



YOUTH BUREAU NEWS

A St. Lawrence County Monthly Newsletter

April 2024

Vol 4 Issue 4



Inside the Issue

Spring Break is here! Check out some ideas to do if you are staying home, discover some reading recommendations, and discover why it's important to practice best sun-protective behaviors now!



Learn more about the solar eclipse and its totality. Fun facts and area viewing events included.



**Solar Eclipse
2024**

Check out this month's upcoming events for fun-filled activities! Register to attend the Youth Bureau's 4th Annual Trash Dash on April 27th and 28th! Deadline to register is 4/23/24.



Thank you.

for unplugging
on Five Hour Free (from Social Media) Friday

3.01.2024

107 Participants

53% Students Grades 5-College

47% Adults

83% of participants refrained from
Social Media use the full five hours

Participant Feedback:

57% had more time with friends & family

46% were more productive

30% improved mental well-being

94% would participate in a future Five
Hour Free (from Social Media) Friday



100

The # of times, on average,
teens pick up their phones
everyday.

500

The # of minutes, on average,
teens spend on their phone
everyday.

8

The # of hours, on average,
teens spend on their phones
everyday.*

“

“5 hour free Friday should be every Friday night.”

“An important lesson not only for
youth but also adults to get off social
media and stay in the moment.”

“Thank you for doing this!”

“I really felt like I got more things done!”

“I am glad I participated.”

”



*The Journal of American Medical
Association Pediatrics, January 2023



ST. LAWRENCE COUNTY

TRASH DASH



#SLCTRASHDASH

April 27-28, 2024



Register
by 4/23/24

SCAN



SATURDAY

4/27 9:00 am

- GOUVERNEUR
- RENSSELAER FALLS
- POTSDAM

SUNDAY

4/28 1:00 pm

- MASSENA
- OGDENSBURG



Safety training &
equipment
provided.



Did You Know?

APRIL'S COUNTY GOVERNMENT MONTH



PLEASE EXCUSE OUR APPEARANCE, WHILE UNDER CONSTRUCTION.
County Tours may look slightly different for 2024.
We promise to still offer the best experience for your class.
Call us TODAY to discuss details!

St. Lawrence County Government Classroom Tours

Students will learn about local government and the services St. Lawrence County offers.

Tours are personalized to meet classroom needs and requests.

**Tours available Monday - Friday
9:00 AM - 3:00 PM**

Spend the day visiting the St. Lawrence County Courthouse, the St. Lawrence County Sheriff's Office and the Human Services Center

Tours can include:

- Board of Legislators
- County Clerk
- Real Property
- Legal Agencies
- NY Courts
- Law Library
- Sheriff's Office (Old Jail)
- Planning
- DMV
- One Stop Career Center
- Community Services
- Public Health
- Office for the Aging
- Youth Bureau
- Board of Elections



Call the Youth Bureau at 315-379-9464 or email Alexa Backus Chase at ACHase@stlawco.gov or Rebekah Zuhlsdorf at RZuhlsdorf@stlawco.gov to schedule today.





School Field Trip Event

Your class is invited to
**Spend the day with
Law Enforcement**



Tuesday April 30th
9:00 am - 2:00 pm



**St. Lawrence County
Correctional Facility
Parking Lot**
17 Commerce Lane, Canton



Contact the Youth Bureau
to reserve your class tour
Rebekah Zuhlsdorf
rzuhlsdorf@stlawco.gov
315.379.9464

- ★ **St. Lawrence County Sheriff's Department**
- ★ **St. Lawrence County Emergency Services**
- ★ **New York State Troopers**

Tour Includes:

- Canine demonstrations
- Drone activities
- St. Lawrence County Jail Tour
- Mobile Command Unit
- Emergency Vehicles on Display





SPRING BREAK 2024

Early sun-protective behaviors can have a lasting impact

Source: Harvard Health Publishing
July 30, 2020

By Shinjita Das, MD, Contributor

Early sun-protective behaviors can have a lasting impact on the development and appearance of photoaging, and can reduce the risk of developing skin cancer. Beginning in infancy, children should be kept out of direct sunlight and covered with sun-protective clothing with an ultraviolet protective factor of 50+. Sunscreens are safe for infants starting at 6 months.

During adolescence and beyond, a tanned appearance is often associated with youthfulness and health. Instead of using a tanning bed, opt for a sunless tanning cream to achieve a similar effect — but be sure to apply a sunscreen, since tanning creams generally don't contain sun-protective factor unless explicitly stated on the label. Another option is to apply a tinted sunscreen.

