  
DURING THIS TIME**

- **Stay up-to-date on your COVID-19 vaccination and get your second booster shot if you are eligible**
- **Wear a mask when in indoor public places**
- **Practice social distancing**
- **Wash your hands often**
- **If you are not feeling well, please stay home and take an at-home COVID-19 test**
- **If you test positive for COVID-19, isolate at home for a minimum of 5 days**
- **Contact your Health Care Provider shortly after testing positive to determine if further treatment is needed**



For more information on Isolation & Quarantine,  
Locations with At-Home COVID-19 Tests, and more,  
visit [ph.tiogacountyny.gov](http://ph.tiogacountyny.gov).





# Stay Active While You Work a Desk Job

Sit on an  
exercise  
ball

Walk  
during  
lunch

Take the  
stairs

Take  
time to  
stretch

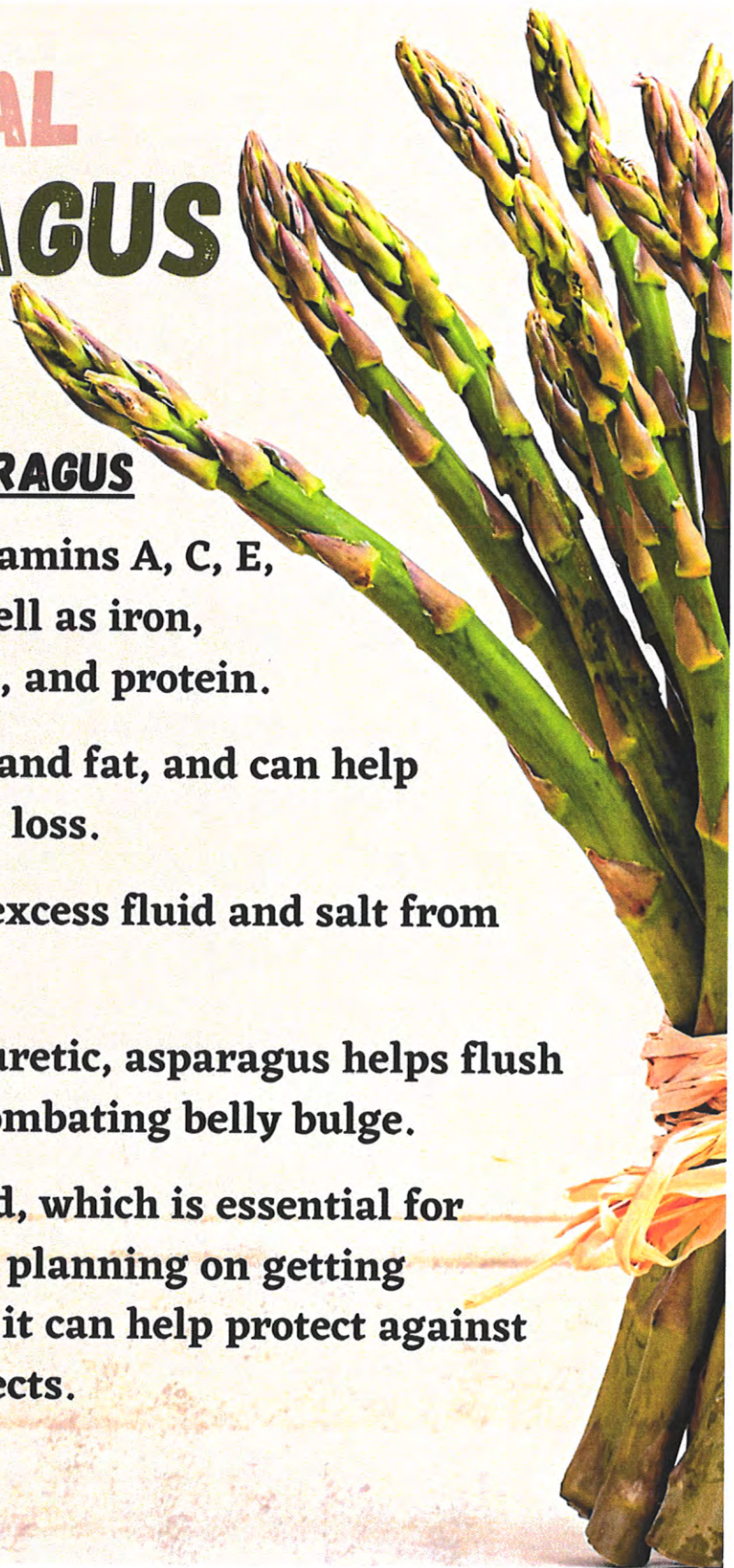




# **NATIONAL ASPARAGUS MONTH**

## **BENEFITS OF ASPARAGUS**

- **Packed with vitamins A, C, E, K, and B6, as well as iron, copper, calcium, and protein.**
- **Low in calories and fat, and can help promote weight loss.**
- **Can help flush excess fluid and salt from your body.**
- **As a natural diuretic, asparagus helps flush excess liquid, combating belly bulge.**
- **Rich in folic acid, which is essential for women who are planning on getting pregnant, since it can help protect against neural tube defects.**





# WHAT THE HEALTH!?



## TIOGA COUNTY CHILD SAFETY SEAT CHECK EVENT!

Thursday, May 19, 2022  
3:00pm - 6:00pm

Visions Federal Credit Union  
8836 State Route 434, Apalachin, NY 13732

Have your child's seat checked for  
correct installation and fit for your child  
by a CPS Technician.

Replacement seats available for  
qualifying individuals!



**VISIONS**  
FEDERAL CREDIT UNION



