



Public Health
Prevent. Promote. Protect.
Tioga County

TIOGA COUNTY BOARD OF HEALTH

PLEASE RSVP TO 607-687-8630

IF YOU WILL NOT BE ABLE TO ATTEND THIS MEETING

TO: Members of the Board of Health

FROM: H. Vroman, Interim Secretary

DATE: January 12, 2023

RE: Board of Health Meeting - Thursday, January 19, 2023,
7:30 a.m., **Conference Room B**, 2nd Floor of Health and Human Services
Building at 1062 St. Rt. 38, Owego, NY 13827.

AGENDA

Executive Session

Introduction of Guests

- None

Presentation

- None

Additional Items

Old Business

- Meeting Minutes
- Enforcements
- Rabies Control Order
- By-Law Review
- 2023 Board of Health Calendar-Presentation Topics

New Business

- None

Informational

- Agency Updates – November & December 2022
- Community Health Assessment and Community Health Improvement Plan
- 2023 Member's List

Next Meeting Information

- Next Meeting is on February 16, 2023;
Location: Conference Room B, HHS Building



TIOGA COUNTY BOARD OF HEALTH

MEETING MINUTES November 17, 2022

BOARD MEMBERS PRESENT (All Attended In Person):

J. Picco, DDS, President (Arrived at 7:40 A.M., Departed at 8:53 A.M.)
T. Hills, DVM, Vice President
T. Leary, FNP (Departed at 8:45 A.M.)
J. Raftis, DO, FACEP
T. Nytych, DVM
W. Simmons
R. Kapur-Pado, DO (Arrived at 7:42 A.M.)

ABSENT:

W. Standing III, Legislator

OTHER(S) PRESENT:

L. McCafferty, Secretary to Board of Health
A. Reigelman, Secretary to the Public Health Director

GUESTS:

Robert Williams, Tioga County Deputy Director of Emergency Services, TC Deputy County Fire,
TC Coroner
Paul Bishop, Project Director of Tioga County EMS Study, CGR Promising Solutions

CALL TO ORDER: 7:35 a.m. by Dr. Hills

PRESENTATION:

Mr. Bishop attended via Zoom and gave a concise overview of the Tioga County EMS Study Final Report.
Mr. Williams provided additional information concerning steps Tioga County has taken:

- Legislature has approved a part-time EMS Coordinator position to start January 1, 2023 to facilitate recruitment and training for oncoming EMS service providers.
- Retone time has lowered from 10 minutes to 5 when responding to EMS calls.

Q&A followed presentation with brief discussion of EMS in Tioga County.

OLD BUSINESS:

- Meeting Minutes: Motion to approve prior minutes made by Ms. Leary; seconded by Dr. Kapur-Pado; no discussion, all were in favor, motion approved.
- Enforcements: no discussion.
- Rabies Control Order: Ms. McCafferty passed out summary of comments/edits that were provided thus far; requested any additional feedback. Plan is to include as agenda item for final discussion at the January meeting.
 - Dr. Nytych inquired if New York State controls/oversees this area, however, reminded this order was initially created by the Tioga County Board of Health, the Board can rescind the order, revise or reaffirm.
 - Dr. Nytych also inquired if someone needs to verify rabies paperwork for animals for private entities (ex. petting zoos), because this area needs enforcement.

NEW BUSINESS:

- Election of Officers (2023-24)
 - Dr. Kapur-Pado thanked Dr. Picco for his service as President, but due to By-Law term limitations he could no longer continue on as President.
 - The Nominating Committee recommended Dr. Hills to serve as Board President; Mr. Simmons motioned to approve nomination; seconded by Dr. Raftis; all voted in favor, motion approved.

TIOGA COUNTY BOARD OF HEALTH

- The Committee recommended Mr. Simmons to serve as Vice President of the Board; Dr. Nytych motioned to approve nomination; seconded by Ms. Leary; all voted in favor, motion approved.

ADDITIONAL ITEMS:

Dr. Kapur-Pado spoke with various individuals including the County Attorney to discuss the continuation of Dr. Nytych on the Board of Health, resulting in continuing on as a non-voting community member.

- Dr. Nytych appreciated the sentiment, but as principle he would not continue on.
- Dr. Picco commented that he thinks Dr. Nytych adds more to the Board than himself, and would like to have Dr. Nytych finish out his term through December of 2023. Dr. Picco tendered his resignation verbally as of November 17, 2022.
 - Dr. Raftis motioned to approve Dr. Nytych serving out remaining term of Dr. Picco; Mr. Simmons seconded motion; all voted in favor, motion approved.

