



Seneca County

FALL 2025

HEALTH NEWS

Senior Safeguard Program

What is a Go
Bag?

Interview with an
Expert

SLP & PT
*Why Is It
Important?*

**Don't Fall
For the Flu**



Seneca County
Health Department



Check out our new website!
SenecaCountyHealthNY.gov

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SENECA COUNTY HEALTH NEWS



CONTACT US



HEALTHEDUCATION@CO.SENECA.NY.US



SENECACOUNTYHEALTHNY.GOV

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Discover the Deputy Director of your local health department along with the projects and initiatives she is spearheading to enhance safety and health in Seneca County!

06 INTERVIEW WITH AN EXPERT: PHYSICAL THERAPY & SPEECH LANGUAGE PATHOLOGY

The Seneca County Health Department has recently established new positions for Physical Therapists and Speech Language Pathologists. What motivated the creation of these roles, and how will they benefit our community? Discover the answers here!

09 13 BEST ACTIVITIES FOR 1 YEAR OLDS

Curious about how to support your one-year-old's walking, talking, and overall development? Dive into this article to uncover the 13 best ways to encourage growth and development in your little one.

10 HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL

CredibleMind is an amazing online wellbeing platform available for free to all Seneca County residents where you can access wonderful resources like how to help your child as they prepare for the upcoming school year.

15 SENIOR SAFEGUARD PROGRAM

The Senior Safeguard program is a brand-new initiative from our Seneca County Healthy Neighborhoods Program (SCHNP) designed to help older individuals prepare for extreme weather events. Discover more about the program here.

18 2025 HOUSEHOLD HAZARDOUS WASTE DAY

Do you have oil-based paint in the garage that you keep forgetting to get rid of? How about old tires? Sign-up for Household Hazardous Waste Day and let us take care of them for you!

19 VAPING MYTHBUSTER

Have you ever been told vapes only contain water vapor or that nicotine is harmless to youth? Learn the truth here.

21-23 KIDZ KORNER

The Kidz Korner returns with exciting new activities, including a fresh word search, a fall-themed scavenger hunt, and creative crafts to brighten up your home for the autumn season!

Dear Readers,

Following our cool, wet spring, I hope that you were able to get out and enjoy the long stretch of warm summer weather that we had! As we head into fall with the days growing shorter and the kids heading back to school, we can all look forward to the changing colors and the natural beauty of Seneca County, the land between the lakes.

As you transition into fall, be sure to read this edition of the Newsletter where you will find a variety of useful and timely information ranging from tick safety for hunters (and the rest of us!) & vaccinations that reduce cancer risk, to how you can connect with programs such as Early Intervention or Healthy Neighborhoods, and lots of great back-to-school tips for kids and parents. I also encourage you to check out the Meet Your Health Department article introducing our Deputy Director, Kim Abate, MSEd. In the Interview with an Expert section featuring Chersti Kuhlmann, our Children with Special Healthcare Needs Program lead, she discusses our newly created Speech Language Pathologist and Physical Therapist positions. All that and so much more is packed into this latest edition of the Newsletter!

I would like to close by encouraging you to reach out to us through our website, social media, or in-person at our office or at one of our many outreach events. We enjoy hearing community members' concerns, thoughts, & ideas. Look for us at school open houses, various Trunk or Treats, and a variety of other community events scheduled for the fall.

I hope you enjoy this edition of our Newsletter, and here's wishing you an enjoyable and healthy fall season in the beautiful Finger Lakes!

Scott King, MPH
Public Health Director



SPREAD THE WORD ABOUT SAFE INFANT SLEEP!

Show others your safe infant sleep skills by setting up a space that is:

- Free of bumpers, pillows, blankets, and toys
- A firm, flat, and level surface covered only by a fitted sheet
- In the same room where the parents or caregivers sleep

Learn more about fun ways to spread the word about safe infant sleep at safetosleep.nichd.nih.gov



Eunice Kennedy Shriver National Institute
of Child Health and Human Development



Meet Your Health Department: Deputy Director of Public Health



Kimberly Abate, MSEd
Deputy Director of
Public Health



Kim with Senior Public Health
Educator AJ Van Curen at
National Night Out in 2024

As the Deputy Director for the Seneca County Health Department, I have spent the last three and half years working to ensure the department's policies and procedures are current, assisting with the Community Health Assessment and Community Health Improvement Plan. I also serve as the lead on our Reaccreditation efforts, whereby the health department is evaluated against a set of national standards to ensure we continue to evolve, improve, and advance public health practice to serve our community.

