



Contact Information

Mark your calendars for these wonderful events!

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Alliance News Issue 01 April 2010

Upcoming Events

- **American Heart Association Heart Walk**
Saturday, April 24, 2010
9 a.m. - 12 noon
Watertown Fairgrounds Arena
- **NYSARH Conference**
Monday, September 13, 2010 & Tuesday, September 14, 2010
- **Senior Fair**
Wednesday, September 15, 2010
10 a.m. - 3 p.m.
Watertown Fairgrounds Area
- **Women's Day 2010: "Ways to Manage Stress"**
Friday, October 8, 2010
9 a.m. - 4 p.m.
Ramada Inn, Watertown
- **2nd Annual Aging Conference: "Get Rid of the Guilt - Aging in Northern New York"**
Thursday, October 21, 2010
9 a.m. - 4 p.m.



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ISSUE

01

April
2010

QUARTERLY
Newsletter of the
Northern New York
Rural Health Care
Alliance, Inc.

Alliance News

this issue

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REQUIREMENTS

- 250 word interest essay
- A grade point average of 75 or above
- Good attendance record
- Reference from one instructor or counselor
- Parent/Guardian consent form
- Up-to-date immunization record
- TB test within 1 year
- Documentation of allergies
- Signed NNYRHCA Code of Ethics Form

DEADLINE FOR ENTRY

Applications are due by April 9, 2010. Please mail completed application to :

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M*A*S*H Camp 2010

M*A*S*H Camp is a unique opportunity for students entering grades 8th - 11th to experience the health care field in an interactive way. Many of us have often wondered if we could provide the tasks of a nurse, doctor, lab technician, etc. This is a wonderful opportunity for students to take advantage and experience the health care field of their choice and get their path started in the right direction for education towards that degree.

The 3-day session will help answer some of your questions and then provide you with a path to explore your options more in-depth. Regardless of the hospital that is chosen, each day will be different with interesting and thought-provoking exercises and activities that will give a real life experience.

Starting new this year, the camp will be divided into three levels:

- **Level I (1st year students):** Explore careers in the health care field and receive CPR certification.

- **Level II (2nd year students):** Learn how to provide basic first aid and survival skills. Apply sciences to health problems including disease identification and investigation. *Must have completed Level I.*
- **Level III (3rd year students):** Learn basic assessment skills. Explore illnesses through case studies, mini-lectures and diagnostic procedures. Identify important high school courses to prepare for health careers. *Must have completed Level I & II. Level III is held at Jefferson Community College.*

Students accepted into this program will be given the opportunity to choose which hospital they prefer for their M*A*S*H Camp experience. The hospital choices are: Carthage Area Hospital, Lewis County General Hospital, River Hospital and Samaritan Medical Center.

For more information, please contact Sandy Hazen at 755-2500 or by e-mail sandy@nnyrhca.org.



WHAT IS STRESS?

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it's real or imagined – the body's defenses kick into high gear in a rapid, automatic process known as the "fight-or-flight" reaction, or the *stress response*.

The stress response is the body's way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life – giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price.

If you frequently find yourself feeling frazzled and overwhelmed, it's time to take action to bring your nervous system back into balance. You can protect yourself by learning how to recognize the signs and symptoms of stress and taking steps to reduce its harmful effects.

Come join us for Women's Day 2010 to learn how to deal with the stress factors in your life.



Women's Day 2010: "Ways to Manage Stress"

We surveyed women at Women's Day 2009 and asked what is the topic they would like to hear about...Stress Management was top of the list!

The Northern New York Rural Healthcare Alliance is hosting their 2nd Annual Women's Day on Friday, October 8, 2010 at the Ramada Inn in Watertown from 9 a.m. – 4 p.m. Our focus is "Ways to Manage Stress." This year's sponsors also include: Carthage Area Hospital, Lewis County General Hospital, Planned Parenthood of Northern New York, River Hospital and Samaritan Medical Center.

This year, NNYRHCA is happy to announce that our Keynote Speaker is Diana Jordan. Diana is a female health care humorist, a happiness humorist and a laughter therapist. As a corporate female comedian, Diana was featured in the HBO special "Women of the Night" that spotlighted 5 top female comedians and also has two feature film roles to her credit including a performance in Sony's blockbuster hit "Jerry McGuire" with Tom Cruise and a co-starring credit in the independent film "Loretta's Surprise" that was featured in the Sundance Film Festival.

