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THE INSTITUTE FOR HUMAN SERVICES, INC.

VIDER

NONPROFIT NEWS

A bi-weekly newsletter for nonprofit staff of the Southern Tier & Finger Lakes.

## Living Healthy Southern Tier

*(A program of Steuben Rural Health Network)*

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A program of Steuben Rural Health Network



## Take Back Control of Your Life & Manage Your Own Care

**Tuesdays beginning February 21st, from 1pm to 3:30pm**

### CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

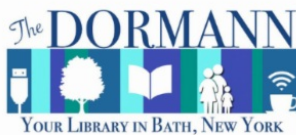
Living Healthy of the Southern Tier is a FREE six (6) week, evidence-based workshop that is designed for people living with ongoing or limiting health conditions or people who care for them. Participants learn self-management techniques and skills needed in day-to-day management of any type of ongoing health condition.

#### WORKSHOP TOPICS WILL INCLUDE:

- How to deal with frustration, fatigue, isolation, and pain
- Maintaining a mind-body connection
- Ways to maintain and improve strength, flexibility, relaxation, and endurance
- Managing & maintaining healthy eating habits
- How to communicate more effectively with family, friends, and health professionals

**Pre-Registration is  
REQUIRED no later than  
February 20th, 2023**

**The Dormann Library  
Community Room  
101 W. Morris Street  
Bath, NY 14810**



**Steuben County  
Office for the Aging**



**NY Connects**  
Your Link to Long Term  
Services and Supports

of STEUBEN COUNTY

(800) 342-9871 (607) 664-2322



Finger Lakes Region, New York



**AmeriCorps  
Seniors**

RSVP serving Steuben County, NY

#### QUESTIONS OR READY TO REGISTER?

Anyone 60+ contact Steuben County Office  
for the Aging at (607) 664-2298, or  
by email at [srhn@ihsnet.org](mailto:srhn@ihsnet.org);  
All others dial 211.

## Girls on the Run of the Southern Tier

*(A program of Steuben Rural Health Network)*

### Heart & Sole

*(6th-8th grade curriculum)*

Heart & Sole is a program for all middle school girls to gain confidence, build social skills and realize their



incredible potential. Girls learn how to press pause and reframe their negative self-talk.

**Steuben County**

**Dana Lyon:** 12 available spots

**Chemung County**

**Horseheads Intermediate:** 2 spots available

Programming starts the week of March 6th! **Click here** to view the list of topics covered in the program.



Please spread the word about this amazing program!  
[www.gotrst.org](http://www.gotrst.org)



## Girls on the Run

(3rd-5th grade curriculum):

**Steuben County**

**V.E.W:** 9 available spots

**Savona Elementary:** 9 available spots

**Glenn Curtiss Elementary:** 6 available spots

**Chemung County**

**Center Street Elementary:** 3 available spots

**Horseheads Intermediate:** 6 available spots

**Schuyler County**

**Hanlon Elementary:** 11 available spots

Programming starts the week of March 6th! **Click here** to view the list of topics covered in the program.



Please spread the word about this amazing program!  
[www.gotrst.org](http://www.gotrst.org)

2·1·1

Finger Lakes Region, New York

FEBRUARY 11TH

211 DAY

GET CONNECTED. GET ANSWERS.

211helpline.org

@211FingerLakes 

2-1-1 Day is fast approaching! IHS is very excited to celebrate all the life changing ways our 2-1-1 helpline services the residents of Allegany, Chemung, Schuyler Steuben, and Yates Counties.

To learn more about 211, visit our website: [211helpline.org](https://211helpline.org)

If you need help finding services such as childcare, food, utility assistance and more please dial 211 or text your zip code to 898211.

Don't forget you can also go online and use the 211 search engine:  
<https://search.211helpline.org/>.

## Members' News & Events

If you have **newsletters or events** that your organization would like to share with IHS members, please email content to [provider@ihsnet.org](mailto:provider@ihsnet.org) for it to be included in the next edition. Please be sure to share upcoming events with clients, patients, and the community.