- Avoid peak hours of the sun's intensity (generally between 10am and 2pm) and seek shade when outdoors.
- Wear sunscreen, even when it's cloudy, raining, or snowing:
 - broad-spectrum UVA/UVB coverage
 - SPF 30+, which blocks 97% of the sun's rays (no sunscreen blocks 100% of the rays)
 - water-resistant (be sure to reapply every two hours when outside or after getting wet or toweling off)
- Wear sun-protective clothing (UPF 50+) like broad-brimmed hats, long-sleeved shirts, and pants

[Access full article here:](#) **CLICK HERE**

TAKE A BREAK



Looking for reading ideas for your Spring Break? Some great new releases:

South of Somewhere

by Kalena Miller

Twelve-year-old Mavis has grown up fabulously rich in Chicago, but everything changes when the FBI comes knocking and her mom goes on the run. Mavis finds herself living in the rural Midwest, babysitting to make money like so many teens her age. When she starts receiving secret messages from her mom, Mavis must determine if her mother is truly guilty, and whether she even wants to know the answer to that question in the first place.



Buy it: **South of Somewhere** at Amazon **CLICK HERE**

Best April 2024 New Books for Kids, Teens, and Teachers: **CLICK HERE**



Not traveling over Spring Break? Some activities to consider:



Reset Your Wardrobe

A great time to clean your closet, sell some old clothes, and treat yourself to some new Spring clothing.



Host a Spring Break Movie Marathon

Grab the popcorn & invite some friends over and Netflix some classics or new movie selections!



Host Your Own Spring Break Bake-Off

Pull up some bake-off shows and challenge your friends to a Spring Bake-off! Fun time in the kitchen AND delicious rewards!



Travel locally

Choose a destination you've never visited that's local. Drive out with family members or friends and enjoy an afternoon experiencing a new eatery or shop.



Take a Hike

Find a local trail and get some steps in while enjoying the outdoors! Physical activity is a great de-stressor during a break from school!



Spring Break Recipe Orange Dreamsicle

Ingredients

- 4 teaspoons grated orange zest
- 2-1/2 cups orange juice
- 1 cup half-and-half cream
- 3/4 cup superfine sugar
- 2 bottles (750 milliliters each) sparkling apple juice or Ginger ale
- Optional: fresh orange slices



Directions

1. Place the first 4 ingredients in a blender; cover and process until sugar is dissolved. Transfer to an 8-in. square dish. Freeze, covered-6 hours or overnight.
2. To serve, place 1/4 cup orange mixture in each glass. Top with sparkling juice or Ginger ale. Garnish oranges & serve immediately.

"Everyone needs a break to refuel, recharge, and jump back in full throttle." -Helen Edwards





Cornell Cooperative's 4H Horse Communications and Public Presentations

**GREAT
JOB!**

On Saturday, March 23rd, area 4-H members delivered presentations at the Cornell Cooperative Extension of St. Lawrence County. Area 4H youth, ages 8 to 18, prepared presentations on various topics including the history of Lacrosse, how to shoot a hockey goal, everything about bearded dragons, how to make brownies, cattle roping and rodeos, and painting flowers.

We wanted to extend a BIG KUDOS to all participants! This experience helps members gain confidence, public speaking skills, experience in answering spontaneous questions asked by judges, and subject matter content. All of Saturday's participants did an excellent job!

**WELL
DONE**

AWESOME!



Top photo is Melanie, a student from Parishville-Hopkinton, presented on how to shoot a hockey goal.

Bottom photo is Rosie, a student from Canton's Banford Elementary, presented on the history of Lacrosse.

Both are members of the **North Country Warriors Club**.

Solar Eclipse 2024

April 8, 2024

What?

A total solar eclipse occurs when the moon crosses directly in front of the daytime sun .

Thirty-one million people living in the path stretching from Texas to Maine will be able to see the **total eclipse** . This happens when the moon completely covers up the sun. Those outside the path of totality will see a partial eclipse. The time when the moon blocks a small portion to almost all of the sun is considered a **partial eclipse**.

NASA estimates that 99% of people living in the U.S. will be able to see a partial or total eclipse next month.

When?

The Solar Eclipse visits North America on **April 8, 2024**. The duration of totality will be up to 4 minutes and 27 seconds.

The last solar eclipse occurred on August 21, 2017 and its totality lasted for 2 minutes and 40 seconds. Twenty million people from Oregon to South Carolina saw its totality.

The next total solar eclipse visible in the United States will be on August 23, 2044. That's twenty years from now!

Who?

People living in these 13 states will be able to see the total eclipse:

- Texas
- Illinois
- New York
- Oklahoma
- Indiana
- Vermont
- Arkansas
- Ohio
- New Hampshire
- Missouri
- Pennsylvania
- Maine
- Kentucky

Why?

Wearing proper eclipse viewing glasses is very important.



Looking directly at the Sun is unsafe except during the brief total phase of totality when the Moon entirely blocks the Sun's bright light.

During totality, nocturnal wildlife sometimes wakes up thinking it's nighttime. Non-nocturnal wildlife might head to sleep.

The longest duration of totality during the 2024 eclipse will last up to 4 minutes and 26 seconds over central Texas.

