

FOR THE HEALTH OF IT!



Rabies Vaccination Clinics

Pets (dogs, cats, and ferrets) must be vaccinated against rabies per NYS Public Health Law. They must be 3 months of age to receive their first rabies vaccination, which will afford them protection for one year. The next rabies vaccination (booster) is due one year later, which will afford protection for 3 years. From then on, every three years a booster should be given to protect your pet. You can talk to your vet if you have any questions about rabies vaccines.

Warren County Public Health is holding 6 rabies vaccination clinics in 2026. Both initial and booster rabies vaccinations will be given. A \$10 donation is requested for each pet, but no one is turned away due to financial hardship.

This year, pre-registration will be required - no walk ins. Go to <https://www.warrencountyny.gov/healthservices>. Registration will only be open during registration dates. Call Warren County Public Health at 518-761-6580 with any questions.

<p>April 18th 10am-Noon Queensbury Community Center 742 Bay Rd Registration Dates: 4/8/26-4/15/26</p>	<p>August 8th 10am-Noon Chester Fire House State Route 8 Registration Dates: 7/29/26-8/5/26</p>
<p>May 16th 10am-Noon Chester Fire House State Route 8 Registration dates: 5/6/26-5/13/26</p>	<p>September 26th 10am-Noon Queensbury Community Center 742 Bay Rd Registration Dates: 9/16/26-9/23/26</p>
<p>July 18th 10am-Noon Queensbury Community Center 742 Bay Rd Registration Dates: 7/8/26-7/15/26</p>	<p>October 17th 10am-Noon Queensbury Community Center 742 Bay Rd Registration Dates: 10/7/26-10/14/26</p>

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Colorectal Cancer Awareness

Colorectal cancer is a leading cancer in the U.S. - but it doesn't have to be. Routine screening for colorectal cancer beginning at age 45 can save lives!

What Is Colorectal Cancer?

Cancer is a disease in which cells in the body grow out of control. Colorectal cancer is cancer that occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

Who Gets Colorectal Cancer?

Colorectal cancer occurs most often in adults who are 45 years old or older, and the risk increases with age. If you are 45 or older, talk to your health care provider about getting screened.

You May Be at Increased Risk If:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease, Crohn's disease, or ulcerative colitis.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary non-polyposis colorectal cancer (Lynch syndrome).

People at increased risk for colorectal cancer may need earlier or more frequent tests than other people. If you think you may be at increased risk, talk to your health care provider about the routine screening tests that are right for you.

What Are the Symptoms of Colorectal Cancer?

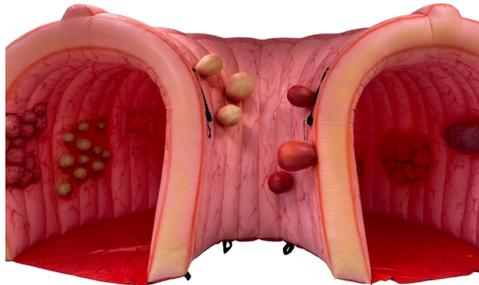
Someone could have colorectal cancer and not know it. People do not always have symptoms, especially at first (or in early stages). If there are symptoms, they may include:

- Changes in your bowel habits.
- Blood in or on your stool (bowel movement).
- Abdominal pain, aches, or cramps that don't go away.
- Unexplained weight loss.

Contact your health care provider if you notice any of these symptoms.



The Colon Cave



Stop by to explore The Colon Cave! Learn more about your health, and what screening options are right for you!

- **2/27** Glens Falls Civic Center – Heritage Hall 6:00pm
- **3/6** Glens Falls YMCA – Main Lobby 10:00am – 1:00pm
- **3/20-21** Aviation Mall –
 - 3/20: 5pm-7pm
 - 3/21: 10:00am – 2:00pm
- **4/10** Chester Town Hall – Old Gym 10:00am – 1:30pm

**Daylight Saving
Spring Forward**



**March 8th
2 AM**

**Tips for a Painless Way
to Spring Forward**



Go to bed earlier
move your bedtime up
15 minutes each night
until Saturday

Lights out
turn down lights and limit screen
time an hour before bed

Limit caffeine & booze
they prevent you from getting
deep sleep

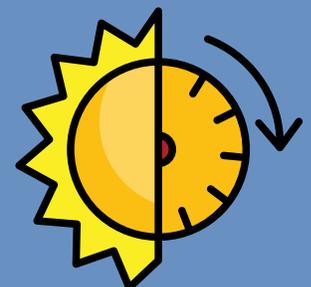


Sleep in
but not too much - aim
to get 7-8 hours of
shuteye

Go outside
sunshine cues the body to stop
making the sleep hormone
melatonin

Power nap
a short early-afternoon snooze
will keep you refreshed

Get active
exercise energizes you - just do it
at least 3 hours before bedtime



Poison Prevention Week

March 15-21 is National Poison Prevention Week!

Did you know that unintentional poisoning is the leading cause of injury-related death in the United States?

The Upstate New York Poison Center is a free helpline for poison emergencies and questions. From exposure to medications, household products, personal care items, plants, and more – our toxicology experts are here for people of all ages, 24/7.

Our team of nurses, physicians, and pharmacists provide fast, free, and confidential advice that can help keep people safe, avoid unnecessary visits to the emergency room, and reduce healthcare costs.

To help prevent poisonings, be sure to:

- Store medicine and products up, away, out of sight and reach of children
- Keep all medicine and products in their original, labeled containers
- Read the label and follow directions on all products
- Dispose of expired or unused medicine safely

For more information, visit our website www.upstate.edu/poison and follow us on social media @UpstatePoison. Save our number (1-800-222-1222) by scanning the QR Code provided.



