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What’s happening for health today??

So much is happening. It’s hard to know where to start. We are now well into the second year of Clinton County’s Community Health Improvement Plan (CHIP). And progress is clear!

There are two CHIP priority areas: Preventing Chronic Disease and Promoting Mental Health and Preventing Substance Abuse. When updates were captured at the end of 2017, community partners and residents were making nearly equal strides in both areas. But partners are not stopping there. With enough items being crossed off the CHIP to-do list, new activities for 2018 have been added for each priority area. For a full update on priority area activities, as well as, other CHIP efforts, visit www.clintonhealth.org.

The following pages highlight some of the most recent and most exciting happenings from across our county. Stories about new equipment, new play options and new learning opportunities describe improvements designed to help us be healthy and stay that way — both physically and mentally. What’s the best part? Many of the projects shared in this update have come about because people just like you provided ideas, advocated for changes and contributed to the hard work needed to make these projects come alive. As you read, you’ll notice the growing number of instances where residents made the difference. Those who call Clinton County home are speaking up, chipping in and taking part. And, if you’re looking for ideas for how you can contribute to community wellness, you won’t have to look very far. Take advantage of any of the opportunities highlighted on the following pages, join us for a “Be the One” event over the summer (see below), or start a project to promote healthy living in your own neighborhood.

This is going to be... a-MAZE-ing!

Keep an eye out this summer for a truly original approach to health promotion. CCHD will be hosting a series of “Be the One” events designed to help community residents steer through the maze of health information and practices, to find the ones most likely to improve their individual health and the health of their community. Pop-up events will take place in July and August at locations around Clinton County. Residents will be invited to navigate through a life-size maze. Suggestions for health improvement and local opportunities will be located at every turn. Participants will finish the maze with lots of ideas for improving their well-being. The goal of the summer event series is to raise awareness of local opportunities for health and to engage residents directly in health improvement efforts. Dates and locations will be released soon on the CCHD Facebook page.
Clinton County is joining communities across the nation, like Boston and Atlanta, in promoting sun safety by offering free sunscreen to its residents. In 2016, the Clinton County Health Department (CCHD) conducted a Sun Safety Survey to assess attitudes and practices of Clinton County residents toward common sun protection measures and sunscreen use. Results indicated that less than one out of five residents always used sunscreen and less than one quarter of respondents practiced other safe behaviors, such as wearing hats and protective clothing while in the sun.

Looking to identify ways to change local behaviors, CCHD also inquired if residents would use sunscreen dispensers if they were available. Nearly 60% of respondents stated they would, leading the Department to develop the Clinton County Sun Safety Initiative. In late 2017, CCHD was awarded a BlueCross BlueShield Community Health Award to support its efforts.

As part of the initiative, residents will see sunscreen dispensers popping up across the county in places that are commonly used for outdoor recreation. Free sunscreen will be available at beaches, pools, parks and playgrounds in the Towns of Black Brook, Chazy, Peru, Plattsburgh, and Saranac, as well as the City of Plattsburgh and Village of Rouses Point. In total, 15 dispensers will be in place this summer. To help keep the dispensers in good working order, a number of community partners have stepped up and volunteered to become dispenser stewards.

Congratulations to the winners of the Clinton County Health Department’s 3rd annual artwork contest in celebration of the American Water Works Association’s Drinking Water Week. To see all of this year’s artwork, visit www.facebook.com/clintonhealth/videos

Sahar Fatima, Peru Central
Rylan Garden, Beekmantown Central
Sylvia Tardif, AuSable Valley Central
Peru makes physical activity HAPPEN

Ice skating is a great way to stay active in winter. The Town of Peru thinks so too. That’s why they created a new skating rink at M.J. Sullivan Park. Local residents, clubs and businesses funded the project which also received a boost of matching dollars from The New York State Health Foundation’s Healthy Neighborhood Challenge. In all, about 30 individuals or groups contributed to the project.

Here’s the best part. With an assist from the Highway Department, the skating rink will be transformed into a basketball court in warm weather. Tarmac will be put down soon and hoops will be added making this an all year activity spot.

Also in Peru, look for new tree identification markers along the Little Ausable River Trail compliments of students from Champlain Valley Educational Services’ Forestry & Dendrology class and the CCHD’s Healthy Neighborhoods Program. Stay tuned for nature walks along the trail, too.

A Place to PLAY!

Planning, fundraising, meeting, more planning, more fundraising — that’s how the last year looked for members of the West Chazy Recreation Park Revitalization Committee. Now, all that work is paying off. Residents have had several opportunities to get out and be active even as revitalization efforts continue. On May 5th, 23 community members came out to clean up the park and clear a portion of the new walking path that will stretch three-quarters of a mile along the perimeter of the park. That path is now one-third complete.

