

New York State Department of Health

Year 4 Performance Incentive Initiative: Required Documentation Cover Sheet

PHAB Measure:

- 3.1.2 A: Health promotion strategies to mitigate preventable health conditions

Submitter:

- Tompkins County

Required Documentation:

- RD2: Development and implementation of health promotion strategies

Narrative:

- Put Fruit to Work (PF2W) promotional mailer and mailing invoice dated 9/2/15.
- PF2W Ithaca Mayoral Proclamation, along with a snapshot photo of the Mayor with the Proclamation and members of the City Hall Wellness Committee and TCHD staff member.
- Ithaca Journal article, Sept. 22, 2015.
- Documents from RD1 to show development process.

Collectively the documents achieve the required documentation

The implementation of the Put Fruit to Work activity described in RD1 is shown first by a mailer (with mailing invoice) that was sent to all Tompkins County employers with 5 or more employees (1,086 employers). Additional documentation of the implementation of this activity is given by a newspaper article, and a mayoral proclamation. The newspaper article cites TCHD involvement, and describes the activity as a strategy to increase fruit consumption at worksites.

September 21-25, 2015:

PUT FRUIT TO WORK!

Dear Employer,

SEPTEMBER is *National Fruits & Veggies—
More Matters Month*

>> To celebrate, the *new Tompkins County Worksite Wellness Coalition* is asking local employers to *Put Fruit to Work*, as a way to energize their workforce and promote better health.

WHAT: *Put Fruit to Work* is a one-week campaign to promote fruit as a fresher, healthy snack choice at work.

WHEN: September 21-25, 2015, throughout Tompkins County.

WHO: Invite all of your employees to choose fruit as a satisfying snack that works any time, on any job.

HOW: Try one of these ideas to help employees *Put Fruit to Work*:



- Send an all-employee email or hang a poster that encourages employees to switch their snack to fruit this week, instead of their regular snacks. *See our website for samples.*
- Help employees organize a fruit salad “pot luck.” Participants prepare their favorite fruit for an *all-in* fruit salad to be shared during lunch or afternoon break one day during Put Fruit to Work week.
- Provide employees with a selection of complimentary fruit to enjoy during their regular morning or afternoon break one day during Put Fruit to Work week. *See our website for resources.*

—— Visit our website at www.TompkinsCountyNY.gov/worksite ——

RSVP: Send the enclosed Reply Card, or visit our website to tell us:

- Yes! I’d like to join the movement to Put Fruit to Work
- Contact me with more info about Put Fruit to Work week in Tompkins County
- Put me on the Worksite Wellness Coalition email list!

The Tompkins County Worksite Wellness Coalition

In early 2015, representatives from local employers with active or budding worksite wellness programs met to form the **Tompkins County Worksite Wellness Coalition**.

The Coalition's mission is, "To act as a resource for Tompkins County employers regarding the art and science of health promotion and wellness." It promotes wellness programs and healthy living as an added value that improves workplace culture.

The value of a workplace culture that supports healthy lifestyles is widely recognized, and worksite wellness programs can promote such a culture. However, finding the time and resources to coordinate a wellness program can be daunting, especially for sites with fewer than 50 employees.

The Coalition gives worksite wellness advocates and coordinators a place to share the ideas, resources, and best practices necessary to build and sustain programs that engage employees. For employers who are unfamiliar with worksite wellness, the Coalition will be a resource for start-up programs.

The Tompkins County Worksite Wellness Coalition meets four to six times a year, with a mixture of presentations and networking opportunities. The Coalition is staffed by the Health Promotion Program at the Tompkins County Health Department and the Human Services Coalition of Tompkins County.

For more information about the Coalition or to be notified about its open meetings, please call Ted at (607) 274-6712, or visit www.tompkinscountyny.gov/worksite.

Founding members of the TC Worksite Wellness Coalition

- BorgWarner Ithaca LLC
- Cayuga Center for Healthy Living, Cayuga Medical Center
- CFCU Community Credit Union
- City of Ithaca
- Cornell University
- Hospicare & Palliative Care Services
- Human Services Coalition of Tompkins County
- Ithaca City School District
- Ithaca College
- Tompkins County Health Department
- Tompkins County Municipal Health Insurance Consortium
- Town of Dryden
- Town of Ithaca



Startup funding for the Coalition provided by Creating Healthy Places to Live, Work, & Play, a NY state grant awarded to the Human Services Coalition of Tompkins County.