My other work activities include, (but are not limited to):

- Assisting with the preparation and documentation of grant proposals
- Participate in the development of individual grant budgets, including the ongoing review and monitoring of expenses
- Prepare a variety of reports, records and recommendations pertinent to areas of responsibility
- Coordinate and participate in aspects of emergency preparedness planning and response efforts
- Assists Director of Public Health in planning, organizing and directing all Public Health programs

Prior to joining the Seneca County Health Department team in 2021, I spent 13 years as a Senior Public Health Educator in Cayuga County where I was able to learn the fundamentals of public health and coordinate programs such as the Healthy Neighborhoods Program and the Cancer Services Program.

Want to learn more about the staff at our department?
Visit our website!



YOUR HEALTH DEPARTMENT

IN ACTION



INTERVIEW WITH AN EXPERT: EARLY INTERVENTION



Chersti Kuhlmann, Children with Special Health Care Needs Program Coordinator

What is Early Intervention?

The New York State Early Intervention Program (EIP) is part of the national Early Intervention Program for infants and toddlers with disabilities and their families. First created by Congress in 1986 under the Individuals with Disabilities Education Act (IDEA), the EIP is administered by the New York State Department of Health through the Bureau of Early Intervention. In New York State, the Early Intervention Program is established in Article 25 of the Public Health Law and has been in effect since July 1, 1993.

To be eligible for services, children must be under 3 years of age and have a confirmed disability or established developmental delay, as defined by the State, in one or more of the following areas of development: physical, cognitive, communication, social-emotional, and/or adaptive.

How are children referred for services?

The child's pediatrician may make a referral based on assessment at a well child visit. Parents can call our office if they suspect their child has missed a developmental milestone and request an evaluation.

My child was evaluated, and qualifies, but I think they just need more time. Am I obligated to accept services?

No. The Early Intervention Program is a parent-driven program. Even if a child qualifies for services, a parent can opt to exit the program, or enter the "At-Risk" program and their service coordinator will check-in every few months to see how the child is progressing.

Where do the services take place?

Services take place in the least restrictive environment. Dependent on parent and provider schedules, therapy could take place at home, daycare, or out in the community like a library or community center.

What types of services are offered through Early Intervention?

Each county differs as to what services they are able to offer based on providers that contract with NYS to provide services in that county. The most common services received are Special Education, Speech Therapy, Occupational Therapy, and Physical Therapy. These services are provided by NYS licensed providers with a minimum of 1,000 hours of supervised experience with providing therapy to children under the age of 5. Many of our providers have decades of experience.

What services are available in Seneca County?

Seneca County is very fortunate to have dedicated providers that serve our area. We have 2 Occupational Therapists, 2 Special Education Teachers, and 1 Speech Therapist that provide in-home or in the community services to our children. We also have an agency that provides services via teletherapy. Currently, we are seeking providers for Speech Therapy and Physical Therapy as we have a greater need than number of providers. Some of our providers are covering multiple needs while remaining within their scope of practice. Our families are very grateful for their dedication.

Why is Seneca County hiring a Speech Therapist and a Physical Therapist?

Due to provider shortages across New York State in the EI Program, Seneca County has opted to attempt to solve the shortage for our children by hiring 1 full-time speech therapist and 1 full-time physical therapist. Currently, we have a full caseload for each position waiting for these services. Prior to these positions, all therapists in Early Intervention contract directly with the state and are paid on a fee for service basis. Thankfully, our Special Education Teachers, and Occupational Therapists have been willing to help children with some of these needs in addition to their typical roles.

What happens when my child turns 3?

Prior to turning 3, your child's service coordinator will discuss transition to the preschool special education program. This transition helps to ensure children who continue to need special services continue to receive them once they turn 3 years old. At that point, if a parent chooses to, a meeting is held with the school district they live in and the service coordination is turned over to the school district. Providers contract directly with the county and, in many cases, children are able to keep the same service providers they have been working with under the Early Intervention Program.

Any other questions or referrals can be made by contacting Chersti Kuhlmann at 315-539-1938. Feel free to check out other resources on our website at www.seneca county healthy.gov under Early Intervention.



Public Health
Prevent. Promote. Protect.
Seneca County, NY

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

Intellec-
tual
Disabili-
ty

Learning
Difficulty

Migraines

Other
mental
health
condition

Speech or
Language
Disorder



Substance
Use
Disorder

Tourette
Syndrome

Vision
Problems



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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

Children & Youth with Special Healthcare Needs

Resource Library



Did you know that we have a growing library of books regarding different medical conditions for children with special needs?