Planets and stars can be seen during the daytime with the naked eye during a total solar eclipse.

Total solar eclipses recur in the same place roughly once every 360 years.

Safety

The only safe way to look directly at the uneclipsed or partially eclipsed Sun is through special-purpose solar filters, such as eclipse glasses or hand-held solar viewers. **Homemade filters or personal sunglasses are not safe for looking at the Sun. Dark sunglasses are not safe to use either.**

Follow these simple guidelines:

- Use only ISO-certified-safe solar eclipse glasses and viewers.
- Keep them on while the Sun is not yet fully eclipsed.
- Once the sky suddenly turns dark, you can take off your eclipse glasses or viewers for only the few minutes of darkness.
- As soon as the bright Sun begins to reappear, put your solar eclipse glasses on to glance at the remaining partial phases.

According to the American Academy of Ophthalmology, looking at the sun without proper eye protection for even a short time can harm your eyes and risk permanently damaging your retina.

Solar retinopathy, or blindness, has occurred when people have looked directly at the sun.

The American Astronomical Society has provided a list of approved manufacturers of ISO certified safe solar eclipse glasses. [Click for link.](#)

Additionally, ISO certified safe viewing glasses are available in St. Lawrence County. Local libraries have been offering glasses and some are available to purchase through the St. Lawrence County Chamber of Commerce for \$3.00.



Timing



In Canton:

- Start of eclipse: 2:11 pm
- Start Totality: 3:23 pm
- Max Eclipse: 3:25 pm
- End Totality: 3:27 pm
- End of eclipse: 4:35 pm

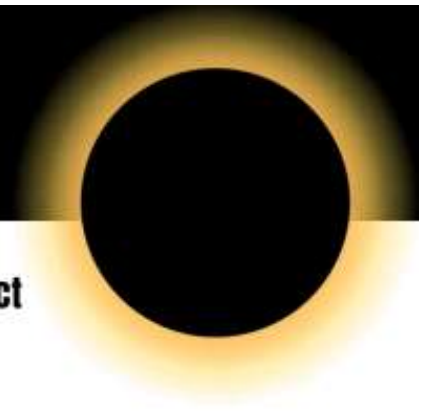
To view map and track your eclipse viewing location:



Credit: National Solar Observatory, AURA and National Science Foundation. Using NASA eclipse path data generated by Fred Espenak, Besselian Elements for April 8, 2024 total solar eclipse. Specific eclipse data from the US Naval Observatory's Astronomical Applications Department.

Solar Eclipse 2024

Family-friendly Viewing Events



Hermon DeKalb Central School District for students and families:

April 8 School Day Schedule:

- 10 a.m. – Students arrive at school (breakfast will be served)
- 10 a.m. to 1 p.m. – Normal school schedule
- 1 p.m.-2:15 p.m. – Student outdoor eclipse activities (weather permitting, indoor activities will be done if weather is poor)
- 2:15 p.m. – Parents are invited to join the activities behind the school. **Please park in the main parking lot, enter through the main doors and go to the gym to sign in.**
- 2:11 p.m. – Partial Eclipse starts
- 3:23 p.m. – Totality starts
- 3:26 p.m. – Totality ends
- 4 p.m. – Students are released to their parents or bused home
- 4:35 p.m. – Eclipse ends



For parents joining the school at 2:15 p.m., please ensure you park in the main parking lot, enter through the main doors of the school, and go to the gym to sign in.

As a group, everyone will all go outdoors from the gymnasium to the soccer field.

Starting at around 3:45 p.m., you will be able to re-enter the gym and sign out students.

Students will be brought down from the classroom to the gym just like the release from the Halloween parade.

Contact **Mark White** at 315-347-3442 or email mwhite@hdcsk12.org with questions.

Note: Hermon DeKalb students have been learning about what causes an eclipse and what to expect during the solar event, including safety precautions. The school has 1,000 pairs of safe solar viewing glasses and shields available for use. (For students who already have ISO certified safe viewing glasses, please make sure they bring them on April 8th.)



The Hephurn Library
of Waddington
NEW YORK

30 Main Street, Waddington NY, 13694

Phone: (315)388-4454

For more information email :

Ethan Cragg- ecragg@ncls.org

Eclipse Watch Party in Waddington

Watch party at their nearby park

2:00-4:30 pm April 8th

Eclipse Presentation

Thursday, March 28th

11:00 am

Learn about the eclipse, historical & scientific facts, and best safety practices

Solar Eclipse 2024

Family-friendly Viewing Events



MORRISTOWN CENTRAL SCHOOL

Morristown Eclipse Extravaganza

Monday, April 8th
1:00 pm

For MCS students
and their family members

The students and staff at Morristown Central will be offering educational experiences for people of all ages to include:

- Learn how a solar eclipse works
- Create your own solar viewer
- Learn about the importance of this total solar eclipse

Additionally, MCS students can build a celestial-themed entry to compete in a competition. The winner will be selected by votes entered by visitors attending the Eclipse Extravaganza on April 8th!