3.1.2 A, RD2: Put Fruit to Work (PF2W) mailing invoice dated 9/2/15

The Mailbox, Inc.

1650 Hanshaw Road

(607) 257-3865

Invoice

DATE	INVOICE #
9/2/2015	37356

BILL TO
Tompkins County Human Services Coalition 171 East State St Ithaca, NY 14850

P.O. NO.	CC# (if used)	CONTACT	TERMS	JOB NUMBER
			Net	151053

QTY	DESCRIPTION	AMT \$
1,086	Worksite Wellness Coalition Mailing - order list, cass certify, ink jet address, indicia, machine insert, sort, and mail presort standard letter	596.57
	Postage Due	296.49
NOTE: When paying by Credit Card, a 4% fee will be added to any Postage Due amount. The bank charges a 4% process fee.		

Total	\$893.06
--------------	-----------------

City of Ithaca Proclamation

Whereas, in early 2015, various representatives from local Tompkins County employers with worksite wellness programs met to inaugurate the Tompkins County Worksite Wellness Coalition, and

Whereas, the Coalition's mission is "To act as a resource for Tompkins County employers regarding the art and science of health promotion and wellness," and

Whereas, the critical importance of a workplace culture that supports healthy lifestyles is widely recognized — and worksite wellness programs serve a pivotal role in promoting such a culture, and

Whereas, the Tompkins County Worksite Wellness Coalition promotes wellness programs and healthy living as a crucial added value that improves workplace culture, and

Whereas, September is "National Fruits and Veggies—More Matters Month," and the Tompkins County Worksite Wellness Coalition wants to help local worksites participate, and

Whereas, fruit contributes to the fundamental well-being and quality-of-life of all residents of the City of Ithaca — it energizes our workforce and promotes better health, and

Whereas, Put Fruit to Work is a one-week campaign to promote fruit as a fresher, delicious, healthy snack choice at work, and

Now, therefore, I, SVANTE L. MYRICK, Mayor of the City of Ithaca, do hereby proclaim September 21–25, 2015 as:

Put Fruit to Work Week In the City of Ithaca

And FURTHER, I urge all City of Ithaca residents and City of Ithaca employees to choose fruit as a satisfying, delicious snack that works any time, on any job, and

In Witness whereof, I have hereunto set my hand and caused the Official Seal of the City of Ithaca to be affixed, on this twenty-second day of September in the year 2015.




Svante L. Myrick, Mayor



Ithaca Mayor Myrick (2nd from right) with representatives from City Hall Wellness Committee and from the Worksite Wellness Coalition, 9/22/15

3.1.2 A, RD2: Ithaca Journal article, Sept. 22, 2015

Yes, Ithaca will celebrate fruit, veggies this week

LOIS WILSON

LOISWILSON@ITHACAJOURNAL.COM

The new Tompkins County Worksite Wellness Coalition will celebrate “National Fruit & Veggies — More Matters” Month with “Put Fruit to Work” Week this week, Sept. 21–25.

Put Fruit to Work is a campaign to promote fruit as a fresh, healthy snack choice on the job, according to a news release from the coalition. Suggestions from the coalition include bringing a bag of apples or a bunch of bananas to share at work.

Ithaca Mayor Svante Myrick will be at the DeWitt Park Farmers Market at 1 p.m. Tuesday to sign a proclamation for “Put Fruit to Work Week” in the City of Ithaca.

“The goal of the new Worksite Wellness Coalition is to foster wellness programs at workplaces throughout the county,” Ted Schiele, a coalition member who works in health promotion at the Tompkins County Health Department, stated in the news release. “Coalition members rolled out Put Fruit to Work as a simple way to introduce wellness programming to employees, and introduce the coalition to employers.”

