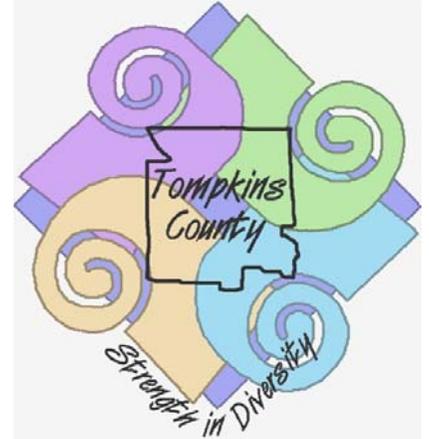


WDIC Reading and Discussion Program: Strengthening the Diversity Conversation in the County Workplace

Submitted by Paula Younger, Deputy County Administrator

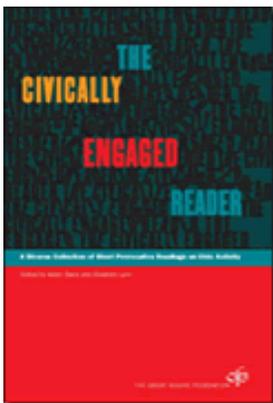
The Workforce Diversity and Inclusion Committee Reading and Discussion Program completed a successful spring four-week session April 17.

This spring's WR&D Program, which follows a well-received pilot offering last year, represents the first in a series planned over the next two years to strengthen the diversity conversation among the County government workforce. Open to all levels of the County organization, this program focuses on increasing knowledge, enhancing understanding, and improving relationships. The Program was initiated in response to employee requests for additional diversity and inclusion training, communicated through the 2010 Climate Survey. Funding for the series has been provided by the Community Foundation of Tompkins County's Social Justice Fund.



Sixteen employees, representing ten County departments, have completed the program so far. Each session, made up of a 90-minute facilitated discussion each week for four consecutive weeks, explores the theme of a common text, *The Civically Engaged Reader*, through the lens of the humanities, in line with a model and guidelines established by the New York Council for the Humanities. This spring's session was facilitated by Sarah Glogowski of the Tompkins County Public Library.

Among participant comments received about this program:



- ❖ “I enjoyed this informal learning and development opportunity because . . . it was a creative way to meet other people that work for the county. I realize that talking about race and diversity for some people can be a challenge, but I feel like this was an excellent the first step.”
- ❖ “Valuable time during the work day was dedicated to important topics and purpose.”
- ❖ “Interesting and useful to connect across departments and to hear individual perspectives.”
- ❖ “I enjoyed the open atmosphere in which everyone felt included and appreciated.”
- ❖ “The sessions were informative—everyone had unique ideas and opinions and all were equally well received.”

Planning will begin soon for the next WR&D session this fall. Keep watching for the dates for the fall session. We hope you'll be interested in joining this, or a future WR&D session.

If you'd like to learn more, please contact Legislator Leslyn McBean-Clairborne, Chair of WDIC, or me.



TWENTY-FOURTH ANNUAL TOMPKINS COUNTY 25 YEAR CLUB DINNER

The Tompkins County Legislature cordially invites you to join them in honoring this year's inductees into the Tompkins County 25 Year Club. This year's dinner will be held at the Lake Watch Inn 1636 East Shore Drive, Ithaca on June 5, 2014. There will be a social hour from 5:00 until 6:00 pm and a dinner at 6:00 pm. Please return the RSVP with your entrée selection including payment of \$15.00 per person by May 16, 2014. There is no charge for 25 Year Club members and their guest.

