

Seneca County

WINTER 2025-2026

HEALTH NEWS



Seneca County
Health Department



Check out our new website!
SenecaCountyHealthNY.gov

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Letter from the Deputy Director

As we embark upon the new year, this means that the winter season is finally here and so is the 2025-2026 winter edition of Seneca County Health News!

Seneca County Health News is another means of educating our community on a variety of topics that can impact one's health in addition to showcasing the invaluable programs and services Seneca County Health Department provides to residents. Sprinkled throughout this edition you will find photos of our dedicated staff giving presentations and working at events like our free rabies vaccination clinics. Also included is an interview with a Public Health Sanitarian and an article written by our Lead Poisoning Prevention Program Coordinator.

Stepping into the new year we are often reminded of successes and challenges we faced in the year we left behind. This edition of our newsletter will provide readers with reminders about fire prevention during the holidays as well as tips to be prepared for winter weather, food safety guidance, and much more.

I wish you all a healthy and joyous holiday season and new year!

Kimberly Abate, M.S.Ed
Deputy Director of Public Health



January is Cervical Cancer Awareness Month!



#CCAM
#EndCervicalCancer

cervivor[™]
informed. empowered. alive.

Did you know...

- Worldwide annually 528,000 women will be diagnosed and 266,000 women will die.
- Each year 13,000 women in the US will get cervical cancer, over 4,000 will die.
- HPV causes cervical cancer.
- Any kind of sexual contact transfers HPV.
- 80% of sexually active men and women will get HPV.
- The HPV Vaccine is recommended for girls and boys ages 9 - 26.
- All women should begin cervical cancer screening starting at age 21.
- Screening Guidelines:
 - Ages 21-29 = Pap testing every 3 years
 - Ages 30-65 = HPV and Pap testing every 5 years
 - Age 25+ option = HPV testing first, with follow-up tests if needed

Knowledge is Power!

For more information about HPV and cervical cancer, visit www.cervivor.org

Meet Your Health Department: **Director of Environmental Services**



Mary Jump
Director of
Environmental
Services

Mary Jump has been working in Environmental Health for county government since 1999. Prior to working for Seneca County, she worked in the Cayuga County Environmental Health Department from January 1999 until September 2021. When she was initially hired, Mary had oversight of the public water supply program. She has conducted sanitary survey inspections as well as making sure that all sampling and other requirements were completed in a timely manner. Over the years, Mary has been trained to inspect swimming pools, bathing beaches, children's camps, food service establishments, hotels, motels, and campgrounds inspections.

Since coming to work in Seneca County, Mary has helped implement the Watershed Protection Law since April of 2022. This law requires routine inspections of septic systems within 250 feet of Cayuga Lake, Seneca Lake, and the Cayuga-Seneca Canal on a 5-year schedule. The law also requires that septic systems be inspected & septic tanks be pumped for all property transfers within the county.

Environmental Health also has oversight of the rabies prevention program for Seneca County. This program is busiest in the summer months due to the number of bats & other wild animals that people can encounter during that time of year.

Mary and the Environmental Health staff actively interact with the community through the various programs Environmental Services oversees, including quarterly rabies clinics and the annual Household Hazardous Waste Day, which enables them to connect with many residents of the county.

One of the most fulfilling aspects of Mary's work at the health department is witnessing the diverse ways we support members of the community. Whether it involves reviewing a lead inspection of a home for a lead poisoning case, or hearing the positive feedback from community members about our Healthy Neighborhoods Program, it is incredibly rewarding to see the positive effects that environmental services has on our community!



YOUR HEALTH DEPARTMENT IN ACTION



THE HOLIDAY SAFETY PLAYBOOK: EXPERT TIPS FROM RIGHT HERE AT HOME

AN INTERVIEW WITH MARY JENSEN, SCHNP
PROGRAM COORDINATOR

BY ANDREW RUDE, PUBLIC HEALTH EDUCATOR

Fire departments throughout the United States, on average, respond to more than 825 fires each year caused by holiday decorations—and this figure does not account for incidents involving Christmas trees.