**Plan** for the week ahead

**Buy** what you need



**Store** your food properly  
so it lasts longer

**Dates** should be noted so  
foods are used up before  
they expire



**Cook** only what you can eat

**Save** what you don't eat  
and heat it up for  
another meal

**Compost** or recycle unused  
or expired food



May 2022

F: Face drooping.

A: Arm weakness.

S: Speech difficulty.

T: Time to call 9-1-1.

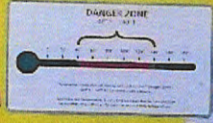
## SPOT A STROKE

# F . A . S . T .



STEAK (cooked to rare)	145 °F
POULTRY (dark)	165 °F
POULTRY (white)	165 °F
GROUND MEAT	160 °F
PIZZA AND PASTAS	165 °F
FRESH CHICKEN SALAD	165 °F
EGGS (hard-boiled)	160 °F
EGGS (soft-boiled)	160 °F

# FOOD SAFETY



**FOODBORNE ILLNESS**  
 Common symptoms include:  
 • Nausea  
 • Vomiting  
 • Diarrhea  
 • Stomach pain  
 • Fever  
 • Fatigue

**4 STEPS TO FOOD SAFETY**  
 FOR MORE INFO, VISIT [CDC.GOV/FOODSAFETY](http://CDC.GOV/FOODSAFETY)

THE CDC ESTIMATES THAT EACH YEAR 48 MILLION PEOPLE GET SICK FROM A FOODBORNE ILLNESS, 128,000 ARE HOSPITALIZED, AND 3,000 DIE.  
 THE MOST COMMONLY REPORTED PATHOGENS INCLUDE:  
 NAUSEA, VOMITING, STOMACH CRAMPS, DIARRHEA, FEVER, AND FATIGUE.  
 TO PREVENT FOODBORNE ILLNESS, FOLLOW THE 4 STEPS TO FOOD SAFETY.

# End food waste

**FOOD WASTE**  
 ABOUT 30% OF THE FOOD WE BUY IS NEVER EATEN. THAT'S 100 MILLION TONS OF FOOD WASTE EACH YEAR. THAT'S ENOUGH TO FEED 100 MILLION PEOPLE.  
 TO REDUCE FOOD WASTE, TRY THESE TIPS:  
 • PLAN MEALS  
 • BUY ONLY WHAT YOU NEED  
 • USE LEFTOVERS  
 • COMPOST

**5 STEPS TO END FOOD WASTE**  
 FOR MORE INFO, VISIT [WWW.FOODWASTE.ORG](http://WWW.FOODWASTE.ORG)

OVER 40% OF FOOD IN THE UNITED STATES ENDS UP IN THE TRASH.  
**BENEFITS OF PREVENTING FOOD WASTE**  
 SAVE MONEY BY BUYING ONLY WHAT YOU NEED  
 REDUCE YOUR ENVIRONMENTAL IMPACT  
 REDUCE GREENHOUSE GAS EMISSIONS