Discussion took place concerning bringing on a third physician to the Board, to abide by New York State statute.

- Ms. Leary added that she had reached out to other physicians, as had Dr. Raftis.
- Dr. Picco stated that the Board should do all they can to get within regulation standards.
- Ms. McCafferty stated that the Board can only have 7 members, cannot add another until either someone resigns or decreases by attrition. Ms. Leary stated that she would be willing to leave to be able to have the third physician join.

Ms. McCafferty noted that the Board also has to vote on the position of Secretary per By-Laws, either Ms. McCafferty or could also have Legislative Clerk, Cathy Haskell. Dr. Kapur-Pado motioned to approve Ms. McCafferty to continue on as Secretary; Dr. Nytych seconded motion; all voted in favor, motion approved.

INFORMATIONAL:

- Ms. McCafferty handed out draft Board of Health By-Laws, incorporating Board of Health comments made to date regarding proposed revisions. Board will review and discuss at January meeting. Ms. McCafferty reminded the Board to complete the County's Annual Sexual Harassment Training, and requested that the Board provide any input on Calendar items for 2023.
- Dr. Nytych referenced a newspaper article that he had emailed to the Board about how New York State handled COVID-19. Board discussed Influenza and RSV.
- Ms. McCafferty distributed Care Compass Medicaid DSRP Waiver, and provided brief overview of Care Compass's holistic approach to bend the cost curve in Medicaid population.
- Dr. Raftis suggested to make statement or send card thanking Dr. Picco for his time served on the Board of Health.
- Ms. McCafferty requested clarification on "one hour" length of Board meetings. The Board discussed, and agreed that agenda be set for 1 ½ hours, and to not have a speaker at every meeting.

Meeting adjourned at 9:14 A.M.

Minutes respectfully submitted by Lisa McCafferty.

Terry Hills, DVM; Vice President

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

Minutes approved January 19, 2023



Public Health
Prevent. Promote. Protect.

Tioga County

Late November, December 2022 & January 2023 Enforcements

<u>Business</u>	<u>Type of Violation</u>	<u>Fine Paid/Date</u>	<u>Year to Date</u>
Kaur Kanwarbir MH Hospitality, Inc 7662 St. Rt. 434. Apalachin, NY	Food	\$110.00 11/23/2022	First
Kaur Kanwarbir MH Hospitality, Inc 7662 St. Rt. 434. Apalachin, NY	Temp. Residence; Part 7-1 (Hotel)	\$220.00 11/23/2022	First
Becky Young Becky's Diner 310 Broad St Waverly, NY 14892	Food	\$220.00 12/7/2022	First
Tioga Downs Racetrack County Fair Buffet 2834 West River Rd Nichols, NY 13812	Food	\$270 12/27/2022	First



Tioga County Public Health Department

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



PublicHealth
Prevent. Promote. Protect.

Tioga County

NOTEWORTHY ITEMS, UPDATES AND ACCOMPLISHMENTS

- Distributed County Cookbooks electronically and hardcopy to those who participated in workplace wellness opportunity.
- Distributed Holiday resource guide to community via many platforms.
- Completed and submitted Community Health Assessment and Health Improvement Plan to NYSDOH; hard copies will be distributed in early 2023.
- Awarded the Village of Candor \$15,000 through the Creating Healthy Schools and Communities Grant to make the village safer for those walking and riding bikes.
- Awarded Candor School District \$10,000 to improve the wellness of staff and students through the Creating Healthy Schools and Communities Grant.
- In collaboration with the ASAP Coalition and Tioga County Mental Health Narcan Emergency Box has been installed near security at the main entrance of the HHS Building.
- Ongoing support/partnership in: Team Tioga, Safe Harbor Committee, Allies in Substance Abuse Prevention (ASAP), Tioga County Immunization Coalition, Anti-Hunger Task Force, Tioga County Local Emergency Planning Committee (LEPC), Child Fatality Review Team, Care Compass Network PAC Executive Council, Tioga County Council of Governments, Tioga County Board of Health, Rural Economic Partnership (REAP), and External Community Advisory Board MPH Program at Binghamton University, and Lead Poisoning Prevention Program (LPPP) Coalition.

