



YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



This newsletter is now 2 years old! Thank you for your readership and for sharing! How are we doing? **Please help us** by completing this short survey: <https://forms.gle/cvuEo7Pvkxwmh3fu5>



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Justice, Equity, Diversity, Inclusion Issue

A Note from the Nurse's Office:

What can you do as a leader in your community that will make a difference? Addressing equity, diversity, justice, and inclusion in our community is crucial for creating a fair and inclusive environment. Justice, equity, diversity, and inclusion are essential nursing principles and practices. We can support these principles by being aware of unconscious bias, listening nonjudgmentally, educating ourselves on different cultures, trying new activities to meet new people, and creating or joining a JEDI committee! We start by having self-awareness, looking at our language, communicating with individuals, and speaking up when we see a non-supportive inclusive environment. If we want change, we have to be that change!

Amanda Briggs, Supervising Public Health Nurse



Public Health
Prevent. Promote. Protect.
Wayne County, NY





Strawberry Salsa

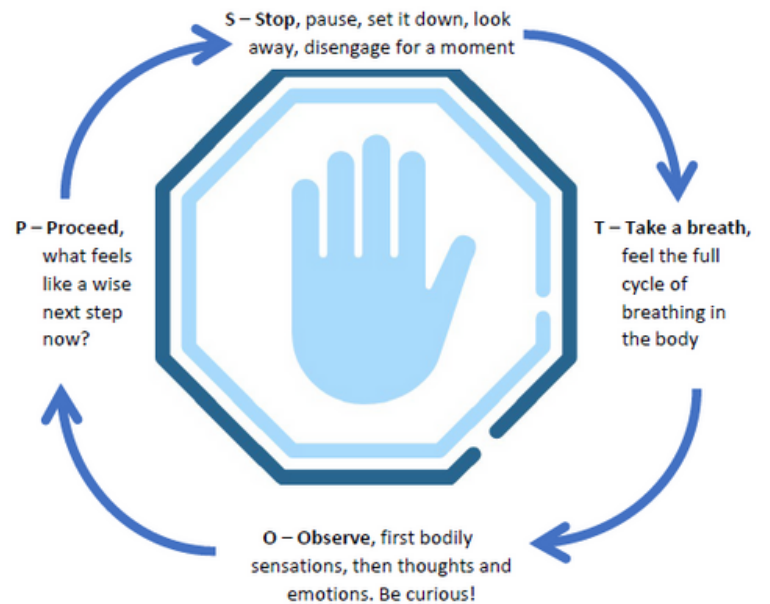
Serves 16

SNAP-Ed
New York
TAKE TIME. SAVE MONEY. EAT HEALTHY.



The STOP Practice

Feeling alarmed? Stressed? Reactive? Take a moment to stop.



Ingredients

- 1 1/2 cups fresh strawberries, chopped small (about 1/2 pound)
- 1/2 jalapeno pepper, minced
- 1/4 cup onion, minced
- 2 tablespoons cilantro, finely chopped
- 1 1/2 teaspoons lime juice

Directions

1. Mix all ingredients together in a bowl. Flavors will blend if refrigerated for 30 minutes or more before serving.
2. Refrigerate leftovers within 2 hours.

Utensils Needed

- Bowl for mixing/serving
- Knife
- Cutting Board
- Spoon

Equality



Equity



Equality, means everyone is treated the same exact way, regardless of a person's needs or other individual differences.

Equity, means everyone is provided with resources specific to their needs to be successful.

COMPLETE YOUR OWN ORGAN INVENTORY

WHAT IS AN ORGAN INVENTORY?

An “organ inventory” is a catalog of certain organs that are present in the body. An organ inventory helps to serve as a record of any surgeries you’ve had that have removed or altered certain organs.

WHY SHOULD I HAVE AN ORGAN INVENTORY?

Having an organ inventory helps your doctors to not make inaccurate assumptions about your body and internal organs based on your gender expression, identity, or designated sex at birth.