2014 Inductees

Theresa Albert, Youth Services
Lauren Dickenson, Dept of Emergency Response
Iretta Ellis, Information Technology Services
Vicki Farrell, Department of Social Services
Cheryl Gaydosh, Mental Health
David Jayne, Facilities
Maxine Lelik, Department of Social Services
Robert Nicholas, Airport
Kelly Nickerson, Health Department

Roxan Noble, Airport
Barbara O'Brien, Facilities
Lori Parker, Finance
Thomas Richardson, Solid Waste
Linda Riley, Mental Health
Ronald Schoneman, Mental Health
Gary Surdell, District Attorney's Office
Kathleen Taves, Health Department
Edward Williamson, Facilities

I will attend the 25 Year Club Dinner on Thursday, June 5, 2014

Entrée Selections

1. Sirloin Fillet with Garlic Aujus
2. Chicken Dijonaise with Chardonnay Crème Sauce
3. Wild Mushroom Ravioli with a lemon Crème Sauce
4. Garden Salad entrée upon request

Name: _____

Name of Guest: _____

* Please enter the entrée number on the line after your name*

Please make checks payable to **TOMPKINS COUNTY** and send to:
Tompkins County Personnel Department 125 East Court Street Ithaca, NY 14850



SOLID WASTE MANAGEMENT NEWS

Submitted by Nate Bates, Assistant Recycling Specialist

Now that Tompkins County has had recycling collection in place for over two decades, food scraps recycling is taking a forefront in waste diversion, both in our community and state-wide. We've noted a growing interest across County departments to help divert food scraps from the landfill. As a result, Building C became the first downtown County office to have an integrated food scrap collection program as of March 2014.

As food scraps recycling in County offices expands over the next few years, be on the lookout for the food scraps collection tote in your department. Our staff will work with a Waste Reduction Representative from each office through the different buildings and departments in Tompkins County government. You'll see a green container designated for food scraps collection in your kitchenette/break room area, along with educational signs and decals.

The food scraps collected in from County offices will be collected by Cayuga Compost, which mixes the material with yard waste to create a beneficial soil amendment. All told, food scraps diverted from County offices are ready to grow food and plants in our community in roughly one year.

In traditional backyard-composting, you can include materials like **bread & grains, fruits & vegetables, and paper napkins & cups**. Because Cayuga Compost operates a large-scale, commercial process, they can accept items that you might not expect like **meat, bones, dairy, and compostable disposables**. So, whether you bring lunch, have compostable take-out containers, or are tasked with cleaning out the office fridge, Fork 'em Over!

As food scraps recycling in County offices is still in a pilot phase, your input is important. Please be sure to direct questions or comments to our office, at 273-6632, or send an email my way (nbates@tompkins-co.org).

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### **Please say yes when asked to donate at the Employee Blood Drive**

**at the Tompkins County Public Library**



| August 2014 |  |  |  |      |  |  |
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Pre-Diabetes - Could you have it? There's Something You Can Do

Submitted by Susan Dunlop R.N., Community Health Nurse, Health Promotion Program

About 41 million Americans between the ages of 40 and 74 have “pre-diabetes.” Pre-diabetes is a condition that, as the name implies, can be considered an early, potentially reversible, stage in the development of Type 2 diabetes.



The Health Promotion Program at the Tompkins County Health Department offers the Diabetes Prevention Program. This CDC program has proven to be an effective approach to preventing or delaying type 2 diabetes. This program may be for you if you've been told by your doctor that you're at risk for diabetes or have the risk factors described below.

In pre-diabetes, a person's blood sugar levels are slightly higher than the normal range, but not high enough for a true diagnosis of diabetes. People with pre-diabetes have a significant risk of developing diabetes.

Persons are diagnosed with pre-diabetes through two simple blood tests. One is called the “fasting blood glucose” test. A blood sample is collected after fasting for 12 hours. A normal fasting glucose level is below 100. Pre-diabetes is considered when a blood glucose level is between 100-125. Type 2 diabetes is diagnosed with glucose levels above 125.

