

The Broadway Bulletin

A monthly publication of Opportunities for Otsego

July 2023
Volume 15, Issue 7

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

From the CEO

Opportunities for Otsego is required by the Community Services Block Grant to complete a **Community Needs Assessment** every three years. And while the last fully completed document was in 2017, no one could predict that we would be knee deep in a global pandemic by 2020.

All of our plans, including being involved in the 2020 Census Complete Count initiative, all got cancelled or re-defined. Being ever creative, our **Planning and Research Director, Megan Martin**, created an appendix to the 2017 Community Needs Assessment gathering data on the impacts of the pandemic on our community in Otsego County. Even some in the health care community said it was the best and most comprehensive document on the corona virus at the time.

We then set our sites on 2021, but the census data was slow to trickle in so we produced a document with as much census data that was available as well as data from federal and state departments and organizations. Now, in 2023, we are confident that we have enough census data and, with other sources, can produce a full fledged Community Needs Assessment to be publicized in September.

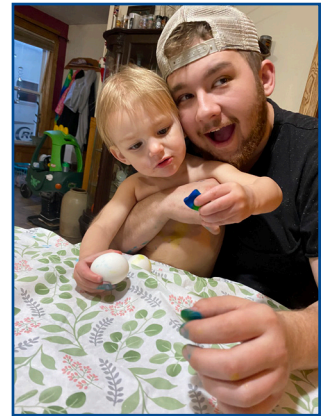
Going forward, one change, that we will make is not to wait every 3 years but to update it on an ongoing basis for the purposes of providing as much current information for all sectors of the community to use as a resource.



The Importance of Fatherhood in BHF

A father's involvement in child-rearing can serve as a bell weather for healthy, wholesome development. Data shows father figures provide a layer of protection from juvenile delinquency and child abuse as well as offer advantages for academic success and emotional well-being. In fact, a father's active participation in caring for children has remarkably been shown to reduce maternal stress associated with parenting. Active fathering strengthens and benefits the entire family. This is true even if a father lives in a separate household.

Despite their importance, fathers are often viewed as secondary parents and can be overlooked by pediatricians, service providers, and schools. This view of dads limits the many advantages children receive from a father's full involvement in their day to day development. Fathers consistently relegated to a "back seat" in parenting may submit to that place, shifting the bulk of parent responsibility to the mother. This can cycle back and overwhelm the mother figure and interfere with opportunities for men to learn child cues, meet needs, and bond with their children. Undermining a dad's significance prevents a child from fully benefiting from a father figure's unique qualities, knowledge, and influence.



It is heartening to know that a father's important role can be strengthened at any time – regardless of his current level of involvement. Attributes such as being predictable, a provider, and a protector all enrich the father-child relationship and positively impact a child's future.

A predictable father does what he promises and consistently takes on responsibility for following caretaking routines. He may be the parent who fixes breakfast or tucks children in at night. He might be the one to teach how to pick up toys or shop for groceries. When parents live in separate households, a predictable father prioritizes visitation and plans enjoyable activities together. Predictable dads are careful not to let strong emotions or parenting frustrations change how they interact with children, so that little ones feel safe. Dads protect their children by accessing well-care and professional support for themselves as needed. Dads also protect children by modeling values and teaching life skills, such as demonstrating respectful interactions with others and taking turns in play. Fathers who provide for their children's needs show youngsters they are treasured. In addition to taking on financial responsibility for necessities, providing occasional treats is a great way to show appreciation for children and validate interest in pleasing them. Dads and children both profit when they work at finding something to do together that each enjoys.

Building Healthy Families begins supporting fatherhood at the earliest opportunity. Starting during pregnancy, father figures are included in every aspect of the program, from the scheduling of visits; to the types of curricula and activities offered; to the planning of groups. The program recently celebrated fatherhood with families at Neahwa Park, making ice cream, playing corn hole, and enjoying the playground.

If you, someone you know, or a program participant are an expectant father or have a newborn and would like to receive support from Building Healthy Families, call 607.433.0444 or complete our online survey.

Submitted by Treena Halstead, Building Healthy Families

Staff Appreciation

Friday, June 9th was Staff Appreciation Day at the Boys and Girls Club in Oneonta. We had 102 staff in attendance. I would like to take a moment to express my heartfelt appreciation for all the incredible staff who work at OFO. Your dedication and hard work does not go unnoticed. It makes an impact on the community, the children and families we serve and each other. I would like to thank the Oneonta Boys and Girls Club for allowing us to use the space last minute. We had an awesome day planned for College Camp, but due to the fires in Canada and the hazardous air quality earlier in the week, we had to shift the event last minute for the safety and health of staff.

Thank you to the Staff Appreciation Committee for months of planning and hard work, especially when we had to pivot and change plans the week of.