Subjects of these books range from activity ideas, to instructional, to parenting techniques.
Below is a list of our current offerings, with more to come.

Books are available for families to borrow at the Seneca County Health Department.

Chersti Kuhlmann, CYSHCN Program Coordinator

(315)-539-1938

WWW.SENECACOUNTYHEALTHNY.GOV

The Sensory Processing Disorder Answer Book
-Tara Delaney, MS, OTR/L

Raising a Sensory Smart Child
-Neil, Peske & Grandin

Special Kids Need Special Parents
-Judith Loseff Lavin

**101 Games and Activities for Children with
Autism and Sensory Processing Disorders**
-Tara Delaney

**All My Stripes: A Story for Children with
Autism**
-Rudolph, Royer & Zivoin

**A Beginner's Guide on Parenting
Children with ADHD**
-Richard Bass

The Hands-On Workbook for ADHD Children
-Richard Bass

Steps to Independence
-Bruce L Baker, Alan J Brightman

**Talking to Your Toddler: 75 Fun Activities and
Interactive Games that Teach Your Child to Talk**
-Teresa Laikko, Laura Laikko

My Brother is Different
-Esther Lutchie

It's OK to be Different
-Sharon Putill

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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 painter's 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.



HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL

Summer is almost over and students will soon be returning to school. It's time to brush the dust off their books and prepare to learn.

However, the transition isn't always easy to deal with - especially for students with ADHD or a learning disability.

Here are some tips to help students adjust:

HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL

Source: ChildMind.org

HELP THEM BE MORE ORGANIZED

The ability to manage time, set expectations and get things done are keys to success in a semester full of classes, extracurriculars, work, friendships and family.

If your student struggles with organization, help them set realistic and proactive goals to get them through the academic year.

HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL

DON'T AMBUSH THEM WITH QUESTIONS ABOUT SCHOOL

Set regular and predictable times around school discussions. Asking your children about their day as soon as they get home can make them feel more pressured and rattled.

Validate their feelings about school and let them know you're available to help or talk when they need it.

HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL

GIVE THEM SPACE TO LEARN AND MAKE MISTAKES

School is a place to learn. Students should be allowed for some room to grow and become more independent and responsible for themselves. Let them take charge of their own needs but be there to support them.

HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL



Seneca County
Health Department




CredibleMind

Summer is almost over and students will soon be returning to school. It's time to brush the dust off their books and prepare to learn.

However, the transition isn't always easy to deal with - especially for students with ADHD or a learning disability.

Here are some tips to help students adjust:

HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL

UNDERSTAND CHALLENGES THAT AFFECT LEARNING

Every child is unique and some children may need more help in certain areas. Talk openly with the child about their challenges and together come up with a plan for success collaboratively/together.

HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL

HELP BOOST THEIR MORALE

While academics are very important, it is also beneficial for students to explore other interests and activities they can look forward to. This can help boost their self-image and relieve stress and pressure from their school work.

Encouraging them to participate in extracurriculars they excel in can help build and protect their confidence.

HOW TO SUPPORT YOUR STUDENT IN GOING BACK TO SCHOOL

VISIT THE CREDIBLEMIND PLATFORM

for more mental health resources for you and your children!



**Visit CredibleMind
Today for More Tips!**



-FREE-

Breastfeeding Basics

-Introduction Class-

When: Wednesday, October 8th, 2025

Time: 5:30pm-7:30pm

Where: Seneca County Health Department
2465 Bonadent Drive, Suite 3, Waterloo, NY 13165

Learn how to prepare for breastfeeding and gain the knowledge and confidence you need to successfully breastfeed your baby.

Class designed for pregnant moms in their 2nd and 3rd trimester + 1 support person!

Topics Covered:

- Feeding positions
- Feeding frequency
- Proper latch
- Troubleshooting

Please register by October 1st, spaces are limited!

Registrants will be eligible for a **FREE** car seat, diapers, wipes, onesie, and more upon completion of the class!



Registration is Required

(You do not need to reside in Seneca County for this class)

Please call 315-539-1920 or
scan to register →



DON'T FALL FOR THE FLU

Get your flu vaccine by the end of October.



COLD AND FLU SEASON IS AROUND THE CORNER!

USE THESE STEPS TO PROTECT YOURSELF AND PREVENT ILLNESS!