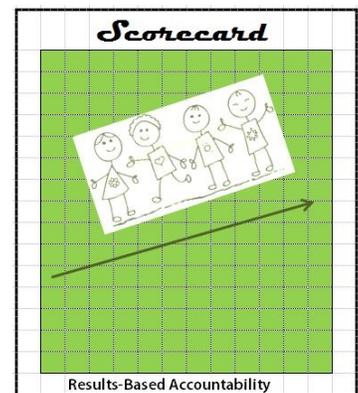
- The A1C test reflects the average of a person's blood glucose levels over the past three months. The A1C levels are reported as a percentage. The higher the percentage, the higher a person's blood glucose levels have been. A normal A1C level is below 5.7 percent. A level between 5.8 and 6.4 is considered pre-diabetes.
- Other risk factors for diabetes and that are considered in a diagnosis of pre-diabetes are age, overweight, sedentary lifestyle, family history of diabetes and for women, gestational diabetes.
- The good news is that through simple lifestyle changes persons with pre-diabetes can significantly reduce their risk of developing diabetes and the associated diseases that can accompany the disease. The Diabetes Prevention Program is a year long program offered throughout Tompkins County for persons who are at risk of developing diabetes. Groups meet once a week for sixteen weeks with a trained lifestyle coach and then once a month for six months. Participants work to achieve a modest weight loss and to begin a moderate physical activity program. The group is engaging and supportive and as one participant recently said, “This is the time I set aside for myself every week. I would miss the group if I wasn't able to attend.”
- Classes are offered on a continual basis. For more information, please contact Theresa Lyczko or Susan Dunlop, at 274-6710, or go to the Health Department website, at www.tompkinscountyny.gov/health.

Is Anyone Better Off?

Submitted by Dave Sanders, Youth Services

Recently, the Tompkins County Youth Services Department invited Karen Finn, of the Results Leadership Group from Maryland, to meet with contracted agencies and support each of them in developing and selecting Performance Measures. These measures will provide a common language among agencies that will eventually determine, among others things, if anyone is better off as a result of participation in their programs.

If we step back, isn't that the purpose of the work? If a child/youth/family participates in a given program, it is assumed that there will be an effect: a skill, attitude, behavior, or circumstances that have been improved. Simply phrased, we want to measure the quantity and quality of the results; we would like proof. Results-Based Accountability (RBA) is the framework we are using in order to accomplish this.



With the support of a two-year grant from the Community Foundation, the Tompkins County Youth Services Department has begun the first step of this process. Currently community-based organizations funded by TCYSD are fine tuning their Performance Measures, which will eventually be tracked quarterly through a web-based Scorecard. According to the Harvard Family Research Project, the RBA model is well suited for program/agency improvement plans.

The TCYSD is confident that current programs and agencies that we fund provide excellent services, and that each client who participates in a program is better off as a result of his/her engagement. But, now with RBA, we are optimistic that we can prove it.

Bike to Work - Monday, May 19

Submitted by Fernando d'Aragon & Teresa Linde, ITCTC

Bike to Work and School Day is coming up Monday, May 19!
(Originally scheduled for Friday, the 16th, the event has been postponed to Monday because of thunderstorms forecast for Friday.)



Join hundreds of people biking to work in Tompkins for the 4th annual Bike to Work and School Day, and find out first-hand why commuting by bike is fun, energizing, and a sustainable way to get where you need to go!

You'll be treated to a **free breakfast** at any of the fourteen Bike to Work and School Stations from 7 a.m. -10 a.m. in Ithaca and Tompkins County. Enter to win **prizes** provided by Cayuga Ski and Cyclery, the Bike Rack, and Ithaca Carshare.

Don't live downtown? No problem! This year, we've expanded to include **NEW breakfast stations** in Dryden, Brooktondale, Danby and Trumansburg. Plan your route and pick a station by going to ccetompkins.org/biketowork. Don't forget that each TCAT bus is equipped with a bike rack! For more fun, plan to meet a friend for breakfast at a Bike to Work and School station!

Bike to Work and School day is part of several local events celebrating National Bike Month. These events are part of the community-wide effort to improve conditions and awareness of bicycling as a viable means of transportation: a green, clean, healthy and beautiful way to get around. Choose your Bike to Work and School Station, invite your friends and join the fun! For event information and location details see www.ccetompkins.org/biketowork.