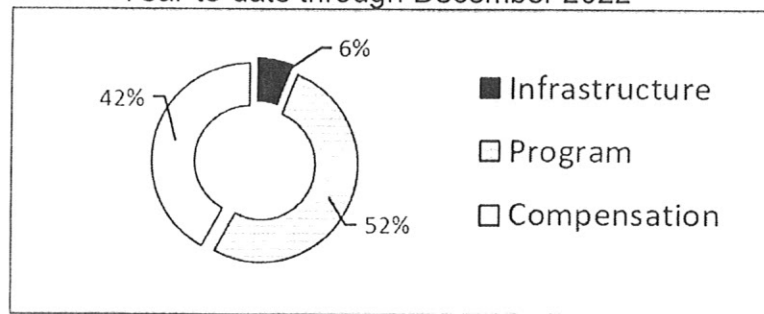
Attachments:

1. Financial Snapshot December 2022.
2. Data Report December 2022.
3. Press Release: Stay Safe This Holiday Season!, November 21, 2022
4. Flyer: "What The Health!?", December 2022
5. Flyer: "Stay Safe This Winter!", December 2022
6. Flyer: "Don't Let Respiratory Illnesses take you down this Winter!", December 2022
7. Flyer: "Holiday Safety", December 2022
8. Bulletin Board: "Stay Safe on the Road This Winter", 56 Main Street, Owego, NY 13827
9. Billboards: "Stick it to the Flu!" & "Driving High is Illegal!"
10. Photos: "Tioga County Public Health & Tioga County Mental Hygiene partner with Tioga County ASAP Coalition to get Narcan Emergency Box installed at HHS Building", December 2022

Financial Snapshot
Year-to-date through December 2022

	2018 Actual	2019 Actual	2020 Actual*2	2021 Actual	2022 Budget	Actual*1,3 YTD 2022	Percentage of 2022 Budget
Revenues							
Fees	1,100,359	1,112,262	739,661	625,355	980,235	725,778	74 %
State/Federal	2,680,110	2,704,275	2,047,032	2,315,802	3,072,051	1,613,905	53 %
Local	2,147,623	2,103,208	1,924,103	1,906,875	2,424,312	2,286,229	94 %
TOTAL	5,928,092	5,919,745	4,710,796	4,848,032	6,476,598	4,625,912	71 %
Expenses							
Compensation	1,734,508	1,728,302	1,889,627	2,136,196	2,554,190	1,953,757	76 %
Program Expense	3,671,760	3,661,604	2,518,252	3,928,472	3,548,883	2,411,754	68 %
Core Infrastructure	521,824	529,838	302,917	347,691	373,525	260,401	70 %
TOTAL	5,928,092	5,919,745	4,710,796	6,412,359	6,476,598	4,625,912	71 %
FTE: 2022 Approved Headcount of 37 FTE: 31 FT & 6 PT Plus 3 Temps	23.8	26.3	23.7	29.2	30.8	-----	-----

Allocation of Expenses
Year-to-date through December 2022*1,3



- *Notes:
1. The "Financial Snapshot" & "Allocation of Expenses" represent figures as of this report date (12/27/2022), and are not the FINAL December 2022 figures.
 2. During 2020, the Legislature required a 10% cut in expenses from all County departments. This was removed from the Expense side of the ledger, but not the offsetting revenue portion, thus inflating the reported "Local Share" of Public Health by nearly \$375K.
 3. COVID Specific funds have been removed from these tables, as they skew the numbers due to their large amounts. Currently over \$2.6 million has been appropriated of Covid funding within Public Health.
 4. In November 2022, the Treasurer, Budget Officer and Legislature transferred \$450K from Public Health to cover overages in other areas of the County. This reduced both the Expenses and Revenue lines.