Seneca County Healthy Neighborhoods Program Coordinator and Public Health Sanitarian, Mary Jensen, speaks on what you can do to prevent your home from being a statistic this holiday season.

Decorating for the holiday season is a tradition that many homes and businesses partake in. Those decorations can increase our community's chances of a fire. Let's work together and prevent home fires during the holiday by following fire safety advice!

Q: If you have a live Christmas tree, how often should you water it?

MJ: Water your Christmas tree every day and get rid of your tree after Christmas or when it is dry. A dry Christmas tree can burn very hot and very fast.

Q: Where should your Christmas tree be in the home?

MJ: A Christmas tree should be at least 3 feet away from heat sources like fireplaces, radiators, space heaters, candles, or heat vents. Make sure your Christmas tree does not block exits.

Q: Any advice about using lights for decorations?

MJ: Inspect holiday lights each year before you put them up. Throw away light strands with frayed or pinched wires.

Read manufacturer's instructions for the number of light strands to connect.

Use only lighting evaluated by a nationally recognized laboratory.

- Underwriters Laboratories (UL) or Intertek (ETL)
 - Red UL mark on light signifies that lights are safe for both indoor and outdoor use.
 - Green UL mark on light signifies the lights are for indoor use only.
 - UL 94 rating is a flammability standard. A V-0 rating is the safest, meaning the material self-extinguishes quickly.

And always remember to turn off all your holiday lights before going to bed or leaving your home!

Did you know?

- More than 1 in every 5 Christmas tree fires were caused by a heat source too close to the tree.
- Almost half of the home decoration fires in December are started by candles.
- Christmas Day is the peak day for candle fires.
- Almost one-third of home Christmas tree fires are caused by electrical problems.



Seneca County
Health Department



Seneca County Healthy
Neighborhoods Program

HE'S CHECKED TWICE...

HAVE YOU?

CHECK YOUR
Detectors



NEED A FREE REPLACEMENT?

GIVE US A CALL!

315-539-1638



Winter Weather Preparedness



Mary Jensen, Public Health Sanitarian

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds. These conditions create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion. The following provides guidance on how families can take action to stay safe during the winter. **Are you prepared?**

Weatherproof your home:

- Keep out the cold with insulation, caulking and weather stripping.
- Consider installing storm windows or covering windows with plastic for added insulation.

Pipes:

- Allow a small drip of water from faucets during extreme cold to keep water moving and prevent freezing.
- Insulate pipes that run along exterior walls to prevent freezing. Use pipe wrap insulation or tubular pipe insulation to keep them warm.
- Disconnect and drain garden hoses to prevent water from freezing the pipes.

Check your heating system:

- Have your furnace inspected by a qualified technician to ensure it is functioning properly. Replace filters and clean ducts to improve efficiency.
- Test your heating system before the cold weather hits to ensure it operates effectively.
- Have your chimney cleaned and inspected by a qualified professional.



Maintain your Roof and Gutters:

- Clean gutters of leaves and debris to prevent ice dams and water damage. Ensure that water can flow freely away from your home.
- Inspect your roof for any loose shingles or leaks and repair them to avoid winter storm damage.

Use Natural Gas Safely:

- Know how to shut off the gas.
- Immediately go outside and call 911 if there is leak.
- Install carbon monoxide detectors on each level of the home.

Emergency kits:

- Prepare an emergency kit for your car that includes safety gear (first aid kit, flashlight, batteries, reflective triangles), tools (ice scraper, tire chains, jumper cables, toolkit), and other items (empty gas can, cell phone charger, bag of sand or cat litter).
- Wear warm clothes and have extra blankets in the car.
- Emergency kit for winter storms and power outage. Winter storms can last for a few hours to several days.

Lastly, stay connected! Visit our Preparedness webpage!.