Despite the unexpected, our team pulled together a great event. Thank you to Crystal Sutliff, Megan Martin, Autumn Pedersen, Stacy Briggs, Jessica Eklund and Crystal Hamm.

Thank you to all the “day-of” volunteers who helped set up, clean up and served food. The committee appreciates your help! Jason Pope, Richard Rumble, Fatima Harkley, Tom Reardon, Nicole Cashman, Melissa Fetterman, Heather Fay, Jill Oliver, Sarai Halliday, Heather Nelligan, Heather Brown, Karen Johnson, Deanna Cramphin, Sue West and Jason Buddenhagen.

Thank you to the staff who entered the side dish contest and provided some awesome dishes: Kathy Stanton; Unadilla Head Start Staff; Crystal Sutliff; Megan Martin; Violence Intervention Program Staff; and Lindsey Millea.

We hope that you enjoyed mingling with other staff, the food and playing corn hole. **We look forward to seeing you at Staff Appreciation 2024, scheduled for Friday June 7th.**

Submitted by *Lindsay France, Executive Assistant and Staff Appreciation Committee Chair*



Heather Nelligan, Head Start Operations Manager, wished Antoinette and Nancy the best as they move on after 22 and 29 years of service to Head Start and Opportunities for Otsego

Fiesta Dip (Mexican Layer Dip)

Ingredients

- 16 ounce can of refried beans
- 1 envelope taco seasoning (1.25 ounces)
- 8 ounce jar salsa
- 1 Pint of Sour Cream (can reduce to 8 ounces)
- 4 ounce can drained, chopped green chilies
- 3 Green onions, chopped
- 1-lb. Mexican-style shredded cheese
- 4 ounce can drained, sliced black olives
- 1 Large tomato, diced (pulp/seeds removed)

Customize with a layer of your favorite guacamole and/or omit any of the above. (All above are “mild” in heat, but, one can “knock it up a bit”, if more heat is desired)

Instructions: Use a shallow 12” pan (oblong or round). Mix refried beans with taco seasoning. Spread onto bottom of pan. Layer the rest of the ingredients in order listed. Serve with a bag of your favorite chips (i.e. Fritos and/or corn tortilla chips) for dipping.

Slow Cooker Grape Jelly Meatballs

Ingredients

- 1-2 jars grape jelly
- 1 family size bag of meatballs
- 1-2 jars chili sauce

Instructions: Add all ingredients into a crock pot. Stir until meatballs are fully coated in sauce. Cook on high for 2.5 hours or low 4-5 hours stirring occasionally

Mexican Street Corn Salad

Servings: 6

Ingredients

- 2 Tablespoons olive oil
- 16 ounces frozen corn or 3-4 cups fresh corn
- 3 Tablespoons mayonnaise (1 used light)
- 4 ounces Cotija or Feta Cheese crumbled
- 2 Tablespoons lime juice
- 1 Tablespoon jalapeno
- pepper finely chopped (can used canned)
- 1/3 cup fresh cilantro finely chopped (Optional)
- 2 Tablespoons red onion finely chopped
- 2 garlic cloves minced
- 1/2 teaspoon chili powder
- Salt and pepper, to taste

Instructions: Heat oil over medium heat. Add frozen corn and let cook until corn starts to char, stirring occasionally (about 7-8 minutes). While the corn is cooking, mix together mayonnaise, cheese, lime juice, jalapeno, cilantro, onion, garlic, chili powder, salt, and pepper in a large bowl. When corn is done, gently fold in with other ingredients.

Serve immediately and store any leftovers in the refrigerator.

The Results of the Staff Appreciation Day Side Dish Competition

- **Best Vegetarian Dish:** Mexican Street Corn Salad
- **Best Gluten-Free:** Asian Slaw with Ginger Peanut Dressing
- **Best “Other” Dish:** Sweet and Sour Meatballs
- **Fan Favorite:** A Tie between Fiesta Layer Dip and Mexican Street Corn Salad

Staff Appreciation (continued)

Cowboy Caviar Quinoa Salad

Servings: 4-6

Ingredients

- 1 cup dried quinoa, rinsed
- 1/2 teaspoon cumin
- 1 3/4 cups water
- 1 can (15oz.) black beans, drained and rinsed
- 1 can (15oz.) black eyed peas, drained and rinsed
- 1 fresh corn off the cob or 1 can (15oz.) corn, drained
- 1 red bell pepper, cored, seeded and diced
- 1/2 red onion, diced
- Fresh cilantro, chopped and added to taste
- Salt and pepper to taste
- 1 avocado, diced
- 2-3 limes
- Scooping greens like endive, romaine or bibb lettuce

Instructions

Quinoa: In a medium size pot, add water, cumin and quinoa, bring to boil over medium high heat, reduce to a simmer and cover, cook for 15 minutes. Remove from heat, remove lid and let set for 10 minutes.