Check out the event webpage, created by students in the Community Event Design class, for more information:

[CLICK HERE](#)



For Viewing Locations & Events
Check out the Chamber's Webpage:



[CLICK HERE](#)

Solar Eclipse 2024

Family-friendly Viewing Events



Total Eclipse at the Children's Museum



Monday, April 8th
1:00 pm - 3:30 pm
Garner Park, Potsdam

[CLICK HERE](#)

- Activities & eclipse observation with solar eclipse viewing glasses



Solar Eclipse Events

GET MOONED
AT THE MASSENA PUBLIC LIBRARY!!!

THE LIBRARY BUILDING WILL BE SECURED FOR THE DAY ON 04/08 STARTING AT 2:00PM.

SAT 3/23
GLOW IN THE DARK ECLIPSE T-SHIRT CRAFT
Time: 11:00am - 12:00pm
Age: 5+ (with a parent or guardian)
Registration - Required

ECLIPSE GLASSES AVAILABLE
Starting on April 1st you can pick up one pair per person. We cannot hold them for you, you must come in person to receive them. If you would like to pick up a pair of eclipse glasses for someone else, bring their library card.

MON 4/8
ECLIPSE COOKIE DECORATING
Time: 12:00pm
Age: 18 and under
Registration - Required

ECLIPSE VIEWING
We will have the empty parking lot behind the library for people to gather and watch. We've partnered with 7 Dream of Wienies hot dog cart, who will be on location starting at noon.

EVENTS SPONSORED BY
WELLOW URGENT CARE

Massena Public Library

Starting on April 1st, bring your Massena library card in person and receive a pair of eclipse viewing glasses!



Solar Eclipse 2024

Family-friendly Viewing Events



Ogdensburg Public Library

Ogdensburg Public Library
Eclipse Glasses Shields



Eye protection is important when viewing the eclipse. Learn to make a shield to protect your child's eyes.

April 2 @ 4:00 pm

OGDENSBURG PUBLIC LIBRARY

Make an Eclipse Shirt

size small shirts available while supplies last.

April 3 | 5:00 pm
312 Washington Street

Waddington Public Library

THE WADDINGTON LIBRARY PRESENTS:

ECLIPSE PREPARATION PRESENTATION

THURSDAY, MARCH 28TH, 2024
11:00 A.M. TO NOON.

30 MAIN STREET, WADDINGTON NY, 13694

To prepare for the upcoming total solar eclipse next month, the Waddington Library will be hosting a short scientific and historical presentation about solar eclipses. Methods to view the eclipse in a safe way will also be displayed.

Special Eclipse Glasses will be free and available!

Watch Party Hosted by the Waddington Library

TOTAL SOLAR ECLIPSE



A Once-in-a-Millennium Celestial Event

APRIL 8TH, 2:00-4:30 P.M.

At Island View Park Pavillion, Waddington NY, 13694

Click on [Events](#) for More Information or to [Enlarge](#)

FAMILY RESOURCE DAY & OPIOID OVERDOSE PREVENTION

THURSDAY APRIL 18TH 1-5PM

MHAB LIFE SKILLS CAMPUS
14 DORMITORY DRIVE
PLATTSBURGH, NY 12903

QUESTIONS?
SHERLOCK@AHIRHEALTH.ORG

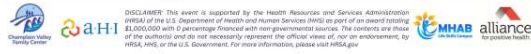
CHANCES ARE, YOU OR SOMEONE YOU KNOW HAS BEEN TOUCHED BY THE OPIOID CRISIS.

Join us to learn more about local agencies and get answers to questions about opioid use, overdose prevention, and recovery.

IT COULD **SAVE A LIFE.**

NARCAN CERTIFICATION
Free Narcan kit provided by Alliance for Positive Health, fentanyl test strips & deterra packs

EVENT SCHEDULE
2-2:30PM NARCAN TRAINING W/ KRISTA TROMBLEY
2:30-3PM THE SCIENCE OF ADDICTION W/ JACOB COLOUMBE
3-3:30PM FINDING SELF-CARE & LOSING THE GUILT W/ NICK DUBAY

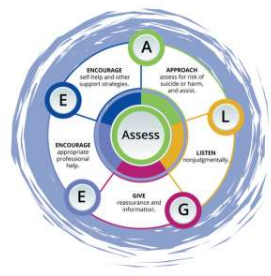


FREE YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid (MHFA) teaches adults how to identify, understand, and respond to signs of mental health and substance use challenges in adolescents (age 12-18).

WHAT IT COVERS

- Common signs and symptoms of mental health challenge including, anxiety, depression, eating disorders, and ADHD.
- Common signs and symptoms of substance use challenge.
- How to interact with a child or adolescent in crisis.
- How to connect the youth with help. Expanded content on trauma, substance use, and self-care.