LET’S START WITH THE BASICS

1. What is your sex assigned at birth? _____
2. What is your gender identity? _____
3. What is your chosen name? _____
4. What are your pronouns? _____
5. What is your sexual orientation? _____

ORGANS YOU CURRENTLY HAVE	ORGANS PRESENT AT BIRTH OR EXPECTED TO DEVELOP	ORGANS SURGICALLY ENHANCED OR CONSTRUCTED	ORGANS HORMONALLY ENHANCED OR DEVELOPED
<input type="checkbox"/> Breasts <input type="checkbox"/> Cervix <input type="checkbox"/> Ovaries <input type="checkbox"/> Uterus <input type="checkbox"/> Vagina <input type="checkbox"/> Penis <input type="checkbox"/> Prostate <input type="checkbox"/> Testes	<input type="checkbox"/> Breasts <input type="checkbox"/> Cervix <input type="checkbox"/> Ovaries <input type="checkbox"/> Uterus <input type="checkbox"/> Vagina <input type="checkbox"/> Penis <input type="checkbox"/> Prostate <input type="checkbox"/> Testes	<input type="checkbox"/> Breasts <input type="checkbox"/> Vagina <input type="checkbox"/> Penis	<input type="checkbox"/> Breasts

Any comments you would like to add about your organ inventory?

Lesbian, gay, and bisexual (LGB) teens are at greater risk for violence and suicide than heterosexual teens

Schools can:

- ✔ Create gay-straight alliances
- ✔ Implement anti-harassment policies
- ✔ Develop programs to improve staff support of LGB students



CDC.GOV

Youth Risk Behavior Survey, United States, 2019

MMWR

In New York State, approximately 25% of high school youth are gay, lesbian, bisexual, or unsure of their sexual identity. That's approximately the same percentage of kids that have blue eyes in the USA. Just as we don't want youth to suffer because of their eye color, we also don't want them to suffer because of their sexual orientation. Yet, these young people report higher rates of poor mental health and physical health risks than young people who are straight. Building connection, attachment, and inclusion at home, in schools, and in the community are some of the greatest ways we can each work to help ALL young people thrive.

*Note: Sexual Orientation and Gender Identity are different things. A person's sexual orientation involves who they are attracted to/romantically interested in (terms like lesbian, gay, and bisexual are descriptors of sexual identity). Gender Identity involves how a person fits into the social norms and roles of gender (a person's pronouns can demonstrate this- she/her/hers or they/them/theirs are gender identifiers). Learn more about gender here: [Sexual Orientation and Gender Identity Definitions - Human Rights Campaign \(hrc.org\)](#)

Where can I get food for my family?



www.waynepartnership.org/food



**WAYNE
COUNTY
FOOD
PANTRIES**



Why do pronouns matter?

Ask yourself how many times someone has used your name or a pronoun to refer to you today. Chances are this has happened countless times. Now, imagine that your coworker, a family member, your doctor, or a friend routinely calls you by the wrong pronoun. That would be hard. This is why using a person’s chosen name and pronouns is essential to affirming their identity and showing basic respect. The experience of being misgendered (having someone use the incorrect pronouns to refer to you) can be uncomfortable and hurtful. The experience of accidentally misgendering someone can be difficult for both parties. Routinely asking and providing pronouns helps everyone avoid assumptions and feel comfortable interacting with one another in our community.

Pronoun Etiquette Tips:

- Create opportunities for people to share their pronouns with you rather than assuming you know their pronouns based on their appearance. In your e-mail signature next to your name: E. Wilson (pronouns: they/them/theirs)
- If you don’t know someone’s pronouns, it’s okay to ask. You can say, “What pronouns do you use?” or “What pronouns do you go by?” or “What pronouns would you like me to use when I refer to you?”
- Always use someone’s chosen (preferred) pronouns unless you’ve been asked not to do so for a specific reason (e.g., safety or privacy concerns).
- If you make a mistake, apologize and move on.
- Help others by gently correcting them if they misgender someone.

