

The Broadway Bulletin

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The leader in developing innovative solutions that promote healthy lives, thriving families, & caring communities

From the CEO

I was deeply saddened to hear the news that my counterpart and colleague, John Eberhard of Delaware Opportunities, passed away suddenly earlier this month. John and I didn't interface much on local or day to day kinds of things but we served together on the New York State Community Action Board of Directors and earlier on the Weatherization Program Advisory Council. He was a staunch advocate for the poor and was a brilliant strategist to that end. The Community Action world lost a giant. I know everyone will join me in sending our thoughts and good wishes to the whole Delaware Opportunities family as they come to terms with this difficult loss.



A handwritten signature in black ink that reads "John Eberhard".

Teen Dating Violence

The month of February is all about **Teen Dating Violence Awareness**; a time to spread awareness about the negative effects of dating violence and to educate teens and parents about the differences between healthy and unhealthy relationships, and how to recognize relationship "red flags." Without proper education, many adolescents are left to believe that unhealthy relationship behaviors like name-calling or jealousy are part of being in a normal or loving relationship. These behaviors, however, can become abusive over time and may even develop into more serious forms of violence.

Teen dating violence is defined as emotional, psychological, physical, or sexual violence within a teen dating relationship. It can occur in person or online and can take place between a current or a former dating partner. **Approximately one-third of all American adolescents experience some form of dating abuse, with girls age 16-24 being the most vulnerable demographic.** Abuse can have serious short-term and long-term repercussions for teens, including depression, anxiety, drug and alcohol use, violent behavior, risk of future victimization during college, antisocial behaviors, and even suicidal thoughts. Studies have shown that up to 50 percent of young people who experience physical or sexual abuse will attempt suicide.

The best way to try and stop teen dating violence is to prevent it before it starts. The behavioral skills that a person needs to form positive relationships are learned during childhood and early adolescents. These same skills will ultimately be carried into adulthood. Thus, teaching strategies that promote healthy relationships are fundamental. Many prevention strategies are proven to

prevent or reduce dating violence.

Prevention education can also start at home; parents should be teaching (and demonstrating) effective communication, how to manage emotions like anger and jealousy, and how to treat others with respect. It is also important for parents to be able to recognize unhealthy behaviors in their child's relationships, and how to respond if behavioral problems arise. Parents can visit www.loveisrespect.org/for-someone-else/help-my-child/ to learn more about what they can do about teen dating violence. Teens and parents can also visit VIP's teen-specific resource page at www.ofoinc.org/vipteens.

Submitted by **Danica Sessions, Victim Resource Coordinator, Violence Intervention Program**



Help VIP bring awareness to Teen Dating Violence

Wear orange on Tuesday, February 13th, National Wear Orange Day.

The Value of Seeing and Treating Poverty as a Health Issue

Excerpt from Coalition on Human Needs blog "Voices for Human Needs", by James Abro (12.31.2017)

In July of this year, Barry Ostrowsky, the CEO of RWJ Barnabas – the largest hospital-based health care provider in New Jersey — sat down with PBS talk-show host Steve Aduabato to talk about RWJB's recently developed "social impact initiative." In Ostrowsky's words: "It is an attempt to make communities throughout the state healthier by partnering with organizations to help individuals break down major personal and social barriers to achieving wellness."

The Barnabas CEO began the discussion by explaining: **"We've studied it for more than 20 years and found that social determinants, frankly the elements of poverty for the most part: unemployment, lower education, food insecurity, bad housing, these are the things that actually contribute to, and for the most part create, bad health in our communities. And so while we've concentrated on clinical care historically, we really haven't concentrated on these social determinants of bad health."**

I could hardly wait for the next day's business hours to commence so I could call Ostrowsky's office, thank him for saying that, and volunteer to help Barnabas create new ways of providing preventive care and wellness services to the people who need them the most: the poor.

You see: I am an independent grassroots activist supporting the poor and homeless in my community as well as a national advocate for poor peoples' rights. To date, I've written more than a dozen articles on poverty and homelessness in America that have been published by the Coalition for

Human Needs, Talk Poverty, The Nation, Spotlight on Poverty and Opportunity, Real Clear Politics, Rebelle Society, and others. The topics have ranged from A Campaign to Broaden Prosperity to What to Know if you ever Face Homelessness.

Four months after my initial phone call to Barnabas – I was told by someone in Barnabas's community relations office that Barnabas was like a gigantic cruise ship, "it does not make turns in course easily or quickly" – I met with three executives from Barnabas: their marketing director, vice-president of community affairs, and their community relations manager.

We agreed that there is a "trust deficit" and "communications problem" between the poor and homeless and large institutions like Barnabas.

Let me provide you with a snapshot of how this works.