2022 Data Report

PUBLIC HEALTH ACTIVITIES	Y-E 2020	Y-E 2021	Dec-22	Y-T-D
Community Health				
Healthy Neighborhoods Program Visits	94	112	21	256
- HNP revisits	40	14	0	7
Communicable Disease	618	0	0	882
- Respiratory (Legionellosis, Strep)	143	4	6	14
- Influenza	571	49	248	648
- Tick caused	19	105	14	234
- Hepatitis	20	53	3	92
- Gastrointestinal Disease	16	40	3	49
- PPD Test Administered	5	0	0	0
Child Passenger Safety Seats Inspected	6	20	0	40
- Child Seats FAILED Inspection	5	10	0	31
PH Interns	1	2	0	2
Immunizations total child and adult	35	0	1	35
People Trained w/ Narcan	9	2	0	1
Narcan Distributed (added 8/18)	41	160	0	64
Dental				
New Clients	124	154	36	340
Dental Screenings	631	782	105	1120
- Clients with no tooth decay	237	328	19	265
-Clients WITH tooth decay	116	310	50	496
- Clients with EXTENSIVE tooth decay	251	128	34	347
Extractions	91	179	8	100
Children Services				
Early Intervention Referrals	132	138	15	148
- Early Intervention CURRENT Caseload Monthly total	531	638	52	N/A
Environmental Health				
Animal bite investigations	119	150	10	163
Rabies Clinics	2	6	0	7
- Number of Animals	391	1098	0	1012
Food Establishment Inspections	81	182	21	172
- Establishments with Violation	10	26	3	21
Temporary Food Inspections	2	8	0	57
- Clean Indoor Air Act Violations (Smoking)	0	0	0	0
Mobile Home Park Inspections	3	37	13	25
Swimming Pool Inspections	9	14	3	21
Children's Camps	5	4	0	8
Agriculture Fairgrounds	0	2	0	2
Nuisance Complaints	58	17	1	17
Enforcement Actions	11	31	3	32
Weights & Measures				
Inspection Sites	69	129	12	123
-Devices Inspected	277	499	128	475
Petroleum Quality Samples Taken	0	0	0	12
COVID-19				
* Days Public Health EOC activated from year start	285	364	N/A	336
Total COVID Cases for period	5849	5628	250	7245
Individuals Tracked	5849	13224	250	7532
Calls Taken	15257	7824	23	520
Quarantine/Isolation Orders Issued	4323	13586	0	2886
Household Trips/deliveries	2518	1772	0	34
COVID-19 Related Complaints	144	41	0	1
Vaccination Clinics	5849	36	0	2

* EOC originally activated starting 3/14/20



Tioga County Public Health Department

Lisa C. McCafferty, R.S., MPH; Public Health Director
1062 State Route 38, PO Box 120, Owego, NY 13827
607-687-8600



Public Health
Prevent. Promote. Protect.
Tioga County

PRESS RELEASE

For Immediate Release:
November 21, 2022

Contact: Katie Wait, 607-687-8614
Public Health Educator

Stay Safe This Holiday Season!

The holiday season is fast approaching, which means food, family, and shopping! Follow these tips to protect yourself and others this season!

Online Shopping

- Always use strong passwords and update them regularly.
- Beware of identity theft – closely monitor all your financial accounts!
- Install the latest version of your internet browser and security software.
- Don't open emails from unknown senders or click on links to "deals" that seem suspicious or too good to be true!
- Look for indicators of a secure site before entering credit card numbers, passwords, personal information, or confidential information:
 - A lock symbol in the address bar
 - A green color in the address bar
 - The additional of an "S" to the http:// at the beginning of a URL

Food Safety

- Keep raw meats separated from all other foods.
- Cook food thoroughly – use a food thermometer to ensure food has reached a safe internal temperature.
- Once food is prepared, keep hot food hot and cold food cold.
- Use pasteurized eggs for dishes containing raw egg, such as eggnog, tiramisu, hollandaise sauce, and Caesar dressing.
- Be sure to wash your hands!

Fire Prevention

- Keep flammable items away from heat sources (oven, stove, fireplace, etc.).
- Clean up greasy spills as you go to remove another fire hazard.
- If you have a live Christmas tree, be sure to water it every day.
- Don't plug in more than 3 light stands to one another (use a power cord instead), discard any strands that are worn or broken, and always unplug lights (and blow out candles!) before leaving the house or going to bed.
- If using a menorah or kinara, place it on a non-flammable surface to catch the melting candle wax, such as a tray lined with aluminum foil.

Tioga County Public Health wishes you and yours a happy, healthy, and safe holiday season!

Resources

- Tioga County Public Health Website: ph.tiogacountyny.gov
- Facebook: @TiogaCountyPublicHealth
- <https://www.ready.gov/home-fires>
- <https://www.ready.gov/winter-weather>
- <https://www.usfa.fema.gov/prevention/outreach/holiday.html>
- <https://www.cisa.gov/shop-safely>

DON'T LET RESPIRATORY ILLNESSES TAKE YOU DOWN THIS WINTER!