**CLEAN**

**SEPARATE**

**COOK**

**CHILL**

**SAVING**

**STORAGE**

**PREPARATION**

**WASH YOUR HANDS AND SURFACES OFTEN**  
 BEFORE COOKING, EATING, OR HANDLING FOOD. ALWAYS WASH HANDS FOR 20 SECONDS USING SOAP AND WATER.  
 WASH COUNTERS, CUTTING BOARDS, AND DISHES BEFORE AND AFTER EACH USE. DISINFECT SURFACES AFTER EACH USE.

**AVOID CROSS-CONTAMINATION**  
 DON'T LET RAW MEAT, POULTRY, OR SEAFOOD TOUCH OTHER FOODS, DISHES, OR SURFACES. USE SEPARATE CUTTING BOARDS FOR MEAT AND PRODUCE. WASH HANDS AFTER EACH USE.

**COOK TO THE RIGHT TEMPERATURE**  
 USE A MEAT THERMOMETER TO CHECK THE INTERNAL TEMPERATURE OF MEAT. COOK TO THE RIGHT TEMPERATURE TO KILL BACTERIA.  
 REHEAT FOODS TO 165 °F.

**REFRIGERATE FOOD PROMPTLY**  
 REFRIGERATE PERISHABLES WITHIN 2 HOURS OF COOKING. REFRIGERATE LEFTOVERS WITHIN 2 HOURS OF COOKING. REHEAT LEFTOVERS TO 165 °F.



**SHOPPING**

**COMPOSTING**



**GET CREATIVE**  
 USE LEFTOVER INGREDIENTS TO MAKE ANOTHER MEAL YOU MAY FIND A NEW FAVORITE RECIPE.  
 HAVE LEFTOVERS RIGHT IN YOUR REFRIGERATOR TO USE UP MEALS YOU'VE ALREADY COOKED.

**KNOW WHAT YOU HAVE ON HAND**  
 TAKE NOTE OF WHAT YOU ALREADY HAVE IN THE REFRIGERATOR AND PANTRY TO PREVENT BUYING DUPLICATES.  
 IF YOU KNOW YOU HAVE PERISHABLES THAT WILL EXPIRE SOON, PLAN MEALS AROUND THEM TO USE UP WHAT YOU NEED.

**PREPARE PERISHABLES**  
 COOK YOUR MEATS FROM FRESH AND REFRIGERATE AND TO MOST COMMONLY PREPARED FOODS.  
 PREPARE PERISHABLES FROM STORED UP OR PREPARED THEM TO AVOID THEM BEING WASTED.  
 EAT OR GIVE AWAY PERISHABLES TO KEEP THEM FROM WASTING.

**HAVE A PLAN**  
 DECIDE ON A MEAL YOU WANT TO MAKE THROUGHOUT THE WEEK.  
 MAKE A SHOPPING LIST BASED ON THE INGREDIENTS NEEDED TO MAKE THE MEALS YOU WANT TO EAT.  
 REHEAT LEFTOVERS TO 165 °F.  
 FREEZE UNCOOKED MEATS AND BURGERS OCCASIONALLY WILL CUT BACK ON FOOD THAT MAY BE WASTED AND GET THROUGH ON.

**COMPOST**  
 COMPOSTING ORGANIC WASTE CAN BE USED TO ENRICH THE SOIL IN YOUR GARDEN.  
 PLACE FOOD THAT CAN'T BE EATEN IN A COMPOST BIN.  
 FRUITS AND VEGETABLES  
 EGGSHELLS  
 COFFEE GROUND & FILTERS  
 TEA BAGS  
 UNCOOKED MEATS

HHS Building, May 2022



# Tioga County Public Health

**5 STEPS TO END FOOD WASTE**  
FOR MORE INFO VISIT  
[www.tiogahealth.org/foodwaste](http://www.tiogahealth.org/foodwaste)

## END FOOD WASTE!

**FOOD WASTE**  
DON'T FEEL LIKE YOU'RE THE ONLY ONE WHO'S WASTING FOOD? YOU'RE NOT! ABOUT 40% OF THE FOOD WE BUY IS NEVER EATEN. THAT'S A LOT OF FOOD! BUT DON'T WORRY, WE CAN HELP YOU STOP WASTING FOOD. VISIT [www.tiogahealth.org/foodwaste](http://www.tiogahealth.org/foodwaste) FOR MORE INFO.