CORE PREVENTION STRATEGIES

1 IMMUNIZATION



2 PROPER HYGIENE



3 TAKE STEPS FOR CLEANER AIR



4 STAY HOME TO PREVENT SPREAD



ADDITIONAL STRATEGIES

1 WEARING A MASK



2 DISTANCING



3 TESTING



HPV vaccination is cancer prevention.

HPV vaccination can prevent more than 90% of HPV cancers when given on time at the recommended ages.

Gynecologic cancers are cancers of the female reproductive system, including the cervix, ovaries, uterus, vagina, and vulva. Anyone with female reproductive organs is at risk for these cancers.

The HPV vaccine is recommended for preteens and young adults to protect them from cancers caused by HPV, including cervical, vaginal, and vulvar cancers.

The vast majority of cases of cervical cancer are linked to human papillomavirus (HPV) infection. Like cervical cancer, vaginal and vulvar cancers are also associated with HPV infection, with up to 90% of vaginal cancers and pre-cancers and more than 50% of vulvar cancers linked to infection with the high-risk HPV types.



gynecologic cancer
awareness month



HPV vaccines help prevent cervical, vaginal and vulvar cancer.



Public Health
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Seneca County, NY



WAYS YOU CAN PROTECT YOURSELF FROM LEAD:

Keep it clean

Don't sweep. Use a filtered vacuum and wet mop to clean



Clean toys and teether often



Leave shoes outside



Wash your hands before eating and after playing



Food & Drinks

Healthy meals with lots of vitamin C, iron, and calcium



If you have older plumbing, run cold water 1-3 minutes in the morning before using



Only use cold water for cooking, making baby formula and mixing drinks



Use lead-free food containers and dishes



Where to play

Grassy areas



Away from chipped or peeling paint



Away from dirt



Away from busy roads



Work & Hobbies

Wash work clothes separately with an extra rinse cycle



Store work and hobby supplies out of reach



Shower and change your clothes before coming home if you work with lead



Public Health
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Seneca County, NY

SYPHILIS CASES ARE ON THE RISE



Syphilis cases increased 150%

since 2020

Seneca County
NY



Syphilis is an STI that can cause serious health problems without proper treatment. Infection develops in stages, with each stage having different signs and symptoms.

Syphilis is curable with antibiotics, but without treatment, you can continue to have syphilis in your body for years. Left untreated, syphilis can damage internal organs and can result in death.

If you are sexually active, have an honest and open talk with your healthcare provider. Ask them if you should get tested for syphilis or other STIs.

SYPHILIS: SIGNS & SYMPTOMS

Primary Syphilis

- Small sore called a chancre, usually painless
- Often forms about 3 weeks after contact with syphilis bacteria
- Heals on its own within 3 to 6 weeks

Secondary Syphilis

- Rash - often not itchy, may look rough, red or reddish-brown
- Rash often starts on trunk but can appear on limbs and palms of hands and soles of feet
- May have other symptoms such as:
 - Wartlike sores in mouth or genital area
 - Hair loss
 - Muscle aches
 - Fever
 - Sore throat
 - Tiredness
 - Weight loss
 - Swollen lymph nodes

Latent Syphilis

If you aren't treated for syphilis, the disease moves to this stage, also called the hidden stage because there are no symptoms. This stage can last for years.

Tertiary (or Late) Syphilis

Without treatment, syphilis can lead to major health problems. The disease may damage the brain, nerves, eyes, heart, blood vessels, liver, bones and joints. These problems may happen many years after the initial infection.

Senior Safeguard Program: What is a Go Bag?



PROVIDED BY
SENECA COUNTY HEALTHY NEIGHBORHOODS PROGRAM (SCHNP)

WHAT IS A “GO BAG”

A “GO BAG” CONTAINS ALL THE ESSENTIALS YOU MAY NEED TO SURVIVE 2-3 DAYS AWAY FROM HOME. HAVING A “GO BAG” ALLOWS YOU TO QUICKLY RESPOND TO EMERGENCIES AND EVACUATE SAFELY.

WHAT TO INCLUDE IN YOUR “GO BAG”

- CLOTHING
- FOOD
- WATER
- MEDICATION
- FIRST AID KIT
- BATTERY POWERED RADIO
- LOCAL MAPS AND COMPASS
- FLASHLIGHTS
- HYGIENE ITEMS
- IMPORTANT PAPERWORK
- EMERGENCY CONTACT AND MEDICAL INFORMATION

NEED HELP ACQUIRING A FREE “GO BAG”?