ST. LAWRENCE COUNTY
Gouverneur Community Center
4673 NY-58
Gouverneur, NY 13642
April 3, 2024
8:30 a.m. - 4:30 p.m.
[SLC Register Here](#)

-OR-
SCAN ME

QUESTIONS? CONTACT:
Tim Fayette
(315) 755-2020 Ext. 15
tfayette@fdhrpo.org
www.fdrhpo.org



Join us for...



Workshops



Speakers



Presentations

Thank you to all of the staff, students, community members, and agencies for making this event possible!



Visit our website for more information and to register for the event.

Registration closes April 12, 2024



SUNY Potsdam Public Health Department presents

PUBLIC HEALTH DAY

FRIDAY, APRIL 26, 2024

The goal of this event is to celebrate public health in St. Lawrence County and energize the next generation of public health practitioners.

Breakout Sessions

Sugar on the Brain

Americans love to eat/drink sweet foods and beverages. The trouble is that too much added sugar from these foods and drinks increases our risk of getting sick. How do we know how much is ok? How much added sugar is actually in our food and drinks? Join Registered Dietitian Jennifer Pfotenhauer to learn how to read food labels and measure out how much added sugar is in what we consume. You will be surprised!

In Her Shoes: Living With Domestic Violence

Step into the shoes of those impacted by domestic violence with NAHEC's immersive classroom simulation! Experience powerful narratives inspired by real women, shedding light on the complexities of intersectional identities and the challenges they face in seeking help. Walk through their stories and gain invaluable insights into their struggles. Engage in meaningful discussions led by NAHEC experts, aimed at breaking down stereotypes, reducing victim-blaming, and dismantling barriers to care.

Tobacco Toll

From cartoon characters to bright colors, Big Tobacco has spent big bucks on getting kids hooked. The marketing tactics of tobacco conglomerates are grossly deceptive. Take their word for it: teens are their "Replacement Smokers." Dive into the manipulative and deceptive marketing tactics of the tobacco industry that continue to successfully exploit vulnerable populations.

Early Childhood Intervention in Rural Areas & Why it's an Important Health Issue

The health department presents an overview of the importance of the Early Intervention program and how it positively impacts children and families, especially in Rural Communities. Discover how our resources can pave the way for brighter futures and empower families to thrive independently through personalized support and guidance. Join us in shaping a healthier, happier tomorrow for all. Learn more about our Early Intervention Program today!

and others will be offered!

Event Schedule

Session 1 - The Power of Public Health in the North Country

8:30 - 9:00 AM

Registration

9:00 - 9:15 AM

Welcome with Dean Grant

9:15 - 10:00 AM

Keynote with Missi Woolldridge

10:15 - 10:45 AM

Breakout sessions

11:00 - 12:00 PM

Lunch (provided)

12:00 - 12:30 PM

Student presentations

12:30 - 1:00 PM

Awards and ending remarks

Session Two - "The After Party" Safe Vibes Only; Party Drugs & Harm Reduction

1:30 - 1:45 PM

Welcome with NAHEC

1:45 - 3:00 PM

Documentary Viewing - "What's in My Baggie?"

3:00 - 3:15 PM

Q & A with Missi Woolldridge

3:15 - 4:00 PM

Workshops (NARCAN, Drug Testing & more!)

**snack & drink provided

"The After Party"

Safe Vibes Only; Party Drugs & Harm Reduction

Join us for an engaging and eye-opening session that delves into the world of "party" drugs! The session will screen, "What's in My Baggie?" - A documentary film that follows partygoers across America to different music festivals and tests their drugs. Learn about current drug trends, common adulterants found in "party" drugs, and how to best protect yourself and friends from overdose and/or death. The screening will be followed by a Q&A with Missi Woolldridge, MPH, a thought leader in the field of nightlife harm reduction, interviewee in the film, and alum and adjunct professor of Public Health & Human Performance at SUNY Potsdam.

Be part of the movement that empowers responsible choices, informed-decision making, and a lifestyle that prioritizes access to life saving tools over stigma and punishment.

Walk away with a free Fentanyl test strip, Narcan to reverse an opioid overdose, and the knowledge and skills needed to party proper(ly)/ensure safe vibes only/dose with caution (dependent on chosen title)!

Hosted by the Northern Area Health Education Center, SUNY Potsdam Department of Public Health & Human Performance, Healthy Nightlife, and Seaway Valley Prevention Center



Questions?
Sherlick@ahihealth.org

TRANSPORTATION BRAINSTORM


with Sonja Jensen, St. Lawrence Co Mobility Manager and Vanessa Falzon, Program Manager for The Valley Recovery Center

Join us to learn about the models St. Lawrence County uses to address its transportation challenges and discuss the barriers you are facing in your county.

April 2, 2024
1:30PM - 2:30PM
Virtual session!