We – the Barnabas execs and me – agreed to start out by holding one-day health care clinics on-site where the poor and homeless congregate. The most obvious place to do this is at our Outreach Center, which assists the poor and homeless and is located near where many homeless people live.

Earlier this week we held our monthly free haircut day at the Outreach Center. A professional hair-stylist devotes one morning every month to providing haircuts to those who could not otherwise afford them.

One of the people who volunteers at the Outreach Center lost his construction job three months earlier and is in serious jeopardy of becoming homeless – behind on rent; credit cards maxed out. And another younger man there for a haircut

was sick with a cold or flu. The younger man lives in a tent in the woods; the weather the last few days had been at or near freezing.

I called one of my contacts at the hospital and asked if I could bring in someone for a job interview and also talk with them about what "community relations" between the poor and the hospital means in real terms.

They said yes.

I then asked the young man if he'd like us to drop him off at the emergency room of the hospital on the way to our meeting. He declined, citing his Medicaid status: "Medicaid only pays 61 percent of the hospital bill so you only get 61 percent service. Plus, once they find out you are homeless 'their gives-a-shit meter shuts down'."

So while my 60 plus year old, job-seeking friend was learning how to apply for a hospital job online I told the community relations person about what the younger man had said about their emergency room treatment of the homeless.

"That's not true," she said. "But true or not, I'm shocked to hear that that's how people perceive us."

It's a start.

James Abro is the author of "Facing Homelessness." He is also a grass roots anti-poverty activist in his community, as well as a national advocate for Homeless Citizens Rights. James helps others write about homelessness and poverty, providing editing and writing assistance. His articles have appeared in The Nation, and for blogs published by the Center for American Progress, The Coalition on Human Needs and others.

Winter Wear: Limited Supply Available

There is still a limited supply of youth and adult coats and infant winter buntings purchased through the Winter Coat program available. If you have clients that were not assisted through the first coat distribution, please email Autumn at atorres@ofoinc.org, to make arrangements for pick up.

Submitted by **Megan Martin, Planning & Research Director**



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Stress-Free Oral Health

It is not a secret that dental offices are not a popular place to spend time. Specifically, children may have a hard time with fear or anxiety at the dentist's office. To **celebrate Oral Health in February**, take a fresh look at your family's attitude towards the dentist. Make a few simple changes to work towards a stress free visit every time:

Shop around. Ask family members and friends for a recommendation. Talking openly to friends and family may help you find a dental office that can help your children overcome anxieties and fears.

Practice make perfect. Spend time before your child's appointment to talk about the dentist. Give them a chance to ask questions before the appointment day. Playing dentist with small children can help normalize dental visits and can make appointments much less stressful.

Watch your words. A child will not assume the dentist is painful or scary unless they are told that is what to expect. Try to use positive words to describe what the dentist will be doing. Avoid saying things like, "it won't hurt" or "don't be scared". A child will respond much better to positive phrases like, "the dentist can be fun" or "some of the tools might tickle".

Stay calm. Your child will notice as your anxiety goes up and will associate dental visits



with stress. Take time to work through some of your own anxieties before going to the dentist with your child.

Find strength in numbers. Bring a trusted family member or friend to support you during the appointment. Children will be less stressed if you are able to keep your stress level down.

Help your dentist help you. Let the dentist know about your child's fears and anxieties to allow staff to prepare for the appointment with that in mind. Feel free to ask questions in advance, knowing what to expect can help you plan ahead.

Plug in. Allow your child to listening to music during the visit to take their mind off the stress of the appointment. Use noise-cancelling headphones to block sounds from the dental equipment.

Consider comfort. Schedule visits at a time when you are not stressed or rushed. Make sure everyone is in comfortable clothes and bring a comfort item to help soothe your child while you wait.

Visit your dentist regularly. The best way to reduce stress at the dentist for your child is to go often. Make your child's first appointment as soon as they get their first tooth and continue to go every 6 months after. Experiencing happy, stress-free appointments early on will help your child develop a positive relationship with the dentist.

Brush Brush Brush. Keep up with your family's oral health at home. Everyone should brush at least twice a day for two minutes. A parent should help children under 7 to make sure they are brushing all their teeth well. Help children floss once a day and make sure they are getting the right amount of fluoride to keep their teeth strong and cavity free.

Submitted by **Amy Losee, Head Start Dental and Nutrition Specialist**

Save The Date

02.17.18 - Polar Bear Jump: The annual Polar Bear Jump fundraiser will begin at 12:30, Goodyear Lake. VIP has been designated as a charity recipient this year.

02.19.18 - Agency Closed: OFO will be closed in recognition of the President's Day holiday. The Emergency Housing and Violence Intervention Program hotlines will still be available to those with a need.

02.20.18 - 02.23.18 - Head Start Closed: Head Start and UPK will be closed for Winter Break. Home-based and center-based Early Head Start will remain open.