- 1 Eat a well balanced diet with fruits and vegetables.
- 2 Rest up! Aim for 7 - 8 hours of sleep each night to allow your body time to refuel.
- 3 Get vaccinated to protect yourself from severe illness from the flu and COVID-19.
- 4 Wash and sanitize your hands often and avoid touching your mouth, nose, and eyes.
- 5 Stay active. Even going for a short walk or moving around doing housework is good for your body.
- 6 Stay home if you are sick, and if you must go out, please cover your coughs & sneezes.



Help protect those who are more likely to suffer from severe illness including infants, seniors, and those with underlying health conditions!

Stay Safe This Winter!

SNOW REMOVAL

SHOVELING HEAVY, WET SNOW CAN CAUSE BACK INJURIES AND HEART ATTACKS.

- STAY HYDRATED, BUT AVOID HEAVY MEALS RIGHT BEFORE AND AFTER SHOVELING.
- MOVE ONLY SMALL AMOUNTS OF SNOW WITH EACH PASS OF THE SHOVEL.
- TAKE FREQUENT BREAKS AND STOP SHOVELING ENTIRELY IF YOU FEEL EXHAUSTED.

PREVENT CARBON MONOXIDE POISONING

INSTALL CARBON MONOXIDE DETECTORS IN YOUR HOME AND TEST THEM.

SEEK MEDICAL ATTENTION IF YOU SUSPECT CARBON MONOXIDE POISONING AND ARE EXPERIENCING: HEADACHE, DIZZINESS, WEAKNESS, UPSET STOMACH, VOMITING, CHEST PAIN, AND/OR CONFUSION.

PREVENTING HYPOTHERMIA AND FROSTBITE

LIMIT YOUR TIME OUTDOORS IF IT'S VERY COLD, WET, OR WINDY.

BUNDLE UP IN SEVERAL LAYERS OF LOOSE CLOTHING. CHOOSE MITTENS OVER GLOVES, COVER YOUR HEAD AND EARS WITH A WARM HAT, AND WEAR SOCKS THAT WILL KEEP YOUR FEET WARM AND DRY.

WINTER DRIVING

ACCELERATE & DECELERATE SLOWLY. IF POSSIBLE, DON'T STOP WHEN GOING UPHILL. INCREASE FOLLOWING DISTANCE TO 8-10 SECONDS. AVOID USING CRUISE CONTROL IN WINTRY CONDITIONS.

FOR MORE INFORMATION, GO TO:

[NSC.ORG/COMMUNITY-SAFETY/SAFETY-
TOPICS/SEASONAL-SAFETY/WINTER-SAFETY/WINTER](https://www.nsc.org/community-safety/safety-topics/seasonal-safety/winter-safety/winter)

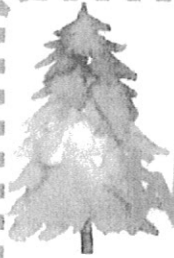


Public Health

Tioga County



WHAT THE HEALTH!?



BEAT THE WINTER BLUES!



BUNDLE UP AND SPEND TIME OUTSIDE

STAY ON A SET SLEEP SCHEDULE

BRIGHTEN UP YOUR ENVIRONMENT

EXERCISE & MOVE YOUR BODY



DRINK WARM BEVERAGES



EAT A BALANCED DIET

PUT ON YOUR FAVORITE PLAYLIST

SPEND TIME BY THE FIRE



December 2022

Exercise looks different in the winter



DRESS WARMLY, BE VISIBLE, & WEAR PROPER FOOTWEAR.

DON'T LET RESPIRATORY ILLNESSES TAKE YOU DOWN THIS WINTER!

Eat a well-balanced diet with fruits and vegetables.

Rest up! Aim for 7 - 8 hours of sleep each night to allow your body time to refuel.

Get vaccinated to protect yourself from severe illness from the flu and COVID-19.

Wash and sanitize your hands often and avoid touching your mouth, nose, and eyes.

Stay active. Even going for a short walk or moving around doing housework is good for your body.

Stay home if you are sick, and if you must go out, please cover your coughs & sneezes.

Help protect those who are more likely to suffer from severe illness including infants, seniors, and those with underlying health conditions!

Tioga County  Public Health

Stay Safe on the Road This Winter

Check Your Tires
Make sure your tires have good traction.
Consider having snow tires on during the winter.