### AIM Offers Two New Recovery Support Groups

AIM's Family Support Navigator Program will launch two new groups for individuals and families affected by substance abuse.

**Anger Management for Substance Abuse and Mental Health** is a 12-session program that will meet from 5-6 p.m. on the second and fourth Wednesday of each month, beginning Feb. 8. It will be hosted by Nick Moffe, AIM's Director of Peer Supports, and can also be joined online via Zoom.

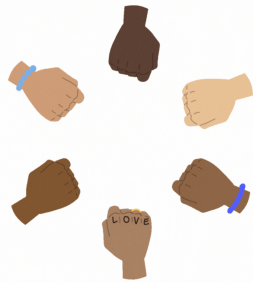


The **Medication Supported Recovery Insight Forum** will be held from 4-5 p.m. on the third Wednesday of the month beginning Feb. 15. There will be five sessions, one per month. It will also be hosted by Nick Moffe, and can be joined online via Zoom.

For more information or to register for either of these groups, call Moffe at (607) 962-8225, ext. 230.

## Family Resource Center

*ProAction of Steuben and Yates, Inc.*



FRCs offer a welcoming atmosphere where parents and caregivers can bring their children to play, explore activities, and socialize with other children and families.

FRC's trained staff are there to support adults in their caregiving role. They offer many groups and workshops to suit a variety of typical parenting questions and concerns.

All of their programming is family-centered, building off of your strengths and interests in developing activities and learning opportunities.

### Upcoming Events

## Dormann Library Releases February Event Calendar

Families are invited to a game night for all ages on February 16 and an **adults only game** night is scheduled for February 27. The fun begins at 5:30pm. Use our games or bring your favorite to share!

Miss Kathleen's fun and educational **Discovery Kids Storytime** takes place every Friday at 10:30am. Join her for music, movement, stories, songs, crafts and a snack!

**Friday Night Madness** continues! Teens (age 12 and up) are welcome to join us for video games, snacks, board games and tons of other awesome activities every Friday from 3:30 to 6:00pm.



**AND SO MUCH MORE!!!**



## Master Money Mentor

*Cornell Cooperative Extension Steuben County*

Cornell Cooperative Extension of Steuben County has a financial program that can lend a helping hand with your financial challenges. They have trained Master Money Mentors ready to work with you one-on-one either in person, via zoom, or by telephone. The program is free to the public in Steuben County.

[Learn More Here](#)

## Believe in Youth Bowl-A-Rama

*Family Service Society, Inc.*

The annual Believe in Youth Bowl-A-Rama, which supports Youth Mentoring of the Southern Tier, a program of Family Service Society, Inc.

**SATURDAY, MARCH 11, 2023 AT 11:00 AM EST**  
Location: Crystal Lanes

[Click here](#) to purchase tickets!

[Event Page](#)

*Archived from January's Edition*



## Community Foundation Scholarship Applications – OPEN NOW!

*Archived from January's Edition*



If you know a graduating student or an adult attending or returning to college/university in Summer or Fall 2023, you can apply for over \$500,000 in scholarships administered by the Community Foundation!

Find a list of all Scholarships available for **High School Applicants** [here](#) and through the **General Scholarship** [here](#).

Find a list of all Scholarships available for **Adult Applicants** [here](#).

**Deadlines are February 17<sup>th</sup> – [apply now!](#)**

Email your questions to [Katie McConville](#).

## Family Movie Matinee

Penn Yan Public Library

Saturday, February 25th at 10:00 am

Free family-friendly movie and snacks! This month's movie is an animated feature released in 2023 and is 1 hour and 54 minutes long.



Learn more by following on Facebook.

[Follow Here](#)

[Click here](#) to visit their website for more events!

## United Way of the Southern Tier Offers Free Online Tax Filing Tool



MyFreeTaxes is **FREE** for all returns and includes schedule C options. A list of the tax forms included in this free offering is available by visiting [MyFreeTaxes.com](https://www.myfreetaxes.com).

United Way of the Southern Tier is pleased to announce the launch of this tax season's MyFreeTaxes.com website to ensure local residents get the refunds they deserve.