Seneca County
Health Department



SENECACOUNTYHEALTHNY.GOV

WINTER READINESS CHECKLIST



HOME PREPAREDNESS

- Food (Non-perishable, Canned, etc.)
- Disposable Dishware (Plates, Utensils)
- Medications & First Aid
- Battery/Crank Radio
- Winter Clothing (Hats, gloves, jackets, etc.)
- Blankets
- Matches
- Flashlights
- Extra Batteries
- Firewood (For homes with fireplaces)
- Shovel/Snow Blower

FOOD CHECKLIST

- Canned Fruits and Vegetables
- Canned Meats (Chicken, Tuna, etc.)
- High Energy Snacks (Crackers, Nuts, Fruit Bars)
- Soups
- Bread
- Peanut Butter
- Cereal/Toaster Pastries
- Meals Ready to Eat (MREs)
- Bottled Water (1 gallon/ person per day)
- Manual Can Opener

CAR WINTERIZATION

- Check Fluid Levels (Oil, Coolant, Washer Fluid)
- Test Battery
- Use Deicing Washer Fluid
- Inspect Your Tire Treads
- Install Snow Tires
- Test Your Lights (Headlights, Taillights, Signal Lights)
- Build a Winter Survival Kit

CAR WINTER SURVIVAL KIT

- Flashlight (With Extra Batteries)
- First Aid Kit
- Shovel
- Ice Scrapper & Brush
- Blankets/Sleeping Bag
- Bottled Water
- Jumper Cables
- Extra Winter Clothing (Hats, Gloves, Boots, etc.)
- Road Flares & Safety Triangles

ARE YOU SIGNED UP FOR EMERGENCY ALERTS?



Seneca County
Hyper-Reach



NY Alert
Notifications



Seneca County
Health Department

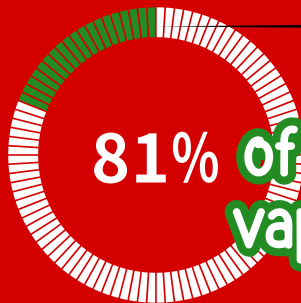


More information is available on our website! [SenecaCountyHealthNY.gov](https://www.SenecaCountyHealthNY.gov)

VAPING & Youth

 **VAPES** are tobacco products!!

 **VAPING** can be harmful to YOUTH!!

 **81%** of 15 - 24 year olds surveyed said they started vaping to decrease stress, anxiety, or depression



SenecaCountyHealthNY.gov

Nicotine can amplify

ANXIETY

symptoms and feelings of

DEPRESSION

READY TO QUIT VAPING? Text **EXPROGRAM** to **88709**

YOUR MAP TO A FOOD-SAFE HOLIDAY

Follow some simple food safety advice to keep you and your guests feeling festive this winter.

PROPER PREPPING

Just as you have a procedure for storing your holiday gifts when you get home, you should have a system for storing your food.

Make sure your fridge is set at or below **40 °F**. Chill perishable groceries within two hours of shopping.

Wash your hands for **20 SECONDS** with warm water and soap!

Be sure to separate raw meat from ready-to-eat foods and dishes.

Store raw meats in a container or dish to prevent juices from leaking and set below ready-to-eat foods.

Don't forget: You need two thermometers.



One for the fridge to ensure food is stored at 40 °F.



One for food, particularly meat, to ensure it's cooked to the right temperature.

WELCOME TO Roastville

Always use a food thermometer to check that different holiday meats have been cooked to the right internal temperature.

- GROUND BEEF 160 °F
- DUCK 165 °F
- TURKEY 165 °F
- GOOSE 165 °F
- VEAL* 145 °F
- PORK* 145 °F
- LAMB* 145 °F
- STEAK* 145 °F

YIELD

*Don't forget resting time! Beef, veal, lamb, and pork should rest for **3 MINUTES** before carving or consuming.

HITTING THE ROAD

If you're bringing a dish to a get-together with coworkers, family or friends this holiday season, make sure you are transporting food safely.

40 °F

140 °F

DANGER ZONE



Perishable food kept in the Danger Zone (between 40 - 140 °F) for longer than 2 hours should be thrown out.

140 °F + 40 °F = 2 hours

KEEP COLD FOOD COLD

When transporting cold dishes, place items in a cooler with ice or gel packs to keep food at or below

40 °F

KEEP HOT FOOD HOT

Keep hot foods at or above

140 °F

by wrapping dishes in insulation bags or towels and newspaper.