Throughout her career, Diana has performed at such high-profile venues as Radio

City Music Hall, The Kennedy Center, The Greek Theatre and Garden State Arts Center. Diana, a member of The National Speakers Association, feels she has truly found her niche by combining her gift of comedy and desire to share with people that they can "learn to laugh!" And through this, it is her greatest desire; "To heal the world one laugh at a time!" Her topic will be "The Healing Power of Laughter! Managing Stress Through Laughter!"

Other topics and speakers include:

- **Managing Stress Through Exercise**
Michelle Graham, YMCA Wellness Director
- **Pampering & Taking Time For Yourself (Relaxing Techniques)**
Alice Andrew Salon
- **Dealing With Stress Management & Nutrition**
Cynthia Simpson, FNP-C River Hospital

Be sure to also check out the *awesome* vendor tables....A New Attitude Spa & Salon, Alice Andrew Salon, American

Heart Association, AVON, Cancer Services of Lewis & Jefferson Counties, Carthage Area Hospital, Close to My Heart Scrapbooking, Curves, Lewis County General Hospital, Page Fitness, Planned Parenthood of Northern New York, River Hospital, Samaritan Medical Center, YMCA, and more!

Also, hourly door prizes!

The cost is \$35 per person and includes: breakfast, lunch and afternoon refreshments.

Call Sandy at 755-2500 to reserve your seat today!



Dental Hygienist Program Offered

An associate in applied science degree in dental hygiene is available through a partnership between Jefferson Community College and Monroe Community College as well as the funding provided by the Northern New York Rural Health Care Alliance. Students are able to take all dental hygiene classes offered by Monroe on the JCC campus in Watertown. The clinical component of the curriculum is also completed in Watertown at the North Country Children's Clinic, allowing a degree in dental hygiene to be completed without leaving the local area.

The first program began in 2006 and graduated eight students

in May 2008. All course work is done on-line through distance learning by Monroe instructors and clinical instruction is held at the North Country Children's Clinic (NCCC) Dental Offices.

The purpose of this partnership is to recruit and retain dental hygienists to our area. It is anticipated that students upon graduation and successful completion of licensure boards will work in our community.

This year, the NCCC has

begun to accept adults for FREE teeth cleanings. The cleanings are done for those with no or limited dental insurance. The clinic is being offered on Wednesday evenings or Saturdays. In addition to the regular child client, children can receive cleanings and have sealants applied.

For more information or to schedule an appointment, contact NCCC at 788-9834 or by requesting an appointment online at childrens-clinic.org.

DENTAL HYGIENIST 2-Year Program

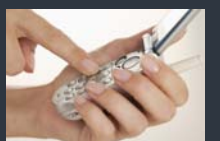
Minimum training:
2-year degree; state-issued license required

Salary range:
\$60,654 – \$93,475

Job description:
A dental hygienist cleans teeth, examines patients for signs of oral disease and provides other preventative dental care. They use instruments and ultrasonics to clean and polish teeth, X-ray machines to take dental pictures, syringes with needles to administer local anesthetics, and models of teeth to explain oral hygiene. A dental hygienist sometimes works chair-side with the dentist during treatment.

Work environment:
A dental hygienist may work in a dental office or clinic, like most jobs in dentistry, and usually works at the dental chair with patients.

WOULD YOU LIKE MORE INFORMATION ON THESE PROGRAMS?



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This Month's Q&A Health Question

Q: What is Stress Management?

A: Stress management refers to various efforts to relieve, control and reduce the tension that will routinely occur in your life. Handling stressful situations has positive results when affirmative steps are taken to provide an outlet.

Some simple stress outlets for your regular stress management program include:

- ♥ Think positive ~ ban negative thinking
- ♥ Plan some fun ~ take a break.
- ♥ 20 minute session of an aerobic activity 3 times/week
- ♥ Eat foods that improve health and well-being
- ♥ Interact socially with people
- ♥ Nurture yourself and others



- ♥ Use relaxation techniques
- ♥ Take your time for personal interests/hobbies
- ♥ Listen to your body
- ♥ Take a mini retreat

This stress management list may sound easily obvious, yet in our everyday busy lives we tend to forgo stress management due to the lack of time. However, without routine stress management you may end up with medical management resulting from a stress induced life threatening health issue.

Making stress management a priority in building your healthy lifestyle is a preventive measure for a disease free lifetime.