August & September

2018

ORLEANS Community Health

OCH Newsletter

OCH at National Night Out

Orleans Community Health along with Rochester Regional had a great time at the 4th Annual National Night Out.

Approximately 1,000 people attended this free, family friendly event. The community members were able to mingle with Orleans County community agencies, fire departments, first responders and law enforcement.

Orleans Community Health discussed and distributed information about all the services that we offer right here in Orleans County while also providing free face painting to the children.

There was a line all night long! Orleans Community Health and Rochester Regional will be sure to attend the 5th Annual National Night Out in August of 2019!

Olga Edwards, Peer Educator with Rochester Regional, UMMC

Thank you Orleans County 4H Volunteers!

Thank you to all of the OCH-ers that volunteered their time and services at this year's Orleans County 4H Fair.

A HUGE shout out to; Laurie Joslyn, Jo Miller, Nikki Helsdon, Olga Edwards, Jill Newman, Mary Dunham, Cory Lewis, Tish McAdoo, Alexis Hartway, Marion Miano, Cindy Perry and Jessica Downey.

2018 was successful and we look forward to discussing our services at the 2019 4H Fair.

Jessica Downey, Community Partners

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My Hospital, My Community Contest by athenahealth

In 2017's My Hospital, My Community contest, Athena Health asked a simple question: "What does your community hospital mean to you?" They were overwhelmed by the response receiving nearly 400 stories and testimonials from clinicians, staff and patients. Because of this response Athena Health has decided to bring back the contest!

You are invited to enter the 2018 My Hospital, My Community which is open to employees and patients of community hospitals across the country. The goal is to have these personal stories shared to show just how important community hospitals are and why they deserve recognition and support.

Join their Facebook page by visiting http://bit.ly/mhmc2018 to share your story!

OCH's Pet Calendar

Orleans Community Health

Family Helping Family Presents

2019 Calendar Photo Contest

Does your pet have what it takes to be a model?

The model search for the 2019 OCH Family Helping Family calendar has begun! Please send your favorite photograph of your pet(s) along with your name and theirs to JDowney@MedinaMemorial.org by September 28th, 2018 @ 4:00PM. Your photo submission(s) MUST be a vertical photo and provided in jpeg format.

Voting will take place on the Orleans Community Health Facebook Page. The voting period for the contest is Tuesday, October 2nd to Monday, October 8th. The 13 photos with the most "Likes" at 12PM on Tuesday, October 8th will be featured on a page of the 2019 calendar. The photo with the most votes will be featured on the cover of the calendar in addition to the month selected by the winner!

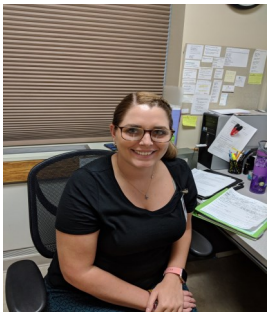
Calendars will be available for pre-order from October 15th to November 2nd and a limited quantity will be for sale at the OCH Family Helping Family Christmas Party for **$10.00**

What's Happening?!

The TWIGS donated a new security system to Medina Memorial Hospital. Thank you, TWIGS!!

The Foundation and Community Partners will be moving their offices to Medina Memorial Hospital in the next few weeks. Cindy & Jessica are planning an "Open House" once they are settled. More details to follow!!

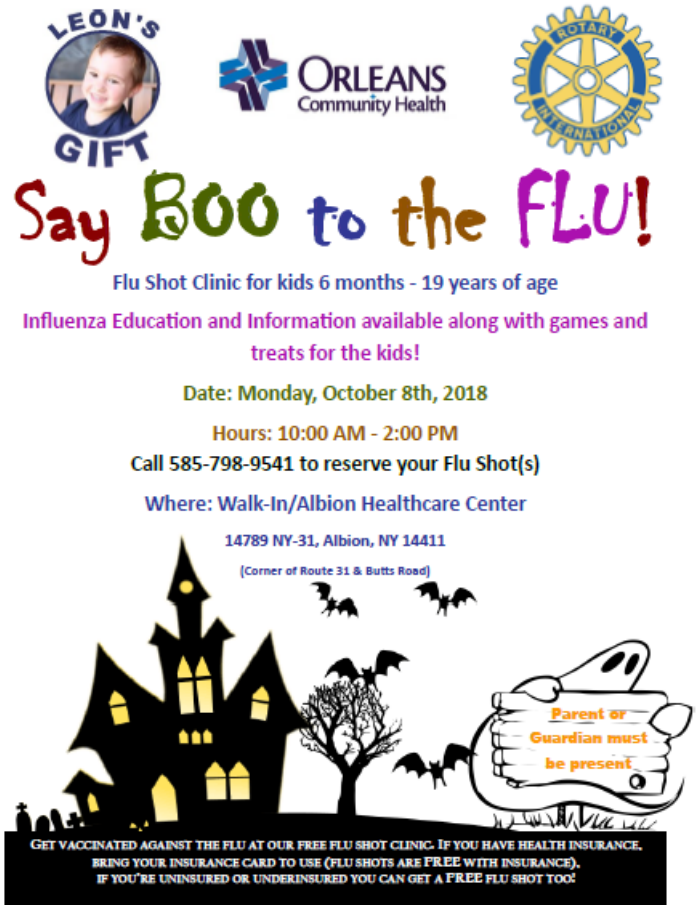
Please welcome Niccole Moore to OCH as our new Social Worker!



Niccole Moore

Stop in and say "hello" to Niccole!

Struttin' our Stuffin' Say Boo to the FLU!



Prevent T2 Lifestyle Change Program

This FREE 16 week workshop has been proven to prevent or delay type 2 diabetes. Individuals learn skills to make lasting lifestyle changes, including healthy eating, adding physical activity to their lives, how to manage stress, and how to stay motivated.

The goal for each participant is to lose 5% of body weight by progressively reducing dietary intake of calories and fat through improved food choices, to gradually increase moderate physical activity to 150 minutes per week and develop behavioral problem-solving and coping skills.

Two classes are being offered:

*__Wednesday Mornings__ beginning September 26th at the Orleans Health Department - 14012 NY-31, Albion, NY 14411 9:00 AM - 10:00 AM

*__Thursday Evenings__ beginning September 27th in the Sun Room at Medina Memorial Hospital - 100 Ohio St, Medina, NY 14103 6:00 PM - 7:00 PM

To register, please call (585) 798-9541 or email: NDPP@orleanscounty.gov

NEW CURRICULUM PREVENT T2

OCH Word Search

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

Baby Safety
Blood Cancer
Childhood Cancer
Children's Eye Health
Cholesterol
Clean Hands
Craniofacial
Dental Implant
Food Safety
Immunizations
Neonatal Nurses
Neurosurgery
Opioid Misuse Prevention
Prostate
Psoriasis
Pulmonary Fibrosis
Seat Check Saturday
Spinal Muscular Atrophy
Vascular Nurses
Youth Suicide Prevention

Cancer Services Program of Genesee & Orleans County

The Cancer Services Program of Genesee & Orleans County covers the cost of cancer screenings for uninsured and underinsured men and women: mammograms, clinical breast exams, pelvic exams and pap tests, as well as at-home screening kits for colorectal cancer and colonoscopies. Call (585) 344-5497 to enroll in the program in order to go to this screening day.