REGISTER HERE

DISCLAIMER: This event is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor endorsement by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

SEIZURE FIRST AID CERTIFICATION

EPILEPSY FOUNDATION **END EPILEPSY**

WHAT IS IT? This Seizure Recognition and First Aid Training was developed by the Epilepsy Foundation. It contains information and activities on seizures, epilepsy, and seizure first aid. The first aid procedures reflect the standard of knowledge and current best practices.

WHO CAN TAKE IT? Adults can participate in the training program. It is available through instructor led live webinars.

WHEN DOES IT TAKE PLACE?
Date: The first Wednesday of every month!
Time: 3:00PM-4:30PM
Registration link: <https://bit.ly/WebinarWedSFACert>

HOW DO I GET CERTIFIED IN SEIZURE FIRST AID?
These are your next steps:

- Register for the training.
- Complete a quick pre-test. (The link will be sent with your registration confirmation email.)
- Participate in the live webinar.
- Take the post-test.

HOW LONG IS THE CERTIFICATE VALID? Participants who successfully complete the course will receive a **two-year certification** that can be renewed in the future!

WHOM DO I CONTACT?
Name: Rachel Yattaw
Email and Phone Number: RYattaw@EpilepsyNY.org (518) 456-7501

January 3, 2024	May 1, 2024	September 4, 2024
February 7, 2024	June 5, 2024	October 2, 2024
March 6, 2024	July 3, 2024	November 6, 2024
April 3, 2024	August 7, 2024	December 4, 2024

Seaway Spring Fest
 Saturday, April 13th
 2 pm - 4 pm
 Ogdensburg Dome

Snow Cones
Popcorn

Bounce Houses
Crafts

Seaway Valley Prevention Council
 Community Health Center of the North Country

'SPRING' in for something sweet
 It's an indoor Trunk or Treat!

Get Healthy North Country

Do you or someone you love live with a chronic condition? We can help.

FREE WELLNESS PROGRAM
CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

Come learn & discover a range of strategies that can enhance your health and well-being at **no cost to you.**

IN-PERSON or VIRTUAL OPTIONS
CONTACT:
 Claxton-Hepburn Medical Center's Diabetes Education Department at 315-713-5251 or 315-713-5116.

Get a free \$10 grocery store gift card for attending Session One!

TOPICS INCLUDE:

- Collaboration with healthcare experts
- Nutrition and label comprehension
- Improving communication abilities
- Formulating action plans
- Improving sleep quality
- Relaxation techniques
- Enhancing breathing
- Physical activity
- Problem-solving
- Decision-making
- Pain management
- Stress education
- Preventing falls

DETAILS
 Wednesdays
 April 3 to May 8, 2024
 1:00 to 3:30 p.m.
 CHMC's Lions Diabetes Education Conference Room

CLAXTON · HEPBURN MEDICAL CENTER

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$2.2 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

Always Patsy Cline

Sunday April 7th
4:00 PM
 Ogdensburg Free Academy Auditorium

Based on the true story of Patsy Cline's friendship with Houston housewife Louise Seger, complete with true emotion, down home country humor, and 27 songs which include many of Patsy's unforgettable hits such as Crazy, I Fall to Pieces, Sweet Dreams & Walking After Midnight. The two women struck up a friendship in 1961 that lasted until Cline's untimely death in a plane crash in 1963. A Letter of Love to the humanity and music of Miss Patsy Cline.

Ogdensburg-Saratoga Performing Arts Center



New York State Horse Council

\$1,000 Youth Scholarship
(ages 16-24)

\$1,000 Adult Educational Grant
(ages 25 and up)

Applications due May 15

Are you interested in pursuing your education in the Equine Industry? Apply for funding through the NYSHC.

Applicant must be an individual, family, or student member to be eligible.

For more information, go to nyshc.org!



Working to Improve Health Equity in NYS
NYS Area Health Education Center Presents:

HEALTH EQUITY LUNCH & LEARN

CONTINUING EDUCATION SERIES

A series of four **free** lunch hour webinars about concepts related to cultural competency and health equity.

WEBINAR SCHEDULE



LGBTQ+ Cultural Competency
Monday, March 18, 2024
12:00-1:00PM
Tory Sparks



Unveiling Structural Racism & Navigating Race-Related Bias in Healthcare
Wednesday, April 3, 2024
1:00-2:00PM
Dr. Kenya Beard AGACNP-BC, ANEP, FAAN



Motivational Interviewing & Cultural Humility
Wednesday, April 17, 2024
12:00-1:00PM
Katherine Tineo-Komatsu LCSW, RYT



Trauma-Informed Care
Wednesday, May 1, 2024
12:00-1:00PM
Deb Rhoades LCSW, CASAC-M, CARC

Register at https://linktr.ee/AHECeducate_NY

Western New York Rural Area Health Education Center, Inc. (WNY R-AHEC) is recognized by the New York State Education Department's State Boards for Social Work (#SW-0685), Physical Therapy, Occupational Therapy, Mental Health Practitioners (#MHC-0268) as an approved provider of continuing education for licensed social workers, physical therapists and assistants, occupational therapists, and assistants, and licensed mental health counselors.

