

The Broadway Bulletin

A monthly publication of Opportunities for Otsego

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

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From the CEO

Sexual Assault Awareness Month (SAAM) is observed annually in April to raise public awareness about sexual violence, educate communities on prevention strategies, and support survivors.

First established in the United States in 2001, SAAM has since grown into a global movement, with organizations, activists, and individuals worldwide joining forces to combat sexual assault and promote a safer, more equitable society.

One of the primary goals of SAAM is to dismantle myths and misconceptions surrounding sexual assault. By providing accurate information and dispelling harmful stereotypes, the campaign strives to create a supportive environment where survivors feel empowered to come forward and seek help without fear of judgment or disbelief.

SAAM emphasizes the importance of consent and healthy relationships. Education on consent involves teaching individuals how to recognize and respect boundaries, communicate effectively, and understand that consent is ongoing and can be withdrawn at any time. By promoting these principles, SAAM aims to prevent sexual violence and promote mutual respect and understanding in all interactions.

Another crucial aspect of SAAM is providing support and resources for survivors. This includes access to counseling, legal assistance, medical care, and advocacy services. By amplifying the voices of survivors and ensuring they receive the support they need, SAAM strives to break the cycle of silence and stigma surrounding sexual assault.

Through education, advocacy, and community engagement, we can collectively create a culture of consent, respect, and empowerment for all. As we observe SAAM, let us reaffirm our commitment to ending sexual assault and building a more just and equitable society for future generations.



Building A Hopeful Future, Together

Children who live in families with access to economic and concrete supports are less likely to experience abuse and neglect. And science shows that positive childhood experiences - like loving caregivers and safe, stable, and nurturing relationships - can help mitigate the negative impact of adverse childhood experiences (ACES). And it's not just the parent or caregiver's responsibility to provide this environment. We all have a responsibility to ensure children have positive experiences, and help families access the resources they need, when they need them, before they are in crisis.

April is National Child Abuse Prevention (CAP) Month, a time when Prevent Child Abuse (PCA) America and its nationwide network of state chapters and partners connect with families, communities, prevention advocates, and supporters to build a narrative of hope for children and families through collaboration and the creation of an ecosystem of primary prevention. The White House's annual Child Abuse Prevention Month proclamation acknowledges the need for us to collectively lift up families so that all children grow up in healthy environments. Expanding on this idea, PCA America's theme for the 2024 CAP Month campaign is **"Building A Hopeful Future, Together."**



Guided by strategies rooted in both science and aspiration, PCA America supports initiatives like home visiting, which is proven to help families cope with trauma and stress that so many families encounter every day. Sometimes, overburdened parents and caregivers may be unable to provide the necessary care and support to their children and simply need help. PCA America's signature program, Healthy Families America (HFA) - of which our very own **Building Healthy Families** program is an affiliate program of - provides home visiting services that can be the glue to help families stick together as they navigate the questions, concerns, and challenges that can often overwhelm parents during pregnancy and the first few years of their child's life. HFA completes more than one million home visits every year.

Prevention is hard work, but it is also heart work. PCA's goal is to provide hope and help to ALL families through its chapter network, home visiting programs, prevention research and policies, and awareness efforts like CAP Month. PCA believes there are enough of us who believe in fairness, equity, and the vision of a great future for all children. The work of love is never done. Together, we can prevent child abuse, America...because childhood lasts a lifetime.

Building Healthy Families and the Violence Intervention Program invite all to stand in solidarity with child abuse prevention efforts by uniting in a sea of blue on APRIL 5TH, WEAR BLUE DAY. Capture the moment and share it on your social media platforms using the hashtag #WearBlueDay2024. Send photos to Megan Martin for inclusion on OFO social media pages and future marketing.

Submitted by **Megan Martin, Planning & Research Director**
Excerpt from PCA CAP Month 2024 Media Toolkit

Building Healthy Families offers assessment and ongoing homevisiting services to help build parent confidence and competence; reduce stress that comes with parenting; support social-emotional well-being; and promote healthy child and family development.