Brush Off Snow
Remove snow from your windows, roof, and off the hood of the car before driving.

Increase Distance
Leaving more distance between you and the vehicle in front of you will give you more time to slow down if you lose control.

Slow Down
Reduce your speed when roads are icy or snowy.

Turn Off Cruise Control
Have full control of acceleration when roads are icy or snowy.

Fuel Up Your Tank
The extra weight will help prevent sliding.

Emergency Kit
Keep a roadside emergency kit in your car.

Do not drive if roads are hazardous unless it is absolutely necessary!



Bulletin Board
Ste Main St.
Unego, December 2022

Billboard
December
2022

DRIVING HIGH IS ILLEGAL!
DON'T GET BEHIND THE WHEEL IF YOU ARE UNDER THE INFLUENCE!



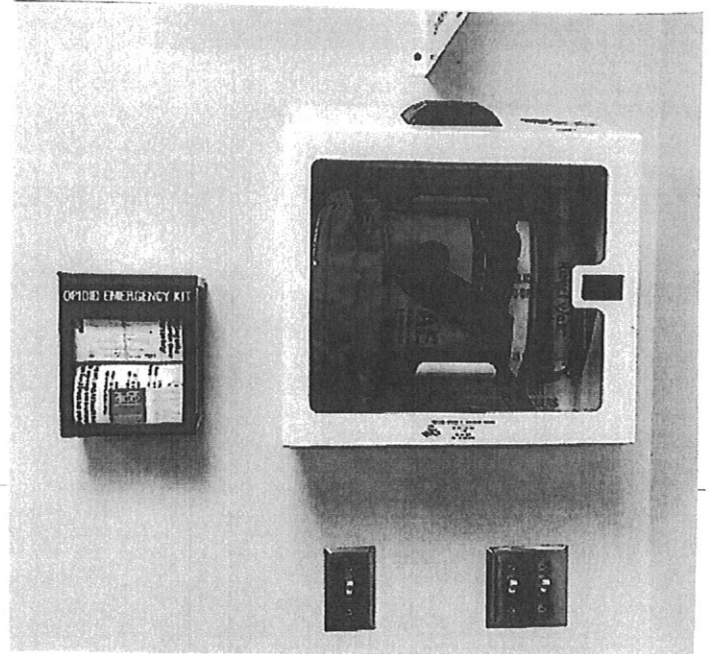
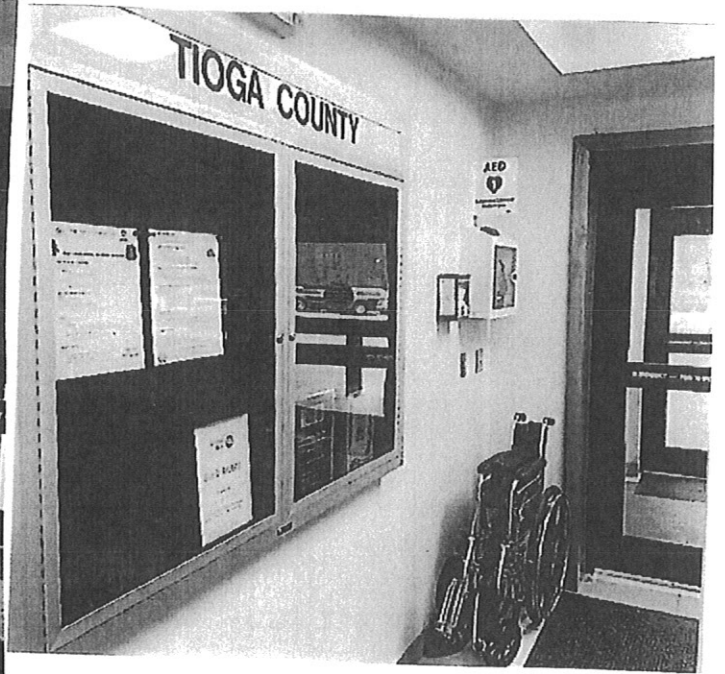
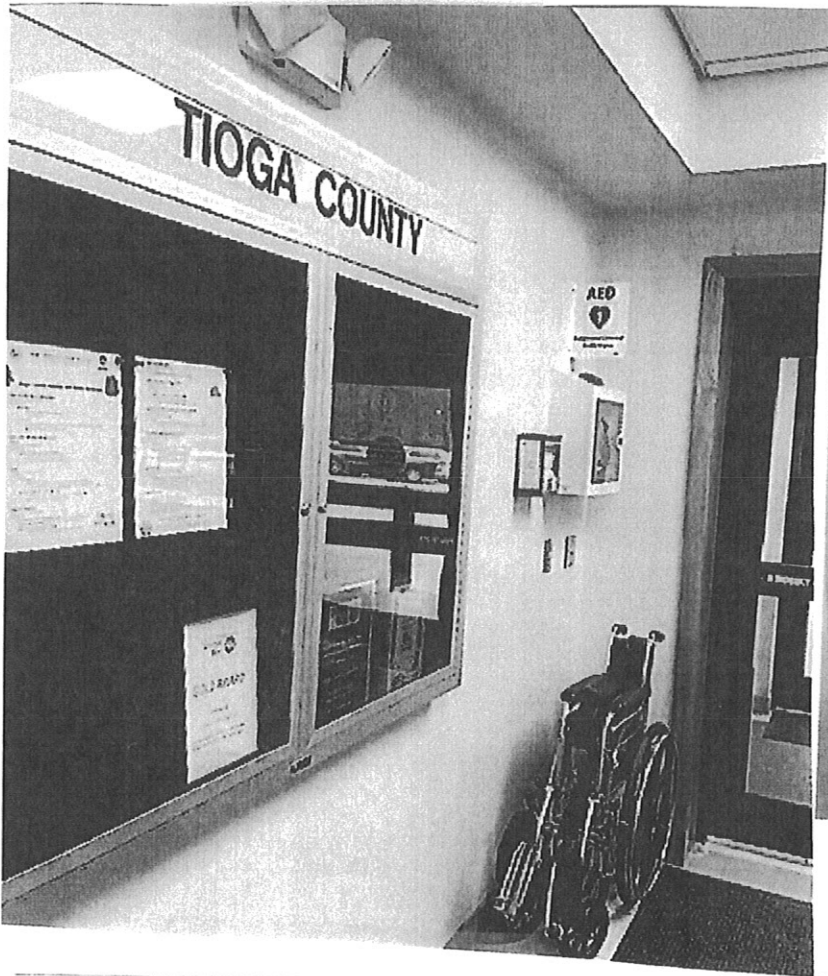
PARK OUTDOOR

