



TAKING INITIATIVE

What's Happening at the St. Lawrence Health Initiative



Connecting communities. Improving well-being. Getting healthy.

August is National Immunization Awareness Month

Did you know August is National Immunization Awareness Month (NIAM)? This year marks the 10th anniversary of the first NIAM, which was established to educate parents on how to protect their children from vaccine-preventable diseases. Last month, St. Lawrence County legislators acknowledged this awareness month with an official proclamation, helping to further raise awareness locally.

This month is a time where we recognize that vaccines are safe, effective, and the best defense against certain preventable diseases. It's also a time to encourage people to make sure they and their loved ones are up to date on recommended vaccines. Conveniently, this awareness month happens just as students are heading back to school. Many kids are heading to their doctors for checkups, making this the most opportune time to get everyone on track with all vaccines recommended by the Center for Disease Control and Prevention (CDC).

It's an especially critical time for preteens and teens, who need need four types of vaccines to help protect against serious diseases: meningococcal vaccine to protect against meningitis and bloodstream infections; HPV vaccine to protect against cancers caused by HPV; Tdap vaccine to protect against tetanus, diphtheria, and whooping cough; and a yearly flu vaccine to protect against seasonal flu. For a multitude of reasons, many children did not receive their routine checkups or vaccines during the Covid-19 pandemic. Let's do all we can to make sure we keep kids healthy, in school, and ready to learn!

This back-to-school season
let's make sure all *humans*
are vaccinated against the
human papillomavirus (HPV).



August Back to School Events



Visit the Health Initiative at these Back to School Events!

School	Location	Date	Time
Parishville	12 County Route 47, Parishville, NY 13672	8/11	3-6pm
Potsdam	33 Grant Street, Potsdam, 13676	8/19	11-2pm
Lisbon	6866 County Route 10, Lisbon, NY 13658	8/22	5-7pm
Clifton-Fine	11 Hall Avenue, Star Lake, NY 13690	8/24	2-5pm
Massena	84 Nightengale Avenue, Massena, NY 13662	8/28	12-3pm
Hammond	51 S. Main Street, Hammond, NY 13646	8/29	4-7pm
Edwards-Knox	2512 County Route 24, Hermon, NY 13652	8/30	5-7pm
Hermon-DeKalb	709 E De Kalb Road De Kalb Junction, NY 13630	9/5	5:30-7pm

We Are Hiring CAPP Health Educators



The Health Initiative's Comprehensive Adolescent Pregnancy Prevention (CAPP) Program offers comprehensive, age-appropriate, evidence-based sexual health education and positive youth development programming for tweens and teens in St. Lawrence and Jefferson counties. This program is on a mission to ensure the success of all youth by helping them manage risks, realize their self-worth, and make healthy decisions. We believe in the transformative power of youth and strive to provide tweens, teens, and young adults with the tools they need to recognize and reach their full potential. To do this, we rely on a team of highly trained CAPP Health Educators to implement programs and engage with youth as a positive source of judgement-free information and support.

CLICK HERE to read the full job description and apply!

Program Spotlight: Creating Healthy Schools and Communities

Here is just one of many successes of our Creating Healthy Schools and Communities Program. Read the full report [HERE](#).

The St. Lawrence Food Access Program Alliance was formed by the Health Initiative's Community Coordinator during the first round of CHSC funding to support the professional development needs of food access program personnel – both paid staff and volunteers. Alliance meetings are held quarterly at different program sites where the host's program is featured, updates from Food Bank of Central New York (whose staff travel over two hours to attend) are presented, followed by time for sharing of successes, struggles, and networking. The Alliance email list has grown to over 120 names representing more than 60 food access programs in the county. Attendance at the meetings typically tops 30 people, with many community support agencies now amongst the mix. Programs such as public transportation, addiction support agencies, and senior services also attend Alliance meetings to share their resources and client needs. The Alliance has become a vital link for food access programs and support agencies to stay connected - all in the effort to bring healthy food to those in need.

"I'm not from the north country, so when I took over the pantry, I wasn't aware of the programs and resources available. Thank goodness for the Alliance! If I have a community member ask about a program, I know exactly who to call. The meetings are great sounding boards to ask if what you have going on at your program is something that may be going on elsewhere. I really look forward to the Alliance meetings and try very hard not to miss them."

- Tri-Town Food Pantry



Canton Neighborhood Center's new cart helps bring pantry deliveries in clients as well as take food out to clients' vehicles.

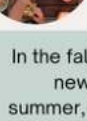
Celebrate National Relaxation Day with the Health Initiative

August 15th is National Relaxation Day! It's a day that encourages us to slow down and unwind, to focus on taking care of ourselves, and to take a moment to just relax. National Relaxation Day is an important reminder that we all need a break from the fast-paced and often hectic lifestyles we live. Taking time to recuperate and rejuvenate our tired minds and bodies may help prevent many health risks, too. It has been proven that stress can be harmful to our health, both mentally and physically. Most doctors will agree that finding ways to relax and finding ways to reduce stress will improve overall health.

What is your favorite relaxation activity or way to relax? We asked Health Initiative staff and here's what they had to say:



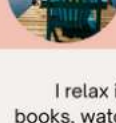
I like to relax by inviting friends over for impromptu gatherings.



In the fall and winter, I like kicking back in the evening watching a new series on TV while a candle is burning. In the spring and summer, I like sharing a meal with friends and family, playing yard games, swimming, boating, and campfires.



I like researching fun recipes, sitting by the water, going for rides with my husband.



I relax in a lot of different ways. I enjoy reading Nicholas Sparks books, watching mystery shows and movies, listening to music, and spending time with family, including my pups.



Crocheting is my comfort activity. There is something so relaxing about doing the same stitch over and over and over again.



Spending time with my son, daughter-in-law, and grandchildren is my way to relax. I also love to travel with my husband.



I enjoy walking outside - on a road, path, trail, anywhere!



I relax by finding a quiet, comfy corner and reading a good book. In winter months, I also like to do a jigsaw puzzle while listening to audio books.



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