A Park-a Palooza event on June 3, capped off fundraising efforts and allowed residents to start taking advantage of the improved space. Old fashioned fun was on board with a Fireman Hose Challenge, Cow Plop Bingo, a dunking booth, face painting, and a petting zoo. Next on schedule, the West Chazy Recreation Park will be one of a dozen or more sites hosting a Longest Day of Play activity on June 22nd. See details on Page 8.

Stay tuned to the Park’s Facebook page to see when their new multi-generation and handicap accessible playground equipment is installed!
Clients in recovery at Champlain Valley Family Center (CVFC) are benefiting from a new service that provides physical activity with a spiritual component. In December 2017, CVFC began offering a Mindfulness, Stress Management & Yoga Group for clients and their families. Yoga, which includes exercise, strength building, relaxation, deep breathing, and mindfulness, can help people when they’re working to overcome substance abuse and addiction.

The group provides CVFC clients with a safe space for sharing experiences and building a recovery community with one another. Participants practice a blend of Vinyasa and Restorative Yoga and meditation. Vinyasa Yoga provides clients with the opportunity to connect to their bodies through movement and breath, focusing and listening to what their body needs. Restorative Yoga uses props to support body positions of ease and comfort to aid relaxation and health. Clients also practice stillness and conscious rest, mindfulness, and breath techniques to remain calm and grounded during times of stress and anxiety. The goal of the group is to empower clients with the ability to access peace and calm within themselves and positive coping skills to foster their recovery.

Champlain Valley Family Yoga is led by a Qualified Health Professional Counselor and a certified CVFC yoga instructor. Champlain Valley Family Center is proud to offer this special and innovative program that helps clients build a new skill and a new community, as part of their recovery.

Pictured right: CVFC Yoga Instructor Emily Cole

Parks & Playgrounds for everyone!

New additions to several local playgrounds will make it easier for all young residents to enjoy fun outdoor activities. The Town of Plattsburgh recently installed Zero G chair swings at three park playgrounds. These swings allow children who need extra support due to a disability or young age to swing safely. They have a high back, wing support, a wide base and a molded adjustable harness to help the user maintain a good body position without becoming tired. Look for the new swings at the Cadyville Recreation Park, Wallace Hill Park and May Currier Park. Don’t be surprised if there’s a crowd; they are quite popular. The Town of Plattsburgh hopes to install more of them in the future.

The West Chazy Recreation Park Revitalization Committee also took special needs into consideration when planning park improvements. An Expression Swing which promotes intergenerational play by allowing an adult to swing face to face with a child will be added to the park. An ADA-compliant wheelchair and adaptive seat swing set are also ready for installation now that the weather is cooperating. These should be in place within the next month.
The LaPierre Lane Riverway will be the first spur of the Saranac River Trail Greenway to be completed. A grand opening is anticipated later this summer. The project is funded by the NYS Health Foundation, working closely with the Foundation of CVPH, in partnership with the Town of Plattsburgh.

The LaPierre Lane Riverway is located in the Town of Plattsburgh on Rt. 22B in the hamlet of Morrisonville. A significant portion of the site runs along the banks of the Saranac River and is an identified wetlands area. Keeping that important fact in mind, this area has been designed to maintain its environmental treasures, while providing physical activity opportunities for all ages and abilities.

The Riverway project includes something for everyone. A Fitness for Life area contains seven pieces of outdoor fitness equipment on a 900 square foot cement pad. These pieces can be used by anyone to improve balance, core strength and mobility. A second area, identified as a Youth Adventure Playground contains nature inspired pieces designed and constructed by Chris LeFevre and his crew from Northeast Irrigation. Children can play in a ground level tree house, on a swing that resembles a tree, in a log climbing area, on toad stools and more! All pieces were constructed using a combination of PVC, metal and concrete. This feature has to been seen to be believed.

Informational posters, enclosed in weather proof display cases are located at 8 spots throughout the Riverway. Students from the SUNY Plattsburgh Wetlands class designed the posters to educate the public about wetlands. A 300 foot board walk transects the ¼ mile Riverway trail and a paved circular Healing and Meditation Garden with four benches is located along the banks of the Saranac River. These will be used for future ongoing environmental education efforts. They provide a place to relax, bird watch, to practice yoga or just enjoy the river. For even more river enjoyment, The Northern Forest Canoe Trail has enhanced an already existing launch site.

Pictured above: This treehouse is one of the features that has been installed at the LaPierre Lane Riverway, Youth Adventure Playground.

Check the Town of Plattsburgh and CVPH Foundation websites for information about the grand opening of this one of a kind recreation area.
SPARCC-ing an interest

Opioid addiction is a national epidemic affecting communities across the country, including Clinton County. This May, SPARCC (Substance Abuse Prevention and Recovery of Clinton County) hosted An Evening with Richard Jensen at the Strand Theater in Plattsburgh. Richard Jensen shared his personal story of drug addiction and talked about how it affected his family and community.