03.07.18 - Poverty to Prosperity Summit: Dr. Donna Beegle will be returning to Oneonta to help kick-start the local Opportunity Community model; an initiative supported by ESPRI. This model focuses on building support within the community by using a Navigator system to connect people in need with resources while building on their strengths. This event will also give community members ideas on ways they can be involved. For more information, email atorres@ofoinc.org.

Have something going on? Send information about your important dates, upcoming events, or fundraisers to Megan Martin.

Coming February 4th; the Souper Bowl of Caring

Now that we know the New England Patriots will be going head-to-head with the Philadelphia Eagles this Super Bowl Sunday, it's time to start planning your Super Bowl celebration. This year, why not consider spicing up your festivities with a giving challenge - ask guests to bring

non-perishable food items and/or donations for your local food pantry or feeding program. Provide a "Souper Bowl!" collection container for your guest to drop items off in and during the following week, bring the container to your local feeding program. You might even want to consider

encouraging donations by offering incentives that bring out your guests competitive side.

For ideas and tools to make your Souper Bowl a success, visit www.souperbowl.org.



tacklehunger.org

Staff Spotlights

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Promotions & Transfers: Please congratulate the following employees on their new roles within the agency: **Kimberly Addorisio; Andrea Barrows;** and **Kimberly Ahearn.**

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Kimberly Addorisio
Assistant Teacher
Schenevus Head Start



Andrea Barrows
Center Director
Oneonta - River Street
Head Start



Kimberly Ahearn
Center-Based Family
Partner
Schenevus Head Start

DID YOU KNOW...

Substitutes are able to work for more than one program?

Programs currently looking for substitutes are **Head Start, The Children's Center, EHAP** and **VIP**. If you are interested in substitute work for another program, please submit a complete application package for the additional position(s) you are interested in. Contact Lydia Bell or Lindsay France if you have questions.

To view all open position, visit ofoinc.org/jobs or like our facebook page.

Free Tax Preparation

If your household earned less than \$66,000 in 2017, you can file both state and federal taxes for free through MyFreeTaxes.com. MyFreeTaxes partners with H&R Block so anyone can file from any computer using easy-to-use software. The local United Way is partnering with MyFreeTaxes and is providing access to computers and tax preparers throughout Otsego County.

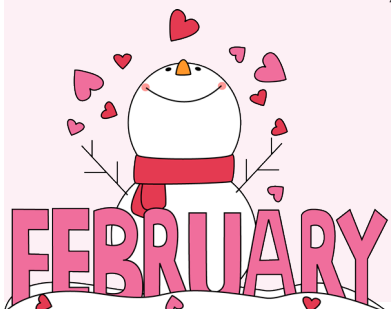
Two Easy Ways to File Your Taxes For Free:

- **Online:** If your household income was \$66,000 or less in 2017. If you need access to a computer to prepare and print your returns, stop in or call one of the CDO Workforce Offices: **Oneonta** (12 Dietz Street, 607.432.4800 ext. 100, Mon-Fri 8:30AM- 5:00PM); **Sidney** (21 Liberty Street, 607.561.7550, Mon-Fri 8:30AM-4:30PM); **Delhi** (1 Gallant Avenue, 607.746.7477, Mon-Fri 8:30AM - 4:30PM)
- **In-person with an IRS-Certified Volunteer:** If your household income was \$54,000 or less in 2017. The Otsego County Volunteer Income Tax Assistance site is at the First Methodist Church, 66 Walnut Street in Oneonta. Hours are Wednesday from 5:00PM-8:30PM and Saturdays from 9:00AM-Noon. Please call Catholic Charities at 607.432.0061 to schedule an appointment.

Happy Birthday

Please wish the following employees Happy Birthday who are celebrating birthdays this month:

Rebecca Matthews	February 2 nd
Charles Jalbert	February 4 th
Alice Blu	February 10 th
Shawn Newton	February 13 th
Jamie Ide	February 14 th
Heather Fay	February 19 th
Richard Mark	February 25 th



Submitted by
Dan Maskin,
CEO

A Job Well Done

You may have noticed when you open up Paylocity, in the NEWS section supervisors and staff can recognize other employees for a job well done. Ted Jennings, Energy Service Manager recently shared his appreciation to **Dustin McAdams** and **Joseph Bilz**, Energy Technicians in the Energy Services Department:

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Congratulations on a job well done! A client you guys worked on this spring contacted me with their energy bills from this winter, ecstatic about their savings. The work you did on their home reduced their energy consumption by 75%! There are few things in this line of work more satisfying than hearing from an appreciative client telling us that we made a real difference in their lives. This December they paid \$350 less than they did last December. Not only are they paying less, which means more money in their pocket, but they are able to keep the thermostat higher and keep the home at a more comfortable temperature for their children. The work you did made all of that possible for this family. You did a great job!