Kudos Korner

The ever-famous **County Clerk's Office** and **Information Technology Services** are at it again!
Congratulations for achieving even more great media coverage on the County's electronic data management system.

Here are links to the most recent articles:

- Baseline Magazine: <http://www.baselinemag.com/enterprise-content-document-management/n.y.-county-reaps-roi-on-mobile-records-management.html/>
- CIO Insight: <http://www.ciointight.com/it-news-trends/tompkins-county-crumple-the-paper-jam.html/>
- Workflow Magazine: <http://www.workflowotg.com/index.php/32-may-2014/126-county-court-system-goes-paperless-and-mobile>
- UBM Future Cities: http://www.ubmfuturecities.com/author.asp?section_id=451&doc_id=526578
- General Code: http://www.generalcode.com/sites/default/files/documents/Tompkins_Jan14.pdf
- Simplifile: <http://www.prweb.com/releases/erecordingtompkinscounty/simplifilerecordnewyork/prweb11344913.htm>

Watch their YouTube video at <http://www.youtube.com/watch?v=fIOMMBRdfhM>.

The Clerk's Office has established an "In the News tab" on its website: <http://www.tompkinscountyny.gov/cclerk/News>.

Thanks for making us all look good – as the County Administrator likes to say, "You rock!"



Benefit Open Horse Show

Saturday, July 12th, 2014

Trumansburg Fairgrounds, Trumansburg NY

Judge - RJ Bradford 9:00am start

Entry Fees: \$8.00 per class (except as noted)

RIDE ALL DAY FOR \$75.00!!

**Ribbons through 6th place* Championships in Each Division *Raffles for Great Prizes* Giveaways* Payback Classes*
*Photographer * Concessions On Grounds**

Divisions include leadline, walk/trot 17 and under, youth 17 and under, junior 14-18, green horse/novice rider (open to any rider over 18 who is a novice rider or to any rider on a green horse), open.

****Bring a NEW unwrapped toy for the toy box and receive complimentary raffle tickets to use towards the MANY great Raffles that will be occurring throughout the day!!!*

www.copskidsandtoys.org



*****Divisions: Leadline, Walk/Trot 17 and under, Youth 13 and under, Junior 14-18, Green Horse/Novice Rider (open to any rider over 18 who is a novice rider or to any rider on a green horse), Open.**

Boots and Helmets with harnesses required when mounted anywhere on show grounds

Submitted by Michelle Barber, STOP DWI Program

Department News

Assessment

You've watched Food Network's "Calling All Cooks", "Chopped", "Extreme Chef", "Food Fueds", "The Next Iron Chef", "Throw-down with Bobby Flay"...but, only a select few have gotten a chance to experience

"Assessment Kitchen"

The Department of Assessment is broken up into 3 teams. Each team alternates the duties of hosting a food-related event coordinated with the department's quarterly staff meetings. At the end of each event, all participants judge the team based upon a number of different categories (presentation, quality of food, keeping with theme, atmosphere/ambiance, team enthusiasm, and overall satisfaction). Over the next three (3) years, each team will host five (5) events under various themes. The winning team, as voted by the group, wins an all expense paid lunch – put together by a paid chef!! Each event will have a guest judge to assist in the voting (send your inquiries for guest judging to jfranklin@tompkins-co.org).



Vickie Wagner and Al Fiorille – senior staff members of the department – and competitive pie eaters or “gurgitators” as they’re known to their friends – indulge in some friendly competition at the 3rd Assessment Kitchen event.

Submitted by Irene Kehoe, Assistant Director

County Clerk

A Message to All County Employees:

Aurora R. Valenti, Tompkins County Clerk/Director of Tompkins County DMV, will be retiring at the end of 2014. Aurora was first elected in November 1990, and has served 24 years (six terms of office). In addition to those titles, Aurora has been Records Management Officer for the County and head of our Central Services Division.

