

# St. Lawrence County Public Health Children's Programs Newsletter



January 2024

**In this issue:** Winter Weather • Heart Healthy Living • Winter Fitness • Transition Planning • Cerebral Palsy Awareness Month • Early Intervention • Children and Youth with Special Health Care Needs • CYSHCN Events • SNAP-Ed Recipe Highlight



*Ready Wrigley Prepares for Flu Season* is a fun activity book for children to learn how to prepare for winter weather by wearing enough layers, preparing for power outages and more!

Ready Wrigley books are available for download at <https://www.cdc.gov/cpr/readywrigley/books.htm>

## — Heart-Healthy Living —

Heart disease is a leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy!

- ♥ Eating heart healthy foods
- ♥ Maintaining a healthy weight
- ♥ Make sure you get regular physical activity
- ♥ Manage stress and mental health
- ♥ Be sure to get the recommended hours of sleep per day



# Winter Fitness

It's important to keep active all year round, even during the chilly winter months. When you venture outdoors, use these tips to keep yourself safe and warm. Make sure you dress in three layers.

**Base** - moisture wicking tops and bottoms

**Middle** - the layer that keeps you warm. Try either a fleece, sweatshirt or a down coat.

**Outer Shell** - the layer that protects from the wind and rain

**\*Don't forget a warm hat and mittens as well as good boots that keep your toes dry and warm.\***



## Transition Planning

The ARC Jefferson-St. Lawrence

The ARC Jefferson - St. Lawrence's mission is to provide lifelong opportunities that enhance the lives of people, so that they may achieve their hopes and aspirations. They will provide unlimited opportunities and experiences to encourage individual growth and development in an environment that embraces choice, independence and maximum potential.

Their services include, but are not limited to, career solutions, behavioral support services, community arts, residential services, transportation and more!

For more information check out their website at:

<https://www.thearcjslc.org/services>

To reach the St. Lawrence County branch office call:

315-379-9531

  
**The Arc**  
Jefferson - St. Lawrence  
New York

# Cerebral Palsy Awareness Month

## There are 3 main types of Cerebral Palsy.

- Spastic Cerebral Palsy (indicating stiff muscles)
- Dyskinetic Cerebral Palsy (indicating uncontrolled movements)
- Ataxic Cerebral Palsy (lack of coordination and balance)

### Diagnosis:

Diagnosis of CP can occur through screening developmental milestones and medical evaluations.

### Treatments:

There is no cure for CP but, treatment can improve the lives of those who have the condition.

You can track your child's progress with the CDC's Milestone Tracker App:  
<https://www.cdc.gov/ncbddd/actearly/milestones-app.html>

If you have any concerns, contact your child's pediatrician.



## Bureau of Early Intervention: Stay Connected!



The Bureau of Early Intervention (BEI) wants to make sure families stay connected to what's happening in the Early Intervention Program.

If you are interested in upcoming trainings for families, resources on developmental delays and disabilities, learning more about new guidance and policies, or would like to share your ideas with the Bureau, join their list serve and Facebook group today!

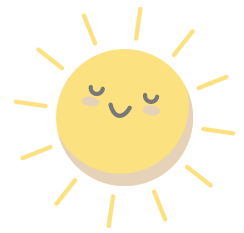
Find BEI on Facebook at:

NYSDOH – Early Intervention Community of Families

or email [listserv@listserv.health.state.ny.us](mailto:listserv@listserv.health.state.ny.us) with the subject "Subscribe"



# Children and Youth with Special Health Care Needs



CYSHCN is a no-cost resource and referral program for families with a child from birth to 21 years old who have, or are suspected of having, a serious chronic physical, developmental, behavioral, and/or emotional condition.

If you would like more information or need resources you can reach the Children and Youth and Special Health Care Needs program at 315-386-2325 ex. 3420. Or, send an email to [CYSHCN@stlawco.gov](mailto:CYSHCN@stlawco.gov).

NY State CYSHCN website has multiple resources available to families that can be located at this link:

[https://www.health.ny.gov/community/special\\_needs/](https://www.health.ny.gov/community/special_needs/)



## *CYSHCN Events:*

This year, our program is planning to bring a variety of events to our community. We are in the process of planning story hours, workshops and other events across the county in 2024.

**For our upcoming events check out:**

- St. Lawrence County Public Health Department Facebook
- Our Children's Programs website:  
<https://stlawco.gov/Departments/PublicHealth/ChildrensPorgrams>

# SNAP-Ed Recipe Highlight!



## Bell Pepper Nachos

An easy, healthy after school snack that kids will love!



### Bell Pepper Nachos

Serves 8

### Utensils Needed

- knife
- spoon
- cutting board
- bowl
- baking sheet
- foil

### Ingredients

- 4 bell peppers
- 1 cup salsa
- 2 tsp seasoning (mix chili powder, garlic powder, cumin, pepper)
- 2 cups cooked meat, beans or tofu
- 1/2 cup shredded cheese (your choice)

### Directions

1. Preheat oven to 350 degrees F
2. Wash bell peppers, remove seeds and cut into bite size pieces. Arrange pieces close together in single layer on foil lined baking sheet.
3. In medium bowl, combine salsa, seasonings and meat, beans or tofu
4. Spoon the mixture evenly over pepper pieces then top with cheese
5. Bake for 15 minutes or until peppers are heated through and cheese melts.

*The SNAP-Ed NY Recipe Finder* helps make meals healthy, convenient, and affordable: [snapedny.org/recipes/](https://snapedny.org/recipes/)

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