For the 13th year, United Way is providing online tax filing software, accessible through MyFreeTaxes.com, to help taxpayers easily and accurately file their taxes from their computer, tablet or smartphone.

MyFreeTaxes® is a free and easy way to file federal and unlimited state tax returns for free. Most filers complete their taxes in less than an hour.

### Key features of the online tool:

- Screens for credit and deduction eligibility such as the Earned Income Tax Credit and the Child Tax Credit to ensure filers receive their maximum tax refund, and lets filers check for any missed stimulus payments.
- Shows filers how and why their refund amount is changing in real time.
- Allows individuals to use their mobile phone, tablet or computer to file taxes.
- Offers help from a real person trained by the IRS via the MyFreeTaxes' Helpline.
- Access to additional financial products and resources, including free access to a student debt management tool to help easily lower payments or find loan forgiveness.

[My Free Taxes by United Way](#)

**Pathways, Inc. Announces 2023 Mardi  
Gras Gala Fundraiser**

Pathways, Inc. and presenting sponsor Chemung Canal Trust Company, are pleased to announce the *Mardi Gras Gala: Bourbon Street* fundraiser benefiting the Erwin Child & Family Center (ECFC) on **Friday, February 10, 2023, from 6:30–9:30 pm in the Auditorium at The Corning Museum of Glass.**

In its 17th year, the 2023 ECFC Fundraiser will support implementing more physical fitness and enrichment, community outreach, in addition to continuing to replace and update aging classroom furniture and tools.

The cost to attend is \$40 in advance or \$45 at the door. Throughout the night, guests will dance to Zydeco band, Li'l Anne and Hot Cayenne, sample New Orleans-inspired food and desserts by local restaurants, taste local bourbon and beer, participate in our silent auction, and capture the moment in our photo booth with fun props and decorations.

Wondering what to wear? While this is not a formal affair, we encourage you to wear fun and festive attire!



[Purchase Tickets Here](#)

## "In the Know"

*Catholic Charities Steuben/Livingston*



Beware of counterfeit pills being sold online. The Steuben Prevention Coalition Opioid Committee is warning parents and residents of Steuben County, NY about the uptick in sales of counterfeit pills containing fentanyl on popular social media sites like Snapchat and Tik Tok.

For more prevention service updates, check out their newsletter by clicking below.

[Newsletter](#)

## Elmira College Office of Career Services

Is your organization interested in engaging with Elmira College students?

- Host student volunteers
- Share entry-level and seasonal jobs
- Info-sessions, workshops, and panels
- Highlight your work site on a field trip
- Annual teacher recruitment days
- Offer an internship
- Annual community engagement fair
- Conduct on-campus or virtual interviews
- Annual graduate school fair

For more information contact Elmira College Office of



Website



## Community Needs Assessment Update(s)

### "One-Stop Shop" - - All things data hub

The Institute provides management support, information and referral, organizational development, and research services to planners, funders, and providers serving the Southern Tier of New York State.

IHS' mission is to advance nonprofit and community partners in the region through innovative, collaborative, and responsive solutions to address community needs.

To further carry out IHS' mission, IHS will act as a repository for the region's community needs assessment reports. All information will be stored on IHS' website under the "**Community Data**" section. By having one central location for all data (hub), this will help organizations streamline collaboration and research.

If your organization has any needs assessment reports that you would like to share, please email [provider@ihsnet.org](mailto:provider@ihsnet.org).

Visit our Website

### 2023 Community Perception Survey

*Opioid Committee: Steuben Prevention Coalition*

Archived from January 6th Edition



Please share with all email

If you are a resident of Steuben County, NY, please take five minutes to complete the survey at the link below. Your input is an important part of our drug prevention efforts for 2023.

This survey...

- Will ask 24 questions about your use of prescription drugs, and some other drugs.
- Results will be used to help inform and improve prevention programs.
- Is completely voluntary. You may skip questions you are uncomfortable with.
- Is completely anonymous.

contacts in Steuben County.

- Should take 5 minutes to complete.

[Respond Now](#)

## February Spotlight(s)

### Message from Steuben County Opioid Committee

# FREE WEBINARS

**REGISTER NOW**

for these free  
parenting webinars!