EXCEPTIONS

to Danger Zone include ready-to-eat items like



For more food safety tips, go to FoodSafety.gov



Protect your baby from RSV

Most kids get RSV (respiratory syncytial virus) by age 2.¹ While it's mild for many, babies (especially those under 6 months) and young children are at higher risk for a **serious illness** that could lead to hospitalization.

What does RSV look like?

In infants under 6 months:

- Unusual fussiness or tiredness
- Poor feeding
- Pauses in breathing (apnea)

In older babies and toddlers:

- Runny nose
- Cough or wheezing
- Eating or drinking less

Is RSV dangerous?

RSV is the **leading cause of hospitalizations** in children under 1.² It can cause lung infections that make it harder to breathe like **bronchiolitis** and **pneumonia**. Having RSV early in life may raise the risk of developing asthma later.³

How does RSV spread?

It **spreads easily** through coughs, sneezes, shared surfaces, or close contact like kissing or hugging a child.

Kids can spread RSV **before** they feel sick and **stay contagious** for up to a week.

Two ways to protect your baby



During pregnancy: The RSV vaccine (given at 32–36 weeks) protects your baby for their first 6 months.⁴ It's offered **September through January**.



After birth: If the parent didn't get the vaccine during pregnancy, babies under 8 months can get an RSV antibody treatment for five months of protection. Some high-risk toddlers may qualify, too.¹

You can also help prevent RSV:



Wash hands often



Disinfect surfaces often



Keep sick people away from babies



Teach kids to cover coughs and sneezes

Your baby can't fight RSV alone.

Talk to your doctor about how to protect them.

Sources:

¹ [HealthyChildren.org: RSV: When It's More Than Just a Cold](https://www.healthychildren.org/RSV)

² [NFID: Respiratory Syncytial Virus \(RSV\)](https://www.nfid.org/RSV)

³ [NIH: Avoiding RSV in infancy reduces asthma risk](https://www.nih.gov/RSV)

⁴ [ACOG: Should I get the RSV vaccine during pregnancy?](https://www.acog.org/RSV)





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National Influenza Vaccination Week

DECEMBER 1 - DECEMBER 6, 2025

December 6th through the 12th is National Influenza Vaccination Week (NIVW). Getting vaccinated is the first line of defense, and one of the most important, against the influenza viruses. It is recommended to be vaccinated every year, as new strains circulate and the vaccine coverage decreases over the flu season.

You can receive your flu shot at many locations, including your primary care provider's office, local pharmacies, and even the local health department if you are eligible.



Getting a flu shot every year not only protects yourself from illness and hospitalization, but you're also helping to protect others.

During the 2024-2025 flu season, hospitalizations for children and adults were the highest since 2009. Studies have shown that flu vaccination reduces the risk of flu illness and the risk of having to go to the doctor or hospital with the flu by 40-60%. Being vaccinated also reduces the risk of heart attack in those with cardiovascular disease by more than one third. Additionally, flu-related illnesses and hospitalizations in infants less than 6 months fell by half when their mothers were vaccinated.

Flu vaccination rates have fallen in recent years, leaving more people at risk. Take advantage of every opportunity to protect yourself and those around you this flu season. All people 6 months and older are eligible for the vaccine. The best time to get it is in the fall before flu season starts, but it is still beneficial to receive it later in the season!



This NIVW, let's prioritize our health and take a stand against the flu! Get your flu vaccine if you haven't already and encourage your friends and family to do the same!

www.SenecaCountyHealthNY.gov

Measles

IT ISN'T JUST A LITTLE RASH



Measles can be dangerous, especially for babies and young children.

MEASLES SYMPTOMS TYPICALLY INCLUDE

- High fever (may spike to more than 104° F)
- Cough
- Runny nose
- Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Measles Can Be Serious



About 1 out of 5 people who get measles will be hospitalized.



1 out of every 1,000 people with measles will develop brain swelling due to infection (encephalitis), which may lead to brain damage.