DID YOU KNOW SENECA COUNTY HEALTHY NEIGHBORHOODS PROGRAM RECENTLY STARTED PROVIDING GO BAGS FOR ELIGIBLE RESIDENTS OF SENECA COUNTY?!

THESE BAGS INCLUDE ALL THE BASICS AND ARE COMPLETELY FREE FOR QUALIFIED PARTICIPANTS.



NEW YORK STATE
**Healthy
Neighborhoods
Program**

CALL US TODAY!

(315) 539-1638



Seneca County
Health Department



2025 WALK-THRU RABIES CLINICS

- **FREE!**
- PRE-REGISTRATION REQUIRED
- REGISTER ONLINE OR BY PHONE

REGISTRATION DETAILS BELOW



TUESDAY MARCH 18TH

90 total animals vaccinated

70 dogs

20 cats



WEDNESDAY MAY 14TH

92 total animals vaccinated

63 dogs

29 cats



TUESDAY AUGUST 12TH

83 total animals vaccinated

57 dogs

26 cats



TUESDAY OCTOBER 28TH

Time: 5:00 PM

Location: Seneca County Highway Department
2017 County Road 135-A, Romulus, NY 14541

SCAN ME



REGISTER BY PHONE



315-539-1671

QUESTIONS?



Rabies@co.seneca.ny.us

25TH ANNUAL SENECA COUNTY HOUSEHOLD HAZARDOUS WASTE DROP-OFF DAY

September 20, 2025

Some examples of acceptable waste are:

- Automotive Fluids
- Car Batteries
- Fire Extinguishers
- Fluorescent & Compact Bulbs
- Herbicides/Pesticides
- Household Cleaners
- Insecticides
- Latex Paint
- Oil-Based Paints & Stains
- Paint Thinner
- Photo Chemicals
- Pool Chemicals
- Propane Tanks
- Rechargeable Batteries
- Resins and Adhesives
- Sealants and Solvents
- Tires
- Wood Stripper
- *Have a list of items & quantities for disposal*
- *FREE for Seneca County Residents*
- *Commercial waste not accepted*
- *Limited to 10 gallons & 20 lbs. of waste per household*



Scan the QR Code to Register

SCAN ME



**Or Register By Phone at 315-539-1671
SenecaCountyHealthNY.gov**

**Registration Deadline:
9/16/2025**

Seneca County Household Hazardous Waste Day is made possible by:

New York State Department of Environmental Conservation, Seneca County Health Department, Seneca County Highway Department, North Ward Environmental Services, Seneca Meadows, Empire Seneca Inc.

LIVE IN TICK COUNTRY? DO A DAILY TICK CHECK!



Time for a tick check!

Along hairline

Inside and behind ears

Armpits

Bellybutton

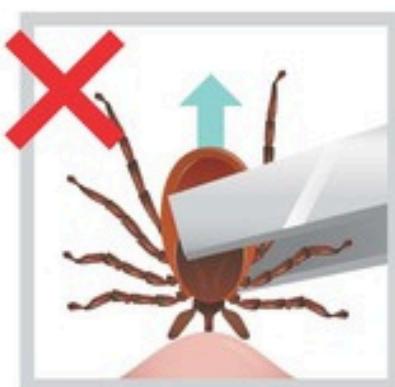
Groin

Between fingers

Legs

Behind knees

Between toes



Use a mirror to inspect those hard to see areas



If a tick is found



dontgettickedny.org • nysipm.cornell.edu



Funded by NYS Senate Task Force on Lyme and Tick-Borne Diseases.

Illustrations by Christopher Madden, Coburn Design.

VAPING & Youth



MythBuster

VAPING is not WATER vapor you're inhaling... it's AEROSOL with lots of CHEMICALS!!
And YES...there is "secondhand vaping". It's not tobacco... it's still nicotine!

Nicotine is harmful to young brains!

Young brains are still developing till the age of **24**!

VAPES contain the same harmful chemicals as found in cleaning supplies, weed killer and bug spray!

High schoolers who begin vaping are **4X** more likely to smoke cigarettes!

READY TO QUIT VAPING?

Text **EXPROGRAM**
to **88709**

AN APPLE A DAY

Apples are cholesterol-free, fat-free, and sodium-free with numerous health and wellness benefits. New York State is a primary producer of dairy, fruits, and vegetables, including apples.

The fiber in apples slows the release of carbohydrates into the bloodstream, providing the energy you need without blood sugar spikes.

Apples are also full of phytochemicals – plant chemicals that contain protective, disease-preventing compounds.