STICK TO THE FLU!



PARK OUTDOOR

Billboard
December 2022



Tioga County Public Health & Tioga County Mental Hygiene have been working with the Tioga County ASAP Coalition to get a Narcan Emergency Box installed at the HHS Building. This box is equipped with two boxes of Narcan that can easily be utilized if an overdose were to occur. These Narcan Emergency Boxes also help make it easier for someone to access Narcan, especially if they are not willing to get it from a pharmacy or another distribution site. Each box has a link and QR to watch a training video so that you may be prepared if you were to ever come across someone overdosing. These boxes have already been installed in at least 5 locations in Tioga County, with many more to come in 2023!

**COUNTY OF TIOGA
EXECUTIVE PROCLAMATION**

WHEREAS: Tioga County Public Health recognizes the impact of stress on health and wellness; and

WHEREAS: Stress is experienced by everyone at some point in their life; and

WHEREAS: Stress is the physical and/or mental response to external cause, such as a traumatic event or life change; and

WHEREAS: Seasonal affective disorder is a type of depression that causes changes in mood and behavior when the seasons change, particularly during fall and winter; and

WHEREAS: Tioga County residents reported increased stress, depression, and feelings of isolation due to the COVID-19 pandemic (according to the 2022 Community Health Assessment survey); and

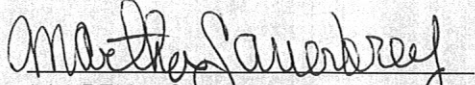
WHEREAS: Unresolved stress can have harmful impacts on the body including heart disease, weight loss or gain, sleep disturbances, and decreased productivity to name a few; therefore

The TIOGA COUNTY LEGISLATURE, County of Tioga, does hereby proclaim the month of December as

STRESS MANAGEMENT AND SEASONAL AFFECTIVE DISORDER MONTH

and urges all residents to manage their stress by making time for hobbies and interests, spending time with loved ones (including pets!), accepting things that are out of our control, and speaking with a mental health professional if needed.

DATED: December 13, 2022


MARTHA SAUERBREY, CHAIR
TIOGA COUNTY LEGISLATURE