1 to 3 out of 1,000 people with measles will die, even with the best care.

You have the power to protect your child.



Provide your children with safe and long-lasting protection against measles by making sure they get the measles-mumps-rubella (MMR) vaccine according to CDC's recommended immunization schedule.

WWW.CDC.GOV/MEASLES



American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

AMERICAN ACADEMY OF FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

Signs & Symptoms of Measles

Symptoms of measles can appear 7-21 days after exposure. Symptoms can include:

- High fever
- Cough
- Runny nose
- Red watery eyes (conjunctivitis)
- Rash: small red spots that give a splotchy red appearance, often starting at the head and spreading down the body (usually appear 3-5 days after initial symptoms).



Seneca County
Health Department



For More Information
Scan the QR Code!



DON'T LET LEAD LURK INDOORS THIS WINTER



KRISTINA KNIGHT, RN, CLC
LEAD POISONING PREVENTION PROGRAM
COORDINATOR

HIDDEN HAZARDS AWAIT

When its cold outside, families spend more time indoors. However, that also means kids may be exposed to hidden Lead hazards for longer periods of time that could be hidden in your home. Keep your little ones safe this winter with these simple tips

Wash your child's hands and toys often. This is especially important before meals, naps, bedtime, and after playing on the floor.

Wet wipe/mop windowsills/window ledges and floors often. Older homes (built before 1978) may have Lead based paint that can turn into dust, especially around high friction surfaces such as windows and doors. Avoid any sanding or scraping of paint indoors. If you're tackling a home project, use a certified Lead safe contractor. You can locate local ones on the EPA website.

Take your shoes off at the door. This helps prevent Lead contaminated soil, dust, and dirt from being tracked inside the home.



Protect growing bodies by feeding your kids healthy meals. Foods rich in calcium, iron, and vitamin C can help protect against Lead absorption in the body. Let cold water run for one minute before using it for drinking or cooking. This helps to flush out any Lead sediment that may have built up in the pipes overnight.

Keep watch for any peeling, chipping paint, or dust in play areas or bedrooms. And look for areas that may show your child has been chewing on repeatedly. Lead tastes sweet so the child will often go back to the same spot multiple times once they have exposed the Lead.

Keeping your home Lead safe assists in your family staying well all year and helps to ensure a bright and healthy future for your children.

SENECA COUNTY LEAD POISONING PREVENTION PROGRAM

Our program is staffed with a full time nurse and sanitarian. We work in collaboration with all medical practices in and out of Seneca County to provide testing and screening for children. The goal of the Lead Poisoning Prevention Program is to decrease the incidence of Lead Poisoning in Seneca County through effective screening, testing, health education and outreach to those at risk.



Check out website for more information and resources!



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CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS (CYSHCN) PROGRAM

*including but not limited to the 27 health conditions listed below

ADD or ADHD

Allergies

Anxiety

Arthritis/
Joint Problem



Asthma

Autism or ASD

Behavioral/
Conduct Problem

Blood Disorder

Cerebral Palsy

Cystic Fibrosis

Depression

Develop-
mental Delay

Diabetes

Down Syndrome

Epilepsy/
Seizure Disorder

Genetic or
Inherited Condition

Head Injury

Hearing Problem

Heart Problem

Intellectual Disability

Learning Difficulty

Migraines

Other mental health condition

Speech or Language Disorder



Substance Use Disorder

Tourette Syndrome

Vision Problems



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Visit our website

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The CYSHCN program is a no-cost resource and referral program.

The CYSHCN program is for children from birth to 21 years who have, or are suspected of having, a serious or chronic physical, developmental, behavioral, and/or emotional condition.

The CYSHCN program provides resources for families to improve the health and care of children who need special assistance.

Contact info:

Chersti Kuhlmann



315-539-1938



ckuhlmann@co.seneca.ny.us



13 BEST ACTIVITIES FOR 1-YEAR-OLDS

Help them Walk, Talk, and more!

Excerpt from "15 Best activities for 1-year-olds that'll help them walk, talk, and more"
by Kathleen Felton

1. Narrated Walk

Narrate as you go about your day with your child. Point to and label anything and everything. Let your child feel the texture of items that are safe for them to hold or touch. "Let's put our blanket away, feel how soft your blanket is?"

