**Finger Lakes Worksite Wellness Consortium**



February 28, 2015

Dear Sir/Madam:

Thank you for taking the time to respond to the recent survey conducted by the **Finger Lakes Worksite Wellness Consortium**. The Consortium is a regional group facilitated by the S2AY Rural Health Network, Inc. consisting of representatives from Yates Public Health, Cornell Cooperative Extension, Finger Lakes Health, Tobacco Action Coalition of the Finger Lakes, and others. Our purpose is to provide area employers with tools and resources to help their employees to get and stay healthier.

After reviewing survey results and analyzing data from several businesses and organizations, we have compiled a sample list of a variety of available local resources. We are now writing to extend an invitation to you to review some of those possibilities and see how they might meet your needs.

**Tobacco Action Coalition of the Finger Lakes**

* Tobacco policy development or revision/updating of current policy (including e-cigarettes)
* Tobacco cessation training through the American Lung Association’s “Freedom From Smoking”
* On-site tobacco cessation classes for employees

Contact: Helen A. Dunlap

Community Engagement Coordinator

Tobacco Action Coalition of the Finger Lakes

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**Finger Lakes Health**

* Speakers/Lunch & Learns on varied health topics, such as hypertension, diabetes, stress management, and others
* Friendly walking competition among area businesses and organizations

Contact:Loree K. MacKerchar

Manager, Community Relations

Finger Lakes Health

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**Yates Public Health**

* National Diabetes Prevention Program for individuals with “pre-diabetes”
* Communicable/ chronic disease educational presentations
* Restaurant tool kits for healthy eating options
* “Health Counts” monthly newsletter
* On-site flu clinics through Rite Aid Pharmacy

Contact:Kathy Swarthout

Health Educator

Yates Public Health

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kathys@yatescounty.org

**Cornell Cooperative Extension**

* Nutrition Basics: Presentations such as: healthy lifestyle choices, label reading, portion control, food safety, hidden sugars, salt, & fats)

Contact: Barbara J. McGuffie, BS, CDN  
Community Educator  
Cornell Cooperative Extension - Yates Association

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Please know this list is by no means conclusive, and if there are wellness programs/topics not mentioned, please let us know! Someone will be in contact with you in the coming weeks to discuss your interest and the opportunities available to improve the health of your employees! In the mean time, feel free to contact any of us with questions or to discuss how we can help you. Healthy employees mean a healthy bottom line!

Sincerely,

**Finger Lakes Worksite Consortium: Yates Committee**