(Ed note: Aurora, we will miss you....But, you're not gone yet, and we'll continue to enjoy you while we can over the next several months!)

Office for the Aging

Welcome to **Lisa Monroe** the new Office for the Aging Planner. Lisa comes to COFA with 17 years experience as a recreation therapist at Willow Point Nursing Home in Vestal, NY. Lisa is married to her husband, Mark and they have 3 beautiful and very active children.



Lisa Monroe

Highway Division

The Highway Division welcomes **Trish Hardy**, Account Clerk Typist, and **Matt Wood**, Motor Equipment Operator.

VENDING COMMITTEE

"VENDS"

Trips and/or events are available to all Tompkins County Employees & Retirees, and their families.

Full trip/event details can be found on the intranet, at:
http://oldweb.tompkins-co.org/employee_only/VendingCommitteeNews.pdf

Hangar Theatre Play- "Little Shop of Horrors". Saturday, July 12, 2014

LITTLE SHOP OF HORRORS LITTLE SHOP OF HORRORS LITTLE SHOP OF HORRORS LITTLE SHOP OF HORRORS LITTLE SHOP OF HORRORS

Cost: \$17.50 per person, center seats.

Time: 3:00 p.m.

40 Tickets: E-mail or call Anne Drake, at adrake@tompkins-co.org or 274-6301, or Bonnie Hart, at bhart@tompkins-co.org or 274-6631 now for reservations or for additional information.

Darien Lake Day Trip – Saturday, August 16, 2014



Rides



Water Park



Sites



Adventure



Kid Fun

Cost: \$25/person – **includes** bus & admission – GREAT bargain!

Minimum of 40 people needed to make this trip possible. E-mail or call Anne Drake, at adrake@tompkins-co.org or 274-6301, or Bonnie Hart, at bhart@tompkins-co.org or 274-6631 now for reservations or for additional information.

New York City Winter Day Trip, Saturday, December 6, 2014



Skyline



Central Park



Times Square



Shopping

Cost: \$40.00 per person.

Minimum of 40 people needed to make this trip possible. E-mail or call Kelly Blake, at kblake@tompkins-co.org, or 274-5397, now for reservations or for additional information.

SUGGESTED TRIPS/EVENTS:

To help us determine whether or not to pursue these, please let Pete Coats, pcoats@tompkins-co.org, or Anne Drake, adrake@tompkins-co.org, know of your interest.

Mohegan Sun at Pocono Downs (Fall)

Try your luck at one of their 2,300 + slot machines, live on-site racing and simulcast wagering, dining options with something for everyone, and more!

Highway Highlights...

Submitted by Geri Lockwood, Administrative Assistant

Groton City Road Bridge

The Hamlet of Groton City was the home of a truss bridge, built by The Groton Bridge Company, around 1880. For safety reasons, the bridge was closed by Tompkins County Highway (TCH) when flagged by NYSDOT on April 12, 2012. TCH purchased a used Bailey Bridge, a temporary bridge created in the early 1940's, by Donald Bailey, for the British War Office. The Bailey Bridge can be used at various locations throughout the County, and was installed at the Groton City Road Bridge location by TCH forces, opening in January 2014. The community held a "Bridge Opening Celebration" on Saturday, March 22nd, followed by a dish-to-pass dinner at the Groton City United Church of Christ. Legislator, Brian Robison; Highway Director, Jeff Smith; Assistant Highway Director, Carl Martel, and Highway Crew Supervisor, Matt Watros, represented the County. Following the dinner, Jeff and Carl spoke about the process involved in installing the Bailey Bridge, and Matt Watros, presented the community with a cast bearing from the old truss bridge. The bearing was cast with an 1877 patent date on it.



The Community Photo



*"Meeting of the Minds"
l-r – Carl Martel, Jeff Smith,
Matt Watros, Brian Robison
(before the dinner and presentation)*



Matt explaining where the cast bearing had been located on the old bridge, with assistance from Carl. The 2-piece bearing actually weighs close to 50 pounds (Carl must have eaten Wheaties that day!).