The Tompkins County Worksite Wellness Coalition is a resource for Tompkins County employers interested in sharing best practices for worksite wellness and will meet four to six times a year with a combination of presentations and networking opportunities. For more information, visit www.TompkinsCountyNY.gov/worksitesite.

LOCAL & STATE

274-9261 • IJNEWS@GANNETT.COM

ITHACA JOURNAL.COM • TUESDAY, SEPTEMBER 22, 2015 • 3A



Charles Tan

Tan trial testimony to begin Tuesday

Jury set for CU student accused of murder

JON HAND
DEMOCRAT AND CHRONICLE

ROCHESTER Lawyers involved in the Charles Tan murder trial will give their opening arguments in the case and begin to hear testimony Tuesday. Jury selection, which began Sept. 14, was completed Monday.

The 19-year-old Cornell University student graduate accused of fatally shooting his father inside their Pittsford home in February has been charged with second-degree murder.

He is accused of having a friend purchase a shotgun at a Southern Tier Wal-Mart on Feb. 5, then sometime in the hours or days later, used that shotgun to kill Liang "Jim" Tan.

The trial is expected to last at least three full weeks, if not four.

Tan's attorney, James Nobles, has said there was a history of domestic violence in the Tan home, and it is likely allegations that Liang Tan had been abusive toward Charles Tan, his brother and mother, will be addressed at trial.



From left, Sgt. Jeremy Zigenfus, Deputy Jami Pier, Mimi Melegreto of the Kiwanis Club and Sheriff Ken Lansing.

KELSEY O'CONNOR / STAFF PHOTO

'BEARER OF BAD NEWS' IN SHERIFF'S OFFICE HONORED

Deputy Jami Pier serves subpoenas, seizures and evictions

KELSEY O'CONNOR
KOCNONOR@ITHACAJOURNAL.COM

A deputy of the Tompkins County Sheriff's Office was honored Monday at the monthly Kiwanis Club luncheon for her service.

Jami Pier, who will soon celebrate 13 years at the sheriff's office, works in the Civil Division, which is responsible for serving subpoenas, income and property executions, orders of seizures, evictions and other documents.

Last year alone, Pier served 1,453 documents. Including additional serving attempts, Pier made a total of 4,021 trips throughout Tompkins County.

Each month at a lunch held at Kendall at Ithaca, the Ithaca Cayuga Kiwanis Club honors the outstanding work of a member of local law enforcement with the Frank G. Hammer Award, established in the 1980s to bring positive attention to the work of local law enforcement officers.

Sgt. Jeremy Zigenfus, who nominated Pier, said she "takes every step possible in locating the people that we are attempting to serve and managing the papers to ensure that they are served properly."

Enforcing warrants of evictions that are issued by local courts may include removing the party, standing by at the location while the property is removed

"The hardest part is probably when I do the evictions or I serve orders of protection and children are involved, or I have to kick somebody out of the house."

DEPUTY JAMI PIER,
TOMPKINS COUNTY SHERIFF'S OFFICE

and the locks are changed, photographing the property and completing a police report, Zigenfus said. Pier served 174 evictions in 2014, and of those, she enforced approximately 42, Zigenfus said.

Pier said she is the "pretty much the bearer of bad news."

"The hardest part is probably when I do the evictions or I serve orders of protection and children are involved, or I have to kick somebody out of the house, dad usually, so those are the hardest ones," Pier said.

Despite giving people bad news, she said she maintains a good rapport with the people she comes into contact with. "Some people I serve, I serve over

and over and over again, so a lot of times, they know I'm coming or they know it's me, so they'll open or they know it's me, so they'll open the door," Pier said. "A lot of times, it's stressful, because you don't know who you're going to find."

Outside of her duties in the Civil Division, Pier is always willing to assist other deputies and agencies when a call comes in and she is in the area, Zigenfus said.

In addition to her duties at the sheriff's office, Pier is a wife and mother of two. While her children and husband could not attend, her parents were there for support, making the trip from Windsor. They both echoed how proud they were of her.

Other members of the sheriff's office attended, as did members of other local agencies, including the Ithaca Police Department.

Ashley Rackl, who is the executive assistant to the sheriff, said that even after returning from serving papers all day, Pier stays positive and entertains everyone.

