

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

Thankful: Help us help our community (and you!)

Finger Lakes Community Health (FLCH) is an independent Federally Qualified Health Center (FQHC) serving patients in the Finger Lakes. We offer primary care, immunizations, dental care, mental health, and support services. Our health centers offer testing for sexually transmitted infections, birth control, education, pap smear, pelvic exams, testicular exams, free condoms, preconception health, natural family planning, and more.

FLCH can offer assistance with payment for all of the many services we offer. We work with several entities to reduce the costs our patients end up paying, including:



- State and federal government to acquire grants to reduce rates patients have to pay
- New York State of Health to offer free insurance enrollment on site in all of our locations, by appointment
- County STD programs to help patients access free STD testing and treatment
- Family Planning Benefit Program (FPBP) to help patients access reproductive health services
- Cancer screening programs to help with pap smears, mammograms, and clinical breast exams
- Pharmaceutical companies to offer assistance paying for medications
- Local and partner organizations that provide services that we do not offer

FLCH offers a sliding scale for all of our services. To apply, a patient simply has to provide one-month of paystubs or their most recent tax return. The sliding scale is good for one year and can be used on top of insurance as well as additional discounts. Late night hours (up to 9pm at some locations!) are offered at every one of our health centers to provide services for patients at times that work for their schedule. At FLCH we strive to accomplish our motto: Taking the Time to Care. We are thankful for our mission-driven staff who care about our patients and our communities. Want to help us continue this work? Show your support for our mission by donating today: <https://localcommunityhealth.com/donate/> or support us on Amazon Smile under: Finger Lakes Migrant Health Care Project Inc.



Partner SPOTLIGHT:

The overall goal of the Wayne County Rural Health Network is to identify needs and gaps in health and human services in Wayne County. The WCRHN works with community organizations to create a healthier community by sponsoring and promoting community events. WCRHN reaches thousands of county residents through its outreach and programming activities that take place across the county. WCRHN is one of 35 networks in NYS. **Hours of operation are Monday through Friday 8am-4:30pm.**
Phone: 315.483.3200 **Email:** ruralhealthnetwork@rochesterregional.org **Website:** <https://waynecountyruralhealth.com/>



Locations:

Bath

Community Health
117 E. Steuben St
Bath, NY 14810
(607) 776-3063

Geneva

Community Health
601B Washington St
Geneva, NY 14456
(315) 781-8448

Newark

Community Health
513 W. Union St
Newark, NY 14513
(315) 573-7577

Ovid

Community Health
7150 N. Main Street
Ovid, NY 14521
(607) 403-0065

Penn Yan

Community Health
112 Kimball Ave
Penn Yan, NY 14527
(315) 536-2752

Port Byron

Community Health
60 Main St
Port Byron, NY 13140
(315) 776-9700

Sodus

Community Health
6692 Middle Rd
Suite 2100
Sodus, NY 14551
(315) 483-1199

Call the FLCH office nearest you for all your medical, dental, reproductive and behavioral health needs. For more details visit:

www.LocalCommunityHealth.com

INTERNATIONAL MENS DAY

November 19



Men Leading by Example

International Men's Day is November 19th this year. The goal of this day is to bring awareness to the value that men bring to the world, their families, and communities. This day is used to encourage men to teach boys in their lives healthy values, character, and the responsibilities of being a man. It is also a great time to bring awareness to certain health challenges men face.

- 1 in 3 men have been victims of domestic violence.
- Men die on average 4-5 years before women.
- Men are 2x as likely to suffer heart disease than women.
- Men have a suicide rate 3x higher than women.

Talking about healthy relationships, consent, proper nutrition and exercise, and mental health will help keep men in our society well. By providing strong examples, we can create a fair and safe society where everyone can prosper. For more information, check out: <https://internationalmensday.com/> or [#internationalmensday](https://twitter.com/internationalmensday) online. **Know a man who leads by example? Post to social media with #thankamantoday and explain how he contributes to the world!**

Mental Health & Reproductive Health Connected: AHC 19 Overview

Our annual professional development training was held on October 17th in Waterloo, NY. We had 157 participants join us. The morning started off with a letter of support from Assemblyman Brian Kolb. Our Family Nurse Practitioner, Rebecca Martin, kicked off the presentations by talking about the rise in Syphilis, how we can decrease the outbreak, and ways to increase reproductive health education in our communities. Our health advocates took over next and shared about our annual educator update. Pat talked about bias in healthcare, the importance of equity over equality, and the youth survey we are running to provide quality reproductive healthcare in the Finger Lakes. Ken discussed the national standards for culturally and linguistically appropriate services we use at FLCH to care for our patients, PrEP and PEP to prevent HIV, how to access care at FLCH, and our very popular social media logo trivia. Kristina Mossgraber from National Alliance of Mental Illness in Rochester talked about her experience that led to her working in the mental health field. Her message was that when helping others we should understand if we are coming from a place of sympathy or empathy, and remove the idea of "it's just" from care. "It's just" was said to Kristina many times by her providers as she was growing up in regards to her mental health. They told her "it's just" teenage stress, and dismissed her concerns until she attempted to take her life and finally received quality care as an adult. After her presentation, we broke for a delicious lunch which allowed for networking to learn about other resources in the community. Following lunch we had four breakout sessions. Molli Kenerson from Safe Harbors of the Finger Lakes led a session on sex trafficking and shared how traffickers can use Maslow's hierarchy of needs against those they traffic. Debra Ortiz-Pardi from National Center for Missing and Exploited Children presented on how to keep children safe online and why vulnerable teens may seek attention online. After a short dessert break, we had our last set of breakout sessions. Rebecca Godwin from Safe Harbors of the Finger Lakes shared how we can help those who disclose they have been sexually assaulted. Missy Stolfi from American Foundation for Suicide Awareness presented on teen depression. Thank you to everyone who attended and made this year a great one. Want to present next year? Be sure to be on the



lookout for our request for presentations early 2020 and our save the date!



Olivia Catalano, RH Program Manager
E: OliviaC@flchealth.org
P: 315-787-8132



Patricia Hall, Health Advocate
E: PatH@flchealth.org
P: 315-521-7787



Ken Metasavage, Health Advocate
E: KMetasavage@flchealth.org
P: 315-521-0249

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