THE CORRIDORS TEAM

Managing Editor

Gerri Lockwood, Highway

Editorial Staff

Maureen Reynolds, County Clerk's Office

Katrina Schickel, COFA

Classifieds Editor - Gerri Lockwood

Advising Editor, Page Layout

Marcia Lynch, Public Information

Contributors

All County Employees and Retirees

Interested in joining the Corridors team?

Contact Gerri at

274-0314 or glockwood@tompkins-co.org

Classified Ads

Dog Dayz Inn

A place where your dog feels "at home".

Located in North Lansing
 Sandy Strehle, (315) 497-3467
dogdayzinn@yahoo.com
<http://www.dogdayzinn.com>



FOR SALE – Free range duck eggs. Excellent for eating, baking, and cooking. \$4.50 dozen. Please call (607) 330-1595, evenings, or leave message.

FOR SALE – Seven (7) – 3' long double-insulated stove pipes; with a wall pipe, insulated tee with clean out plug, and chimney cap looking for a new home. \$400 takes it all (Groton area). Please call Steven, at (607) 279-2875, or email



pokerfarian@gmail.com.

FOR SALE – Sunfish, great for first time sailing, \$200.00. Please call (607) 330-1595 evenings, or leave message.

FOR SALE – Acoustic guitar, \$100. Please call (607) 330-1595 evenings, or leave message.

FOR SALE – 1978 30' Tollycraft power cruiser, with two 350 Mercury cruiser inboard engines, dual helm stations; galley has refrigerator, microwave, stove and oven; head with shower/toilet. Lots of storage and life jackets. Sleeps 5 - 6. Boat is currently on Seneca Lake in Watkins Glen. Asking \$20,000, or best offer. Please call (607) 330-1595, evenings, or leave message.

FREE – Hammond electric organ; dual keyboard and foot pedals, with a floor speaker, uses radio tubes. Last time played, worked well. You pick up. Please call (607) 330-1595 evenings, or leave message.

WANTED – Someone to carpool from Horseheads, NY, to downtown Ithaca, NY, Monday –Friday. Approximate time of arrival to Ithaca is around 8:00 a.m., leaving around 5:00 p.m. I would like to trade driving responsibilities between the carpool members. If interested, please call Liz, at (607) 542-5782.

WANTED – LOOKING FOR COUPONS. If you have extra coupons that you're not using, we would love to have them. My daughter-in-law and I will use some for ourselves, BUT the bigger and more important goal is to donate most (hopefully all!) of the snacks and drinks for our church's youth outreach program. We also hope to be able to fund real meals for them.. Any coupons that you can donate will be much appreciated! Please drop them off to Terry Ward, in the Human Services Building, or contact her, at ward46@stny.rr.com to arrange pick up. Thank you!



Custom Embroidery for everyone's needs. We work with other businesses, organization/groups, and the general public. We can use your design or work together to come up with a design. It's a great way to advertise your business or organization, or if you just need a gift for someone. We embroider on clothing, hats, bags, and much more.

Join licensed ZUMBA instructor
 Nicole Bostwick every
 Sunday/Tuesday/Thursday
 6:00-7:00 p.m.
 Newfield Fire Station
 (77 Main St, Newfield, NY)
 First class is 1/2 off (\$4.00)



Strength Training Classes before every ZUMBA class.
 5:35-5:55 p.m., \$2.00/class

"Like" Newfield ZUMBA Fitness Class of Facebook for up to date class information.
 Website: NicoleBostwick.ZUMBA.com
 E-Mail: NicoleBostwickZUMBA@ymail.com

THE SPOTTED ZOO PET HOTEL – Pet boarding & day care. Open 7 days a week, from 7:00 a.m. to 7:00 p.m. Charlie & Tammie Bernhardt, 515 Old Stage Road, Groton, NY, (607) 898-5916.