Families may enroll during **pregnancy or up to 3 months after the birth of their child.**

Eligibility: **No income limits;** Concerns about parent confidence and readiness to welcome a new baby (e.g. limited finances, infant knowledge, or social supports, relationship difficulties, domestic violence, depression, anxiety, substance use or recovery.) Families may work with BHF until they enroll in Head Start or Kindergarten.

Sober Curious

April is National Alcohol Awareness Month. Gallup has tracked Americans' use of and attitudes towards alcohol for more than eight decades. In its most recent report, it found that 62% of Americans currently say they drink alcohol, a rate which has been consistent since 1939. On average, U.S. drinkers report they had four drinks in the past week. Of those who do drink, alcohol misuse remains a significant problem. The National Institute on Alcohol Abuse and Alcoholism reports that 28.8 million adults aged 18+ (or 11.2%) had an Alcohol Use Disorder (AUD) in the past year. In addition, approximately 140,000 people die of alcohol-related causes annually.

Alcohol use is pervasive in our society, accepted as an everyday part of life. There's an expectation that alcohol will be an integral part of celebrations, vacations, and important events; there's

also been a certain level of tolerance for misuse. Yet attitudes appear to be changing. Gallup reports that young adults today are less likely to drink than young adults two decades ago: 62% of adults under age 35 drink, down from 72% two decades ago. And a growing number of people are exploring "sober curious" or "mindful drinking" lifestyles. These cultural changes can be seen in the growing popularity of events such as 'Dry January' and "Sober October," as well as a growth in demand for "mocktails" and other non-alcoholic beverages. Both **sober curiosity and mindful drinking are rooted in a desire for a healthier lifestyle. They entail either temporary or intermittent non-drinking or an ongoing awareness and questioning of the frequency and quantity of drinking.**

If you're feeling sober curious, would like to practice more mindful drinking

to improve your health, or want to get a better handle on your alcohol consumption, consider these resources:

- Read the EAP blog post Alcohol and Your Health or log into the EAP portal to explore the Substance Misuse Learning Center.
- Take an online self-assessment such as Are You Addicted?
- Call an EAP counselor at 800.252.4555 to help you make a plan to quit or reduce your drinking.
- Consider attending a local AA meeting or find resources through FOR-DO.
- Check out A Beginner's Guide to the 'Sober Curious' Movement.

Excerpt from the 03.31.2024 EAP eNewsletter.
Submitted by **Megan Martin, Planning & Research Director**

Total Eclipse of the...Sun

So what is all the hubbub about the upcoming solar eclipse? According to NASA, this is a rare event. Unlike an annular eclipse, where the moon covers the Sun but leaves an outside "ring of fire" or a lunar eclipse when the moon appears red when it passes Earth's shadow, the April 8th eclipse is a total solar eclipse. With a total eclipse, the shadow of the moon will change the daytime sky into night-like darkness. The April 8th eclipse is an astronomical experience like no other, with millions of people being able to experience it. In New York, the total eclipse will stretch from Niagara Falls to Syracuse and up to Plattsburgh. Although Otsego County is south of the full eclipse path, we will be able to experience it as well. **In Oneonta, the eclipse will begin at 2:10PM, peaking at 3:24PM and will end by 4:35PM.** Click here to find the timing of the eclipse anywhere along its path.

The next visible total solar eclipse to cross the U.S. is more than two decades away on Aug. 23, 2044. So pick up your eclipse glasses now or relive your elementary school days and try your hand at making an eclipse viewer.



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

10TH ANNUAL BUILDING HEALTHY FAMILIES

COMMUNITY BABY SHOWER

**SATURDAY, MAY 4
10AM - 2PM**

Everything you want to know about pregnancy, birth, breastfeeding, fatherhood, babies, and beyond.

ALL FREE - GIFTS, GAMES, PRIZES & PRESENTATIONS



**SOUTHSIDE MALL
5006 STATE HIGHWAY 23, ONEONTA**

Bassett Healthcare Network



Opportunities FOR OTSEGO

SOUTHSIDE MALL

First Presbyterian Church of Oneonta, NY



Building Healthy Families thanks the above event sponsors for their support

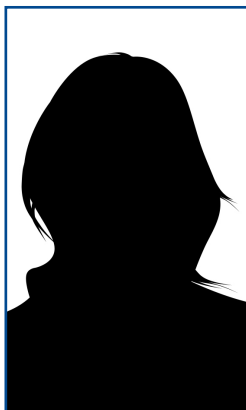
BHF is now accepting requests from programs and organizations to table at this community event. For details, reach out to Treena Halstead, BHF Manager by email or call 607.433.0444 ext. 112.