Sleep Awareness Week

March 8-15

Follow these daily steps for better sleep!

Daytime Tips



Light

Spend time in bright light during the day. Natural light or equivalent brightness.



Exercise

Exercise regularly for sleep. Aim for 30 minutes a day, 5 days a week.



Meal Times

Eat meals at a consistent time day to day.

Evening Tips



Avoid

Avoid heavy meals, nicotine, alcohol, and caffeine before bedtime.



Wind-Down

Use a consistent routine with a relaxing wind-down to help get the sleep you need each night: 7-9 hours for most adults, with the same sleep and wake times.



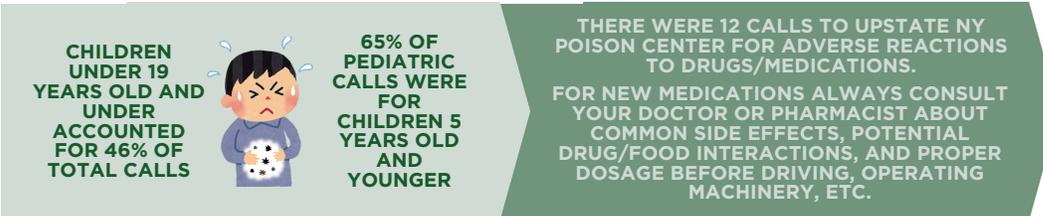
Environment

Put your devices away an hour before bed and sleep in a quiet, cool, and dark environment

2025 Poisoning Stats for Warren County

The Upstate New York Poison Center is our local poison center. While they are based in Syracuse, they serve 54 counties across New York State, providing fast, free, confidential poison expertise 24/7/365.

Data was provided by the Upstate New York Poison Center. For questions or poisoning emergencies call 1-800-222-1222.



National Nutrition Month 2026



Cinnamon French Toast Recipe



Ingredients:

- 2 large eggs
- ½ cup fat-free milk
- ½ tsp. vanilla extract
- 1 ½ tsp. ground cinnamon, or to taste
- 6 slices of whole-wheat bread
- Cooking spray
- Maple syrup or sliced fresh fruit for serving

Directions:

- Mix eggs, milk, vanilla & cinnamon thoroughly.
- Dip both sides of bread slices, one at a time into egg mixture. RE-dip until all egg mixture is absorbed into the bread.
- Spray a non stick skillet with cooking spray. Heat over medium heat.
- Place dipped bread slices on heated skillet. Cook 2-3 mins each side till golden brown.
- Drizzle with maple syrup or top with sliced fresh fruit.
- Serve warm.

Serving size- 1

Cals - 123

Fat-2.3grams

Saturated fat: 0.6 grams

Sodium: 189 mg

Dietary fiber: 2 grams

Protein: 8.4grams

Total CHO: 16.2grams

National Nutrition Month (NNM) 2026 focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for NNM 2026 is

“Discover the Power of Nutrition”

Nutrition has the power to help individuals and communities thrive.

- Let’s learn how food and beverage choices can help power your day.
- Find tips for accessing healthy foods in your areas. well as
- Build healthy habits into your day to help you feel great now and in the future.

Weekly Messages:

- Week 1- Power your day with Nutrition.
- Week 2- Find advice backed by Science.
- Week 3- Stay nourished on any Budget.
- Week 4- Feel good with Healthy Habits.

National Kidney Month

Chronic kidney disease (CKD) is a serious condition affecting around 35.5 million people. Often overlooked until symptoms appear, CKD is progressive and can put you at risk for serious health conditions including heart attack, stroke, and kidney failure. Adopting a healthy lifestyle can help you manage CKD and its complications from progressing.

6 ways kidneys keep you healthy

- Regulate fluid levels
- Activate Vitamin D for healthy bones
- Filter waste from blood
- Direct production of red blood cells
- Regulate blood pressure
- Keep blood minerals in balance

Risk factors for kidney disease

Diabetes	Family history
High blood pressure	Age 60+

Problems kidney disease can cause

- Nerve damage
- Cardiovascular disease
- Weak bones
- Heart attack
- High blood pressure
- Stroke
- Kidney failure
- Anemia/low red blood cell count

Helpful Tips for Managing Your Kidney Disease

Follow these healthy lifestyle habits to take charge of your kidney health.



1. Stay connected with your **doctor** — in-person or using your computer, tablet, or smartphone.



2. Learn to manage your **blood pressure**, and if you have diabetes, monitor **blood glucose** levels.



3. **Avoid NSAIDs** like ibuprofen and naproxen and take **medicines** as prescribed.



4. Work with your doctor to develop a **healthy meal plan** and aim for a **healthy weight**.



5. **Reduce stress** and make **physical activity** a part of your daily routine.



6. Aim for 7 to 8 hours of **sleep** each night.



7. Take steps to **quit smoking**.

1 in 3

1 in 3 adults in the U.S. are at risk for kidney disease

1 in 7

1 in 7 U.S. adults have kidney disease, and 90% don't know it



A time to recognize the millions impacted, amplify their voices, and to advocate for greater understanding, research, and support for those affected by autoimmune diseases. Over 50 million Americans and millions more worldwide are affected, and autoimmune diseases have been declared a growing public health crisis.

Facts about Autoimmune Disease

- an autoimmune disease occurs when the immune system mistakenly attacks healthy cells and tissues instead of protecting the body
- there are approximately 140 identified autoimmune diseases
- women make up 80% of those affected, and autoimmune diseases are among the top 10 causes of death for women under 65
- diagnosis is slow and complex - on average, it takes 4 years and visits to 6 different physicians to receive an autoimmune disease diagnosis
- 25% of people living with an autoimmune disease have multiple diagnoses