2. Nature Exploration

Head outside with a paper bag or bucket and encourage your child to explore what they see around them. Narrate what they are touching: grass, flower, tree, rock. Show them how to pick up objects and place in the bag/bucket. Keep an eye on small objects that could be choking hazards.

3. Discovery Drawer

Fill a low, easy-to-access drawer with small objects (wooden spoons, measuring cups, rolling pin), as well as items like Tupperware, light, sturdy containers. Name the items as your child points them out or plays with them.

4. Puppet Play

Puppets are a big hit at this age. Make the puppet "talk" using short clear sentences and point out foods, objects, or even body parts. "Here's my nose, where's your nose? Oh, I see it!"

5. Storytime

Reading is critical for children at every age, but particularly now, as their language is blossoming. One-year-olds relate to bright colors and pictures in books, especially images of items they are familiar with.

6. Fill-and-empty

By their first birthday most children are able to place a small object into a container. You can help them by setting up a few different containers next to a variety of small toys that your child can play with.

7. Dinosaur Egg Roll

Set up a ramp and place a container at the bottom. Then, show your 1-year-old how they can roll the egg down the ramp so they fall into the container. Make up fun names, call the container a nest. This is a good opportunity to teach turn taking if a sibling is also interested in this game.

8. Anytime Bathtime

Different sized cups for children to pour water into is a great activity. One-year-olds love manipulating objects like these, and this activity lets them figure out how to get water from one cup to another. This activity requires constant supervision.

9. Toy Hide-and-seek

Most 1-year-olds are able to find an object you've hidden by their first birthday, and this game can help them master that important cognitive milestone. Show them a toy they are interested in. Next let them watch while you clearly hide it under a blanket or in a box, then encourage them to find it. Use clear simple language like "Where's the ball?"

10. Standing Activity Table

When your child learns how to pull themselves up to stand, this can be the perfect time to introduce an activity table. You can buy one, or just use a low table with toys they like. The excitement of exploring the objects will motivate your child to stay standing longer strengthening their leg muscles in the process.

11. Taped Toys

Once your toddler becomes confident pulling themselves up and stepping between furniture they may feel comfortable cruising the walls. Using painters tape, attach a variety of interesting household objects or toys on different spots along the wall. Curiosity will encourage your child to stand to get a better look.

12. Yoga Ball Balance

In addition to soft furniture and the wall, you can use yoga balls. With its tendency to wobble, a yoga ball will challenge your soon-to-be-walker's balance. You can also roll large balls between you and your child which is a great way to work on fine motor and hand-eye coordination.

13. Indoor Obstacle Course

Create an obstacle course with a safe path by spacing chairs, ottomans, and other sturdy furniture close together. Encouraging your child to cruise along these items with help strengthen their leg muscles and coordination.



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Seneca County Early
Intervention
315-539-1920



GIFT BUYING GUIDE

CHERSTI KUHLMANN
CHILDREN WITH SPECIAL HEALTH CARE
NEEDS PROGRAM COORDINATOR

TO HELP DEVELOP YOUR CHILD'S SKILLS

Why Age-Appropriate Play Matters: Selecting the right toys, games, and activities for children at different ages is essential for their development. Each stage of a child's growth comes with unique needs and abilities, and selecting the right toys can help support their physical, social, emotional, and cognitive development.

One gift that is universal across all age groups are books. Choose books by age group or a child's reading level. Reading to young children helps to develop speech and language skills.