Scan or Click to Register



Questions?
jfulkerson@r-ahec.org

April Break Camp

\$195 per camper with 10% discount for members.
Contact us about scholarships.



SPECIAL EFFECTS ARTS CAMP

Mon, April 1-Fri, April 5
9AM-3PM
Grades 1-5



Explore the art of special effects through stage makeup, set design, optical illusions, camera tricks, green screens, and more!

10 Raymond Street, Potsdam
info@northcountrychildrensmuseum.org



The Syracuse VA Caregiver Support Program Presents a...

2024 Virtual Caregiver Summit

We invite our fellow VA and community partners to join our Caregiver Summit to enhance collaboration in sharing ideas to further support caregivers of Veterans and their families.

This year's theme is: **Beyond the Caregiver Role: Seeing the "Whole Caregiver"**

When: Wednesday, April 10, 2024 from 9AM-11:30AM

Where: Via Webex virtual platform

Speakers include: VA Whole Health Program, Onondaga County Veteran's Service Office, VISY 2 Caregiver Support Program Respite Champion, and more!

*To register please contact the Caregiver Support Program at:

(315) 425-4400, ext. 52302



JOIN US FOR TRANSITION TRIUMPH!



APRIL
16
9 AM - 3 PM

**WOODCOCK
CONFERENCE SUITE**
MILLER CAMPUS CENTER
SUNY CANTON

Are you a parent or guardian of a child with special needs who is preparing to transition to life after high school? Please join us for this special event designed to prepare you and your child for this important phase in their life.

Highlights:

- Speakers offering expertise and guidance
- Opportunities to learn about resources and support available
- Networking with other families and professionals

Lunch Provided: Enjoy a complimentary lunch as you connect with fellow attendees and speakers.

Funded by the New York State Department of Health using federal Health resources and Service Administration Title V funding. The opinions, results, findings and/or interpretations of content contained therein are the responsibility of the Contractor and do not necessarily represent the opinions, interpretations or policy of the State or Federal funding agency.

Contact Us
315-386-2325
CYSHCN@stlawco.gov

REGISTER NOW

Click or Scan



NAMI Homefront & Peer to Peer

FOR VETERANS AND FAMILIES/FRIENDS



Veterans

Veterans will attend a Peer group, led by VA Certified Peer Specialists who are also trained and certified in NAMI Peer to Peer. Classes will cover topics like:

- Learning about mental health treatment options with health care providers.
- Strengthening relationships and enhancing communication skills.
- Developing stress reduction tools and confidence for making decisions.



Family/Friends

Families & Friends will attend a psychoeducational group led by NAMI certified family members. Classes will cover topics including:

- How to solve problems and communicate effectively.
- Taking care of yourself while supporting your loved one and managing your stress.
- The impact of mental health conditions on family and friends.



Details

Complimentary Dinner & Childcare Provided.

Wednesday Evenings, April 3rd through May 22nd, 5-8:30p.m.

Location: Clear Path for Veterans, 1223 Salt Springs Road, Chittenango, NY

**Classes can be done in-person or hybrid with both classes also available via Zoom

BOOK NOW WITH
ANN CANASTRA

315-412-3019

ann.canastra@va.gov



Scientists and educators from the Adirondack Watershed Institute will guide kids through an interactive science and art activity!

Two sessions

11am-12:30pm

1:00pm-2:30pm

Wool & Water

NORTH COUNTRY CHILDREN'S MUSEUM

at the Children's Museum

Saturday April 20th



Established in 2017, The Maple Run is the premier half marathon in St. Lawrence County. We run to celebrate the end of winter, contribute to the economic growth of our community, and benefit local running programs.

Potsdam Rotary Craft/Vendor Fair for Literacy

Saturday, April 6th
10 a.m. until 3 p.m.
Market Square Mall
22 Depot Street in Potsdam



**Little River
Ramble**
April 21st 12PM

Held on the Little River in Canton, NY adjacent to the campus of St. Lawrence University. The start and finish line is located at the Little River Boat Launch next to the Park Street (CR 27) Bridge. The recreational race is approximately 2 miles long and the marathon canoe and kayak race is approximately 6 miles in length.

Massena Health & Wellness Fair

Saturday, April 20th

10:00 AM to 2:00 PM

Massena High School

MASSENA DRUGFREE
COMMUNITY COALITION
#UnitedToFightIt!