OVER 40% OF FOOD IN THE UNITED STATES ENDS UP IN THE TRASH.



**BENEFITS OF PREVENTING FOOD WASTE**  
SAVE MONEY BY BUYING ONLY WHAT YOU NEED  
REDUCE YOUR ENVIRONMENTAL IMPACT  
REDUCE GREENHOUSE GAS EMISSIONS



SHOPPING

PREPARATION

STORAGE

SAVING

COMPOSTING

**HAVE A PLAN**  
BEFORE YOU GO SHOPPING, MAKE A LIST OF THE ITEMS YOU WANT TO BUY. CHECK THE LIST AGAIN BEFORE YOU GO TO MAKE SURE YOU HAVE EVERYTHING YOU NEED. DON'T BUY TOO MUCH. DON'T BUY TOO LITTLE. DON'T BUY TOO EARLY. DON'T BUY TOO LATE.

**PREPARE PERSHABLES**  
WASH AND PREPARE PERSHABLES BEFORE YOU STORE THEM. CUT UP FRUITS AND VEGETABLES INTO PORTIONS YOU CAN USE. STORE THEM IN THE REFRIGERATOR. USE THEM UP FIRST.

**KNOW WHAT YOU HAVE ON HAND**  
CHECK YOUR REFRIGERATOR AND PANTRY REGULARLY. USE UP PERISHABLES FIRST. DON'T BUY TOO MUCH. DON'T BUY TOO LITTLE. DON'T BUY TOO EARLY. DON'T BUY TOO LATE.

**GET CREATIVE**  
USE LEFTOVER INGREDIENTS TO MAKE ANOTHER MEAL. YOU MAY FIND A NEW FAVORITE RECIPE. FREEZE LEFTOVERS FOR LATER. USE UP SMALL PORTIONS OF MEALS YOU'VE ALREADY COOKED.

**COMPOST**  
COMPOST IS A GREAT WAY TO REUSE FOOD WASTE. PLACE FOOD WASTE IN A COMPOST BIN. FRUITS AND VEGETABLES, COFFEE GROUNDS & FILTERS, TEA BAGS, BUTTERFLIES.