Prep Veggies: While your quinoa is cooking, prepare the bell pepper, onion and corn.

Assemble: Once quinoa is done, add the two beans, corn, red bell pepper, onion, cilantro and squeeze of 1-2 limes, mix well. Season with salt and pepper. Just before serving add in the diced avocado.

Serve with lime wedges and scooping leafy greens.

Save The Date

07.04.2023 - Agency Closed: OFO will be closed for Independence Day. The Emergency Housing Assistance Program and Violence Intervention Program 24-hour staffed shelters and hotlines will still be accessible for those with a need.

07.11.2023 - Happy 57th Birthday to OFO

08.01.2023 - 08.07.2023: World Breastfeeding Week: World Breastfeeding Week is celebrated every year across the world during the first week in August to raise awareness about breastfeeding and its advantages. The WBW2023 campaign will focus on breastfeeding and employment/work.

PLEASE STAY IN YOUR CAR – EVENT STAFF WILL UNLOAD

Otsego County's Household Hazardous Waste Day 2023

**FRIDAY EVENT: AUGUST 25
8AM – 11AM**

Unadilla Hwy Building
216 Co Hwy 3
Unadilla NY 13849

No pharmaceuticals or electronics accepted at Unadilla event

**SATURDAY EVENT: AUGUST 26
8AM – 1PM**

Meadows Office Complex
140 Co Hwy 33W
Cooperstown NY 13326

For Saturday: Arrive According to Last Name

A-H 8am – 9:30am
I-Q 9:30am – 11:30am
R-Z 11:30am – 1pm

SMALL BUSINESS COLLECTION

Friday August 25, 2023 – 2pm – 4pm

Meadows Office Complex

Small Businesses must register by Aug. 4 by calling 607-547-4225 or emailing solidwaste@otsego-county.com

Supporters: County of Otsego, Town of Unadilla, Otsego County Conservation Association, Battery Solutions, & NYSDEC
Events are partially funded by a grant from NYSDEC.



HAZARDOUS MATERIALS ACCEPTED

Paints, Pesticides, Solvents, Mercury, Chemical Cleaners, Batteries*, Anti-Freeze, Hobby & Pool Chemicals, Fluorescent Light Bulbs, Electronics (Cooperstown only) & More.

Not Accepted: Motor Oil, Explosives, Ammunition, Tires, Electric Vehicle Battery Cells, Propane Tanks, Microwaves

Pharmaceuticals
(Cooperstown Only)

Expired & Unwanted Prescriptions, Vitamins, Veterinary Medications, Over-the-counter Medications, Lancets, & More. NO Syringes.

*Batteries

12 Volt Car Batteries, Alkaline/Zinc, Ni-Cad (dry/wet), Nickel Iron (wet), Nickel Metal Hydride (dry/wet), Lithium Ion, Lithium Primary, Mercury, Silver Oxide, Button Cells, and Lead Acid

FOR MORE INFO: OTSEGO COUNTY SOLID WASTE • 607-547-4225 • www.otsego-county.com

To include details on upcoming events in the *Broadway Bulletin*, email Megan Martin, Planning & Research Director at mmartin@ofoinc.org by the 20th of the preceding month.

Summer Safety Rules

One in 4 children in the U.S. will experience some form of maltreatment in their lifetime - those are just the ones we know about. By some estimates, only 1 in 10 children will ever report their abuse. It is important that all victims understand that abuse is never their fault, and they should never be ashamed to tell.

The **Violence Intervention Program** uses the Monique Burr Foundation safety curriculum with children and teens to help them identify and respond appropriately to any unsafe situation. Below are 5 Summer Safety Rules for adults and children:

- **Know What's Up:** Adults - Know where your child is and who they are with at all times; Know the names of the children they frequently play with and their parents' names and phone numbers; Kids - Know your home address, parents' full names and phone numbers.; Understanding what to do in an emergency (Who to call? Where to go?); Have a plan if someone ever needs to pick you up due to an emergency.
- **Spot Red Flags:** Adults - Understanding the warning signs of grooming, abuse, bullying, or feeling unsafe; Teach about personal space and boundaries and the correct names for private parts; Kids - Know who can hurt you and how; Know warning signs of unsafe situations; Know how to stay safe online.
- **Make a Move:** Adults - Trust your instincts to keep kids safe; Praise kids for telling you of mistreatment and take action right away; Call a professional and/or report suspected child abuse. Kids - Believe a friend who says they are being hurt; Get away from any unsafe situation as possible; Know people/places that are unsafe.
- **Talk It Up:** Adults - Talk to other adults about child safety; Talk to your child using everyday opportunities to discuss safety & unsafe situations; Let kids know that telling you or another safe adult is not tattling or snitching. Kids - Use your voice to say "No" when you spot Red Flags, see an unsafe situation, see a friend who is unsafe, or when someone makes you feel unsafe, online or off.
- **No Blame. No Shame:** Adults - Let your kid know they are never to blame and should not be ashamed, because adults are responsible for keeping kids safe; Let your child know you support them; Understanding you are not to blame and should not be ashamed to seek help if your child is ever abused or hurt. Kids - Know you are not to blame if you are ever hurt by an adult or another child; Know you should not be ashamed to tell; Know it is never too late to tell, no matter what has happened, when it happened, or what you have been told.