Richard’s story was originally featured in an ESPN mini-documentary titled “Getting Off the Mat.” The documentary followed his path to addiction and prison, highlighting his battle to overcome addiction and his recovery through wrestling. At the Strand, he shared his personal story and the lessons he learned followed by a Q&A session with the audience. Several audience members identified themselves as being in early recovery. They asked questions about stress reduction, handling stigma, guilt and shame, and about how to talk to peers about drug use.

Afterwards, Richard stayed to connect with people on a more personal level and to provide additional support and guidance.

In line with SPARCCs mission, this was the third public event offered to foster community health through education, prevention, treatment and recovery of substance abuse. One more public event is planned for 2018. SPARCC is also creating a documentary that sheds light on the local impact of the opioid epidemic, featuring individuals from Clinton County directly impacted by substance abuse. The project is anticipated to be complete by fall 2018. In addition, SPARCC has hosted forums for students at middle and high schools in Clinton County. The group offers technical assistance to schools interested in creating their own coalition to address issues related to opioid use and addiction.

To stay up-to-date on local efforts to combat opioid addiction and learn more about SPARCC, visit their Facebook page at www.facebook.com/SPARCCNY/.

The more you know

Chronic Disease Self-Management

This program is an adaptation of the 6-week Chronic Disease Self-Management Program developed at Stanford University. The adapted program is only approved for use in the workplace. It contains content similar to the CDSME, but is rearranged into 1-hour segments for the workplace. Participants are employees of the hosting worksite. People with different chronic health problems attend together, with a limit of 12 - 14 participants per workshop.

Participants of both programs make weekly action plans and share experiences. They help each other solve problems that may arise as they carry out their self-management program. Participants learn:

- Techniques to help balance work and home life;
- Skills for dealing with frustration, fatigue, pain and isolation;
- Appropriate exercise to maintain and improve strength, flexibility, and endurance;
- Proper use of medications;
- How to communicate effectively with family, friends, and health professionals;
- How nutrition affects their health;
- Decision-making skills;
- How to evaluate new treatments and more.

Call Eastern Adirondack Health Care Network at 518-564-2049 to find out more about CDSME workshops or to schedule a Workplace Healthy Living workshop for your workplace.

Older adults with conditions such as arthritis, asthma, diabetes, lung disease, heart disease, stroke, osteoporosis, and others can find ways to manage their condition and improve their quality of life through Chronic Disease Self-Management Education (CDSME).

CDSME workshops are offered by the Clinton County Office for the Aging and the Eastern Adirondack Health Care Network for adults over 55. The workshops are designed to help people gain self-confidence in their ability to control their symptoms and learn how their health problems affect their lives. Small-group, highly interactive workshops are held over a six week period, meeting twice a week for 50-55 minutes per session. They are facilitated by a pair of leaders, one or both of whom are non-health professionals with chronic diseases themselves.

The Workplace Healthy Living program is another option for those living with chronic conditions.
WHY PLAY?
Active play is an easy way for children and adults to get recommended amounts of physical activity. The Longest Day of Play offers a healthy start to your summer. Come out and play! The schedule below will be updated regularly at www.clintonhealth.org.

10am - 12pm: Parachute Fun, Outdoor Games & Bubbles hosted by the Child Care Coordinating Council at 194 U.S. Oval in Plattsburgh.

10am - 1pm: Explore the Accessible Trail in Peru hosted by the Town of Peru at the Little Ausable River Trail/Heyworth Mason Park on Mason Hill Road in Peru.

1pm - 3pm: Healthy Family Olympics hosted by Behavioral Health Services North at the U.S. Oval in Plattsburgh.

1pm - 3pm: Safe Home Game hosted by the CCHD’s Healthy Neighborhoods Program at the U.S. Oval in Plattsburgh.

1pm - 3pm: Disc Golf Play Day hosted by the Town of Plattsburgh at Cadyville Recreation Park, 114 Goddeau Road.

1pm - 3pm: Stand-up Paddle Boarding & Kayaking hosted by the Kayak Shack at Baggs Landing, 3004 Route 9 in Peru.

2pm - 3pm: Bounce House & Open Basketball hosted by City of Plattsburgh Recreation at 52 U.S. Oval in Plattsburgh.

2:30pm - 4pm: Free Swim hosted by Plattsburgh YMCA at 17 Oak Street in Plattsburgh. Parent/adult must be in the pool with children who cannot swim.

5pm - 7pm: Open Swim hosted by CVPH Wellness and Fitness Center at 295 New York Road in Plattsburgh. Under 8 — parent/guardian must be in the pool. Under 16 — parent/guardian must be present.

5pm - 7pm: Silly Games at the Park hosted by the Chazy Girl Scouts at West Chazy Recreation Park, 7656 Route 22.

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