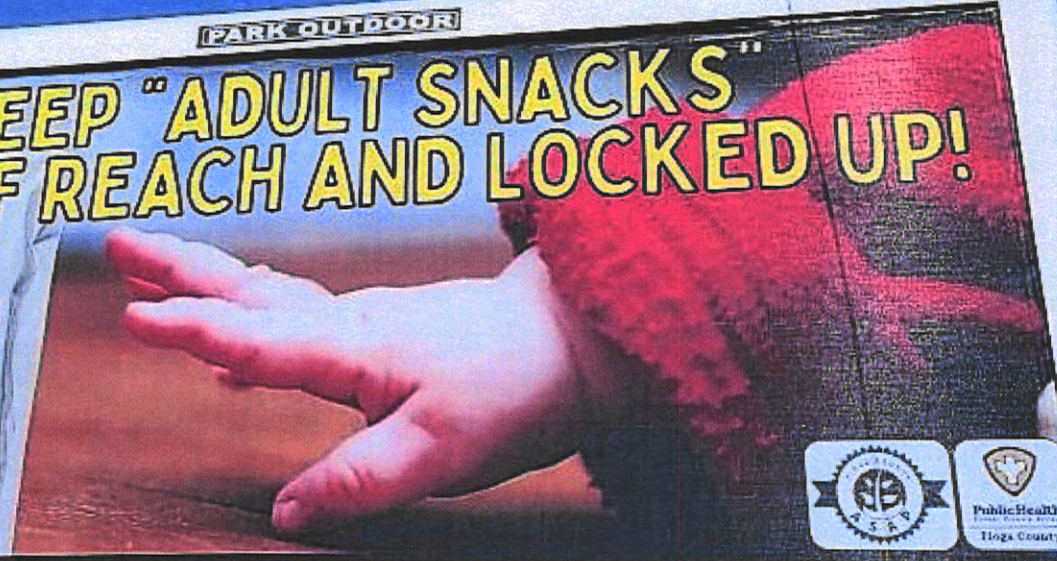
56 Main St. Owego, May 2022



PARK OUTDOOR

**KEEP "ADULT SNACKS"  
OUT OF REACH AND LOCKED UP!**

THC  
GUMMIES



**CANNABIS CANDIES AND SNACKS ARE NOT SAFE FOR KIDS!**



**COUNTY OF TIOGA  
EXECUTIVE PROCLAMATION**

WHEREAS: Stroke is a leading cause of serious long-term disability and the fifth leading cause of death in the United States, killing over 150,000 people nationwide and more than 20 citizens of Tioga County each year; and

WHEREAS: Three out of every four strokes in the United States occur as new or first-time strokes; and

WHEREAS: Strokes can occur at anytime, anywhere, to any person and we all likely know someone who has been affected by a stroke; and

WHEREAS: Warning signs of stroke include sudden numbness or weakness of the face, arm or leg, especially on one side of the body; sudden confusion, trouble speaking or understanding; sudden trouble seeing in one or both eyes; sudden trouble walking, dizziness, loss of balance or coordination; and sudden severe headache with no known cause; and

WHEREAS: Ninety-three percent of Americans recognized that sudden numbness on one side is a symptom of stroke, but only 38% were aware of all major symptoms and knew to call 9-1-1 when someone was having a stroke; and

WHEREAS: Patients who arrive at the emergency room within 3 hours of their first symptoms often have less disability 3 months after a stroke than those who received delayed care; and

WHEREAS: New and effective treatments have been developed to treat and minimize the severity and damaging effect of strokes, but much more research is needed, therefore

THE TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the month of May 2022 as:

**AMERICAN STROKE MONTH IN TIOGA COUNTY**

and urges all the citizens of our County to familiarize themselves with the risk factors associated with stroke, recognize the warning signs and symptoms, and on the first signs of a stroke dial 9-1-1 immediately so that we might begin to reduce the devastating effects of stroke on our population.

Dated: May 10, 2022

  
MARTHA SAUERBREY, CHAIR  
TIOGA COUNTY LEGISLATURE





**COUNTY OF TIOGA  
EXECUTIVE PROCLAMATION**

WHEREAS: According to the United States Department of Agriculture (USDA), food waste is estimated at between 30%-40% of the food supply in the United States; and

WHEREAS: Food waste has detrimental impacts on society, as the resources used to produce and transport food, such as land, water, labor, and energy go to waste; and

WHEREAS: Safe and healthful food that is currently being thrown away could be used to help feed the 10% of food insecure Tioga County residents; and

WHEREAS: Food waste can occur at any stage in the production process. Common causes of food waste include spoilage, exposure to pests or toxins, equipment malfunction, temperature control issues, or the removal of produce that is safe to be eaten but looks undesirable or abnormal; and

WHEREAS: Consumers contribute to food waste by buying or cooking more food than necessary and choosing to throw out the leftovers; and

WHEREAS: The USDA and Environmental Protection Agency (EPA) have set a goal to decrease food waste by 50% by the year 2030; and

WHEREAS: We can all help to reduce food waste by planning meals and creating shopping lists, preparing perishable foods soon after shopping, being mindful of ingredients or leftovers that need to be used, and composting food that can no longer be eaten; and

WHEREAS: Tioga County Public Health in partnership with Tioga County Sustainability strive to provide education and outreach on reducing food waste to achieve a healthier and more sustainable Tioga County; now therefore

The TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the month of May 2022 as:

**END FOOD WASTE MONTH**

and urges all residents to take steps to minimize the amount of food wasted in their household.

Dated: May 10, 2022

*Martha Sauerbrey*  
MARTHA SAUERBREY, CHAIR  
TIOGA COUNTY LEGISLATURE