Lansing said he never hears anything but positive results from Pier.

"She is somebody who is not afraid to get out and give the officers a hand," Lansing said.

Despite being the "bearer of bad news," Pier said she likes what she does. "I work with a great group of people, so that makes it all the better," Pier said.

Yes, Ithaca will celebrate fruit, veggies this week

LOIS WILSON
LOISWILSON@ITHACAJOURNAL.COM

The new Tompkins County Worksite Wellness Coalition will celebrate "National Fruit & Veggies — More Matters" Month with "Put Fruit to Work" Week this week, Sept. 21-25.

"Put Fruit to Work" is a campaign to promote fruit as a fresh, healthy snack choice on the job, according to a news release from the coalition. Suggestions from the coalition include bringing a bag of apples or a bunch of bananas to share at work.

Ithaca Mayor Svante Myrick will be at the DeWitt Park Farmers Market at 1 p.m. Tuesday to sign a proclamation for "Put Fruit to Work Week" in the City of Ithaca.

"The goal of the new Worksite Wellness Coalition is to foster wellness programs at workplaces throughout the county," Ted Schiele, a coalition member who works in health promotion at the Tompkins County Health Department, stated in the news release. "Coalition members rolled out Put Fruit to Work as a simple way to introduce wellness programming to employees, and introduce the coalition to employers."

The Tompkins County Worksite Wellness Coalition is a resource for Tompkins County employers interested in sharing best practices for worksite wellness and will meet four to six times a year with a combination of presentations and networking opportunities. For more information, visit www.TompkinsCountyNY.gov/worksite.

LOTTERIES

N.Y. lottery: (518) 388-3300
www.nylottery.org

N.Y. Daily (day): 5-9-9
N.Y. Win 4 (day): 2-5-7-4
N.Y. Daily (night): 6-7-4
N.Y. Win 4 (night): 0-6-0-9
N.Y. Pick 10 (Sunday): 2-4-5-7-10-13-14-19-21-23-28-31-39-46-48-51-54-59-63-64
N.Y. Take 5 (Sunday): 1-16-17-27-28

FOR CORRECTIONS

The Journal attempts to correct errors in its news columns. To report a need for a correction or clarification, call 274-9261 weekdays from 8 a.m. to 4 p.m.

Direct line from Ithaca to NYC set to go

NICK REYNOLDS
NREYNOLDS@ITHACAJOURNAL.COM

New York City is going to a closer destination than ever before come Wednesday, when the Big Red Bullet, a bus line offering the first straight shot between Ithaca and the Big Apple, has its maiden voyage.

The new bus service will run two routes from the Green Street bus station to Bryant Park every weekday and Sunday, with a single route on Saturdays. A going rate for a round trip will be comparable to competitors, said Big Red Bullet General Manager Robert Nicholas, the difference being the Bullet will have fewer stops — taking around four-and-a-half hours to get to the city — and more amenities, such as Wi-Fi, adjust-

able headrests, cup holders and reclining seats.

Buses will depart in the morning and afternoon most days, with a 6 a.m. departure being the only one available on Saturday. Weekday round trips will cost \$110 and \$130 on weekends, compared to around \$180 for Cornell University's service. Greyhound, which operates a route from Ithaca to New York City that can last five hours, costs about \$110 for a round-trip ticket. However, some other Greyhound routes can be as long as seven hours, sometimes without amenities.

Recent Cornell MBA graduate and Big Red Bullet founder Ali Nasser noticed shortcomings among existing bus services, which inspired him to found the company this year.

"He frequently (went) back and forth

between Ithaca and New York, and hated Short Line because of how long it took with all of the stops," Nicholas said.

"The lack of Wi-Fi most of the time or any amenities, really... He was OK with the Cornell customer service but found the prices were really expensive, so he sat down and spent a long time figuring out a way to combine the best of both worlds."

There will be no champagne broken over the rear bumper for the inaugural trip Wednesday, but there is a special offer tied in with the service's start. For the first five days, all tickets will be free, but all travel has to take place during that period. A long list of people are vying for the tickets, Nicholas said, but some may still be available by booking through bigredbullet.com.