Age 0-6 months:

- Toys with bright colors, high contrast and simple designs.
- Mobiles, activity mats and play mirrors
- Soft dolls, stuffed animals and squeeze toys
- Teething rings and rattles
- Picture books and nursery rhymes

Age 6 months-1 year:

- Floor activity centers and activity quilts
- Toys that move to make noise
- Toys that open and shut, fill, and stack, push or pull
- Toys that can be squeezed, dropped, poked, twisted, or thrown
- Picture books and stories

Age 1 year-3 years:

- Dolls, stuffed animals, action figures
- Simple dress-up play
- Toys that push, pull, pop up and make noises
- Play scenes that look like real places (e.g. farms, houses, stores, school)
- Crayons, watercolor paints, finger paints, and coloring books.
- Toys that fill, lug, dump, sort or stack
- Large balls that can be rolled and kicked



Age 3 year-4 years:

- Dress-up and pretend toys (superhero costumes, play kitchens)
- Puppets, stuffed animals, dolls, and action figures
- Building blocks, simple arts and crafts, and playdough
- Toys with realistic detail and working parts
- Simple board games
- Tricycles, balance bikes, kick ball, etc.



Age 5 year-7 years:

- Arts and crafts and modelling clay
- Puppets, miniature dolls and action figures
- Physical activities – jump rope, bike riding, baseball
- Secret languages and passwords
- Simple math and word games
- Picture and Chapter books

Age 8 year-10 years:

- Board games
- Soccer, whiffle balls, basketball
- Robotics building, science and magic kits
- Musical instruments
- Chapter books, graphic novels, and journals



Seneca County
Health Department



Seneca County Health Department



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@SenecaCountyDOH



SenecaCountyHealthNY.gov





Seneca County
Health Department

NEW!

Durable Medical Equipment Loan Closet

**DONATED ITEMS AVAILABLE FOR
USE BY CHILDREN IN SENECA
COUNTY**

**SENECA COUNTY HEALTH DEPARTMENT IS PLEASED
TO ANNOUNCE THE OPENING OF A LOAN CLOSET
MADE POSSIBLE THROUGH THE CHILDREN & YOUTH WITH
SPECIAL HEALTHCARE NEEDS GRANT & GENEROUS DONATIONS
FROM CNY MEDICAL AND FAMILIES OF CHILDREN WITH SPECIAL
NEEDS.**

**SOME ITEMS CURRENTLY AVAILABLE FOR
LOAN INCLUDE:**

- WHEELCHAIRS
- WALKERS
- GAIT TRAINERS
- STANDERS
- BATHSEATS

**FOR MORE INFORMATION PLEASE CONTACT:
CHERSTI KUHLMANN - CHILDREN WITH
SPECIAL NEEDS PROGRAM COORDINATOR
315-539-1938**

CKUHLMANN@CO.SENECA.NY.US

**IF YOU ARE A FAMILY WITH EQUIPMENT YOUR
CHILD HAS OUTGROWN, PLEASE CONSIDER
DONATING TO THIS PROGRAM.**

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NEWS FROM CHSC



**Creating Healthy Schools
and Communities
in Seneca County**



Staying Active in Winter

Colder weather is upon us, but that doesn't mean outdoor play for young children should be shelved until spring. The Seneca County Health Department's Creating Healthy Schools & Communities (CHSC) program, which is funded by a grant from the New York State Department of Health, works throughout Seneca County to increase access to healthy food and opportunities for physical activity. This work includes collaborating with our local public-school districts, the goal of which is to engage with administrators, staff, families, and students to adopt policies, practices and environment changes that promote nutrition and physical activity for all children.

In past years, efforts have highlighted the ways schools can take advantage of indoor activities to keep young children moving in the cold seasons. However, it's equally important to note the health benefits of outdoor activity, especially in winter. Outdoor play can help children boost immunity, increase exposure to vitamin D and it helps get them engaged in a wider variety of physical activities.

It's worth noting, too, that cold temperatures aren't necessarily the cause of winter-time viruses, a belief that sometimes leads to parents keeping kids inside. According to the Centers for Disease Control, winter colds are caused by viruses, not icy weather, so getting your kids outside may actually help them avoid getting sick. That's not to say that cold temperatures don't come with risks. Dressing kids appropriately is important — layers, hats, mittens, boots and snow pants are all necessary, especially when the temperature falls below 32 degrees.

When it comes to outdoor play itself families can keep it simple. If you can ski or snowshoe, that's great, but those activities can be expensive for families with limited means. Take your kids out and build a snowman, go sledding or walk around local parks that keep trails clear. Don't let winter deter your family from getting outside and being active.