MOUNTAIN EXPRESS
by Marina & Ben
(315) 276-3536
WWW.LOCOMOTIVERIDES.COM

APRIL 13TH
10:00AM - 2:00PM
IVES PARK, POTSDAM



Character Breakfast



Saturday, April 13
8 - 10:30 AM

Elk Lodge 772
322 Caroline Street, Ogdensburg

Cost: \$12 adults, \$10 children
Breakfast will include pancakes, scrambled eggs,
sausage, toast, fruit, juice, coffee, and water

Ogdensburg Backpack



46th Annual Edward I. Moses Walk/Run for Life

April 28, 2024 9 a.m. - 1:00pm

Locations:

-  Canton-Appleton Arena
-  Potsdam-Potsdam Elk's Club
-  Ogdensburg-Ogdensburg Free Academy



Registration applications located online or local Kinney Drug Stores visit www.walkrunforlife.com

Ogdensburg Public Library

April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Easter Egg Hunt 11:00 am	2 Music and Movement 11:00 am Eclipse Glasses Holder 4:00 pm	3 Eclipse Shirt 5:00 pm	4 Eclipse Story Time 11:00 am	5 Constellations 4:00 pm	6
7	8 Closing at Noon	9 Music and Movement 11:00 am	10	11 Story Time 11:00 am Skywarn Storm Spotter Time	12	13
14	15	16 Music and Movement 11:00 am	17 Paper Beads 5:00 pm	18 Story Time 11:00 am	19	20
21	22	23 Music and Movement 11:00 am	24 Lego Play 5:00 pm	25 Story Time 11:00 am	26	27
28	29	30 Music and Movement 11:00 am				

Music and Movement

Ages 18m -5

A preschool movement class for socialization and learning!

Tuesdays @ 11:00 am

Story Time

Ages 2-5

Stories, songs, crafts and activities.

Thursdays @ 11:00 am

Take Home Crafts

Winter holiday themed crafts available for pickup at the front desk.

Monday—Friday All Month

Lego Play

Ages 8 and up

Build with Lego blocks and solve our monthly Lego challenge

4/24 5:00 pm

Eclipse Programs

All Ages

Glasses Holder 4/2 @ 4:00 pm

Eclipse Shirt 4/3 @ 5:00 pm

Eclipse Story Time 4/4 @ 11:00 am

Constellations 4/5 @ 4:00 pm

Egg Hunt

18m—9y

Hunt for eggs in library park! Crafts and games available inside after the event.

4/1 @ 11:00 am

315-393-4325



SOUND THE ALARM
Save a Life

We're rallying volunteers, fire departments, and partners to Sound the Alarm in your communities.

Together, we're installing **FREE SMOKE ALARMS** in your community.

Ogdensburg, New York
April 27, 2024

Our Partners



To Request **FREE** Alarms Contact:

Eastern New York Preparedness Team
(518) 694-5121

preparedness.ny@redcross.org



Scan to learn more

SMOKE ALARMS SAVE LIVES!

Working smoke alarms can cut the risk of death from home fires **in half.**

Request a **FREE** smoke alarm installation today!

Visit redcross.org/staeny to request **FREE** smoke alarms!



What's Great in Our State
Celebrate Children's Mental Health Awareness

May 7, 2024 | 9:00 AM to 12:30 PM

This event will be held in Albany, NY. Details to follow.



SAVE THE DATE | REGISTRATION COMING SOON

What's Great in Our State recognizes the work of programs, agencies, educators, parents, and youth within New York State that make a difference in children's social-emotional health and well-being.



Council on Children Families
Department of Health
Office of Addiction Services and Supports
Office of Children and Family Services
Office of Mental Health



For questions or more information, please contact: Jessica.Stanis@omh.ny.gov
Check us out on Facebook: [@WhatsGreatInNYS](https://www.facebook.com/WhatsGreatInNYS)

Sponsored and organized by 12 state agencies and not-for-profit organizations

Supported in part by Preschool Development Grant Birth Through Five (PDGSE), Grant Number: 8017N19601 from the U.S. Department of Health and Human Services, Administration for Children and Families, Office of Child Care. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the United States Department of Health and Human Services, Administration for Children and Families.

WHAT IS AN INDIVIDUALIZED EDUCATION PROGRAM (IEP) FOR FAMILIES OF SCHOOL-AGE STUDENTS?

April 15th
10:30 AM-1:30 PM
via Zoom

TO REGISTER:

rb.gy/418vqx



Contact: Tgossou@cccnc.org

The purpose of "What is an IEP? For Families of School-Age Students" is to gain a foundational understanding of the entire IEP process, including but not limited to, the Committee on Special Education (CSE), the roles and responsibilities of all parties, the various components of the IEP, and the transition planning process.

Special Education Mediation for Families

April 30th, 2024
4:00-5:30 PM
via Zoom



TO REGISTER:

<https://shorturl.at/dgoW8>



Contact: Tgossou@cccnc.org

This PD Package provides information on the Individuals with Disabilities Education Act (IDEA) and the New York State Education Department (NYSED) Special Education Mediation process, to encourage the use of this voluntary process statewide.