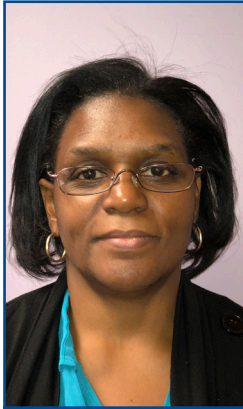
Submitted by *Will Rivera, Crisis Intervention Director*

Staff Spotlights



NEW

Michaela Eastman
Classroom Teacher
SUCO Head Start



PROMOTION

Dimetra Colbourne-Johnson
Violence Intervention Program
Residential Supervisor



PROMOTION

Ed Cope
Energy Services Manager

Join Our Team

Are you looking for a change or know someone who be a perfect fit for OFO? If so, be sure to check out the employment page on the website.

We have openings in programs across the agency with varying schedules, levels of experience and responsibility.

Review job details, benefit summary and apply online at ofoinc.org/jobs.

Don't Leave Vacation Days on the Table

About half of all employees say they are burned out, according to recent surveys. Despite this, less than half of all Americans who get paid vacation days use them all. Why not? People say they are afraid to fall behind, hurt their chances for advancement, or put burdens on overworked co-workers.

It's vital to keep a healthy work-life balance and using your vacation time is part of that. Self-care is important to your overall mental health and general wellbeing. Breaking the work cycle to relax, replenish, and reset is an important part of that self-care. Taking a vacation helps us to come back to work with increased commitment and productivity.

Here are some summer vacation ideas:

- July is National Parks & Recreation Month. Use the **Find Your Park tool** to search for a specific activity or locate a park near you.
- Explore travel discounts and perks through your **Lifestyle Saving Benefit**. Login at www.theEAP.com/TotalCare-EAP.
- Not interested in traveling? Look for biking and hiking trails, beaches, public gardens, zoos, museums, aquariums, and other attractions in your area.
- **Check out summer festivals**, from arts & crafts to music, food, and cultural celebrations.
- Take up a new sport, a new hobby, or a relaxing activity like meditation, yoga, knitting, or gardening.

Excerpt from ESI July eNewsletter

Summer Food & Beyond

The Summer Food Service Program (SFSP) is a federally-funded, locally-operated program that serves no-cost, healthy meals and snacks to children and teens in low-income areas. **The most notable SFSP is operated by Catholic Charities in the Oneonta community; however, there are other sites across Otsego County that provide meals including Milford, Schenevus, Richfield Springs, West Winfield, Morris, Otego, Unadilla, and New Berlin.** To search for a SFSP site and information on when meals are served, visit the USDA online search tool.

The local Office for the Aging offers nutrition resources for persons over age 60 in Otsego County. In addition to home delivered meals, senior dining centers, and nutrition education and counseling, OFA provides \$25 worth of Farmers' Market coupons (between July and October) to income-eligible seniors. Visit the OFA/NY Connects website for more information on these programs.

Find Your Local Farmers' Market		
Community	Location	Hours of Operation
Cooperstown	101 Main Street	Year-round Saturday, 9AM - 2PM July 1 - September 30 Tuesday, Noon - 4PM
Middlefield Orchard Farm Stand	2274 State Hwy 166 Cooperstown	June 15 - November 4 Monday - Saturday, 9AM - 5PM
Morris	117 Main Street	May 25 - October 26 Thurs. 2:30PM - 5:30PM
Oneonta	55 Market Street	Year-round Saturday, 9AM - Noon
Richfield Springs	Spring Park, Main Street (Route 20)	June 17 - October 28 Saturday, 8AM - 1PM
FARMERS' MARKET PROGRAMS IN NEW YORK STATE		

Submitted by Megan Martin, Planning and Research Director



NYSCAA LEARN

Community Action's Online Learning Portal

NYSCAA offers over 70 free online training courses that include interactive eLearning sessions and recordings from recent webinars. Start and stop any courses without losing your progress. In addition, you will receive a certificate of completion for each course you finish. **Click here to check out the course catalog.** You'll need to sign in to see the full catalog online. If you need help logging in, or signing up, just email NYSCAA at elarning@nyscommunityaction.org.