One component of the **National Community Action Partnership 60th anniversary** campaign is recognition of key historic milestones on the "War on Poverty". Historic legislation and events that occurred in April are:

- **04.11.1965: The Elementary and Secondary Education Act of 1965** (P.L. 89-10) signed into law. Title I distributes funding to schools and districts with high percentages of students from low-income families.
- **04.26.1965: The Manpower Act of 1965** (P.L. 89-15) expanded funding under the 1962 Manpower Development and Training Act to retrain displaced workers.
- **04.11.1968: Title VIII of the Civil Rights Act of 1968** (known as the Fair Housing Act), prohibited discrimination in the sale, financing, or leasing of housing.



Staff Spotlights



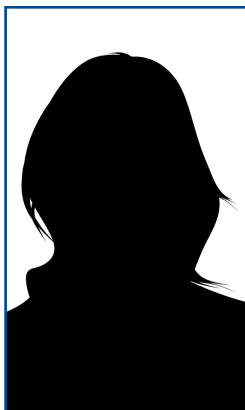
NEW

Darcy McElligott
Head Start Family Partner
Cooperstown/Schenevus



TRANSFER

Sherri Bartleson
Assistant Teacher
Richfield Springs Head Start



MILESTONE

Amber Elethorp
Classroom Teacher
River Street Head Start
5 Years

Now Hiring

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

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

For details and application instructions, visit

ofoinc.org/jobs

Save The Date

04.01.2024 - New Fiscal Year: As the calendar changes from March 31 to April 1 so does the color of paper for processing purchase orders and check requests. Refer to the March newsletter; your program admin/support staff, or supervisor should you have any questions.

04.02.2024 - Wear Teal Day: Chances are someone in your life is a survivor of sexual assault, even if they have never shared their story with you. Show your support for survivors of sexual assault by wearing teal - the color of sexual violence prevention.

04.05.2024 - Wear Blue Day: Unite in a sea of blue to show your solidarity with child abuse prevention efforts.

04.24.2024 - Denim Day: This day of action and awareness encourages people to wear denim to combat victim blaming and educate others about sexual violence. Read the history behind Denim Day.

04.24.2024 - Administrative Professionals Day: Be sure to say "Thank You" to our administrative staff who keep your program and the agency running smoothly.

05.04.2024 - Community Baby Shower: Join Building Healthy Families for their 10th Annual Community Baby Shower, scheduled from 10AM-2PM at Southside Mall.

05.18.2024 - Head Start Spring Carnival: Head Start will be hosting a community get-together at the Sixth Ward Booster Club Field on Scramling Ave, Oneonta. Activities, games, and snacks from 10AM-1PM.

06.07.2024 - Staff Appreciation Day Picnic: Join your fellow co-workers for a day of fun and relaxation. The picnic will be held from 10:30AM-2:00PM at Fortin Park in Oneonta.

Kudos & Congrats

Congratulations to **Ally Porack, VIP and EHAP Office Administrator**, on passing the New York State notary public examination and completing her Oath of Office. As a Notary Public, Ally is commissioned by the state to receive and certify acknowledgments or proof of written documents among other functions.

Submitted by **Taylor Trombley, VIP Manager**

THE STAFF APPRECIATION COMMITTEE INVITES YOU TO THE ANNUAL

STAFF PICNIC

June 7th 10:30AM - 2PM Lunch served around Noon	FORTIN PARK ONEONTA LARGE PAVILION/HANGER Raffles Tie Dye Lawn Games Dessert Competition
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LUNCH BY SUNRISE CATERING

Garden Salad | Fresh Fruit | Mac-n-Cheese
 Sausage, Peppers & Onions | Cranberry Chicken Salad
 Salt Potatoes | Roasted Vegetables

** Mark Your Calendars: The 2025 Staff Appreciation Day will be Friday, May 30th **