Local Opportunities for Outdoor Activity in the Winter

- Local school districts have used CHSC funds to purchase sleds and snowshoes
- Waterloo Community Center has an outdoor ice rink, free to the community, weather permitting. Note: skates are not provided at the Community Center.
- Hiking at local state parks and trails is still available in the winter months
- Looking for more ideas, tips, and local events? Check out stepoutside.org for more!



WELCOME TO THE KIDZ KORNER!



Winter Popsicle Stick Craft

Materials

- Jumbo craft sticks
- Regular craft sticks
- Craft paper
- Pom poms
- Wiggle eyes
- Buttons
- Chenille stems
- Ribbon
- Paint and or markers
- Glue
- Scissors



Directions

- Glue your craft sticks together accordingly (see pictures).
- Let the kids paint or color the craft sticks.
- For the Rudolph cut out some antlers and a nose from craft paper, Glue on the nose, antlers, some wiggle eyes and a red pom pom nose.
- For the snowman glue on some wiggle eyes, a carrot nose and any embellishments. Color on a button mouth.
- For the gingerbread man paint a white squiggle around the outer edge, and some for a mouth. Glue on a some button cheeks, wiggle eyes and a bow.
- The penguin cut out and glue on some feet, a beak and some wiggle eyes. For the ear muffs glue on 2 large pom poms and a chenille stem to connect them.
- For the Christmas tree use a chenille stem for garland and pom poms for ornaments, lastly add a star or a snowflake to the top.



Winter 2025-2026 Word Search



M I T T E N S X R I C I C L E X J S D R Q E N
 Q Q C F M I R H A N N U K K A H B L A O S J O
 R I E L A R E B M E C E D K H G R E E N Y M U
 T Q L U U U Y T W J K F R O Z E N I Q D R M G
 B X A R T U Y S W S M J A Z B W H G L E A K O
 M L V R L S V N H O L I D A Y S I H X R U P R
 T A S I L N T O Q R Y S I L V E R B A W R R E
 Z A N E B O T W X I J T E K C A J E D B B E Z
 C Z O S L W I M E C A L P E R I F L L K E S W
 S N W C I M X A X B C P R F V H D L O G F E O
 T A F U Z T J N J J A N U A R Y N S C U C N L
 O W L V Z J D Z P Y P Z O U L M U F K T M T E
 O K A S A M T S I R H C C H E S T N U T S S B
 B T K K R P H O L I D A Y L V D L E N N A L F
 Z K E Y D B O L E P K Y L G S E I K O O C E W
 N E W Y E A R S W M E S N W U G N F D I O H T

Find the following words in the puzzle.
 Words are hidden ↑, ↓, →, ←, and ↘.

BELOW ZERO
 BLIZZARD
 BOOTS
 CHESTNUTS
 CHRISTMAS
 COLD
 COOKIES
 DECEMBER

FEBRUARY
 FIREPLACE
 FLANNEL
 FLURRIES
 FROZEN
 GOLD
 GREEN
 HANNUKAH

HOLIDAY
 ICICLE
 JACKET
 JANUARY
 KWANZAA
 MITTENS
 NEW YEARS
 PRESENTS

RED
 SILVER
 SLEIGHBELLS
 SNOW
 SNOWFLAKE
 SNOWMAN





Public Health
Prevent. Promote. Protect.

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COLD AND FLU SEASON IS HERE

How to slow the spread of germs



GET VACCINATED

Stay up to date with recommended immunizations to lower your risk of complications from respiratory illnesses (such as influenza, COVID and RSV).



WASH YOUR HANDS

Wash your hands often with soap and water, for at least 20 seconds. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.



COVER YOUR COUGHS AND SNEEZES

Cover your nose and mouth with a tissue, then throw the tissue in the trash. If you don't have a tissue, cough or sneeze into your bent elbow, not your hands.



STAY HOME IF YOU'RE SICK

Avoid close contact with people who are sick. If you are sick, stay home and limit close contact with others as much as possible.



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