The pectin in apples is a prebiotic, providing food for friendly gut bacteria. Research suggests that apple pectin can promote the body's production of anti-inflammatory blood proteins called cytokines.

Apples help you refuel with good carbohydrates after working out.

Looking for some new ways to enjoy apples? Check out the sites below for more information and tasty recipes!

www.applesfromny.com

snapedny.org



LOOKING FOR A LOCAL ORCHARD?
CHECK OUT THIS ARTICLE FROM
GREAT LAKES GUIDES!



Creating Healthy Schools
and Communities
in Seneca County

KIDZ KORNER

FESTIVE FALL CRAFTS!

Beaded Corn Cobs

Materials Needed:

- 4 pipe cleaners
- Pony beads



Instructions:

- Twist the pipe cleaners together in the center and fan out.
- Bead each piece, leaving about 2" unbeaded at the ends
- Fold the spokes up, and twist the ends of the pipe cleaners together to create the corn husk.
- Adjust the beaded pieces until they look like corn.

Paper Plate Hedgehog

Materials Needed:

- 1 paper plate
- Fall leaves
- Light brown paint
- Paintbrush
- Googly eyes
- Black marker
- Scissors
- Glue (white school glue or glue gun)

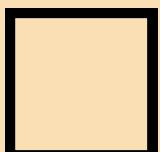


Instructions:

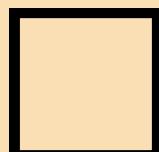
- Paint the paper plate brown. Let the paint dry completely. Cut it in half. Glue the halves together – most paper plates will allow for the hedgehog to stand on its own if you glue the halves together.
- Mark the head area (to keep it leaf-free). Apply a generous amount of glue and start sticking on leaves. Let each layer of leaves set for a bit. Once you are happy with how your paper plate hedgehog craft looks stick on two googly eyes and draw a nose and mouth.

Fall Scavenger Hunt

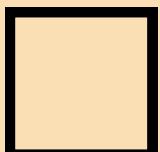
Look around outside and see if you can spot the following objects!



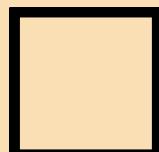
Pumpkin



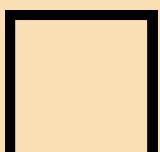
Green Leaf



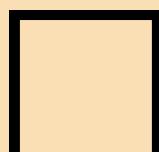
Acorn



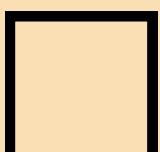
Apple



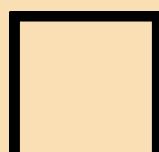
Pinecone



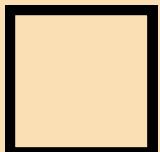
Scarecrow



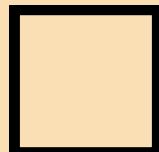
Red Leaf



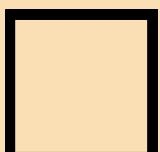
School Bus



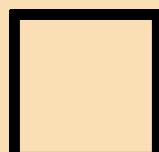
Brown Leaf



Sunflower

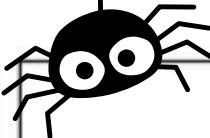


Orange Leaf



Spiderweb

Fall 2025 Word Search



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

Find the following words in the puzzle.

Words are hidden **↑**, **↓**, **→**, **←**, and **↖**.

ACORN
APPLE
APPLE CIDER
AUTUMN
BLACK CAT
BRISK
CAMPFIRE
CAULDRON

COLORFUL
CORNUCOPIA
COSTUME
DRACULA
EQUINOX
FOLIAGE
FOOTBALL
FRANKENSTEIN

FULL MOON
GOULD
HALLOWEEN
HARVEST
HAYRIDE
HAYSTACK
HONEYCRISP
LEAVES

MACINTOSH
MAPLE SYRUP
ORCHARD
PINECONE
PUMPKIN
RAKE
RED DELICIOUS
SCHOOL

SPIDERS
SQUASH
SQUIRREL
SUNFLOWER
THANKSGIVING
TURKEY
WAGON RIDE





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ITEMS INCLUDE:

- WHEELCHAIRS
- WALKERS
- STANDERS
- ADAPTED UTENSILS
- TUMBLEFORM POSITIONING EQUIPMENT
- ADAPTED FOOTPLATES FOR TRICYCLES
- COMPRESSION VESTS
- BATH SEATS
- GAIT TRAINERS
- WEIGHTED LAP PADS

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