Fentanyl with DEA Agent  
*January 24*



Opioids and Prevention  
*February 7*



Risky Behavior Modification  
*March 14*



Childhood Trauma  
*April 11*



Vaping  
*April 25*



### February is American Heart Month

This February during **American Heart Month**, we're inviting everyone to **Be the Beat** by keeping the healthy rhythm.

Click here to view a [FACT SHEET](#).

[Learn More Here](#)

## Mark Your Calendar: Awareness Days



Black History **Month**



National Cancer Prevention **Month**



American Heart **Month**

## Upcoming Professional Development

(Workshops, Trainings, Webinars, Courses)



To view more information or to register, be sure to click the **bolded areas of the title below**.

New

### **Preparedness Training for Community-Based Organizations (OPEN)**

OPEN includes both a web-based, self-guided training, and a downloadable instructor kit that will guide participants on how to identify risks, locate resources, and take preparedness actions. When Community-Based Organizations, such as food pantries, daycares, and non-profits, are unable to sustain operations during an emergency incident, individuals who rely on them are exponentially impacted. Because of their importance in keeping the community going, OPEN is designed to empower these organizations to better prepare for incidents. This webinar will highlight actions to be taken by organizations and individuals and will focus on how you can provide this training for your staff, your colleagues, and your families. The topics will include: the importance of community-based organizations; why organizations need to adjust the way they prepare for a changing world; how to get started on developing an emergency operations plan for you, your family, or the organization you work in, and the ten preparedness actions to take.

### **Active Shooter Awareness Webinar**

The Cybersecurity and Infrastructure Security Agency is hosting a free, two-hour security webinar to enhance awareness of and response to an active shooter event. **Active Shooter Preparedness Webinar; Tuesday, February 14th, 2023 at 1:00 pm-3:00 pm EST**

## Strategies to Support Youth Who Self-Harm

Join on **Friday, February 17, 2023,**

for a webinar with Dr. Nicole Klasey. Many youth and young adults self-injure themselves and behavioral health care and social service providers can struggle to know how to effectively support them. This training will provide you with a better understanding of non-suicidal self-injury. You will be able to identify the reasons for the behavior as well as strategies to support youth who hurt themselves.

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### **Design for Transformation: Creating Engaging Online Programs Using a Coaching Framework**

Wednesday, March 8th from 12:00 pm-2:00 pm EST with Erica Marx. Make your upcoming workshops, events, and meetings more engaging and impactful by applying a simple, goal-oriented, 5-stage coaching framework to your design. There is a fee associated with this training (\$80). Please note: Free for anyone working to end systemic racism. Use code BLACKLIVESMATTER. Free if you've registered for this program in the past. Enter code DESIGNALUMNI, Scholarships available; reply to this email to inquire.

### **Stress-Free Leadership: Living Your Best Life While Inspiring Others**

The Stress-Free Leadership will be hosted in Corning from 9:00 am-4:00 pm on February 21st & 22nd, or March 22nd & 23rd. There is a cost associated and registration is limited.

[Click here](#) to view stress-free leadership testimonials.

### **New York State Public Health Corps (NYSPHC)**

Learn more about the New York State Public Health Corps (NYSPHC) Fellowship Program and apply today to make a difference in your community. Looking for fellows in Chemung and Steuben County. Pass along this amazing opportunity.

Nonprofit  
Employment  
Opportunities



If you have **job posts** that your organization would like to share with IHS members, please email content to [provider@ihsnet.org](mailto:provider@ihsnet.org) for it to be included in the next edition.



Listed as of 1/30



**\*NEW\***

Elmira, New York

**Chemung County Library District (CCLD)**

Library Director Job Description

[Click Here](#)

- Service Coordination Supervisor
- Veteran Directed Care Attendant
- Veterans Advocate
- Employment Specialist
- Information Technology Generalist
- OPWDD Support Broker
- OPWDD Self-Hire Staff
- Home Care Personal Assistants
- Deli Clerk

[Click Here](#)



**\*NEW\***

Van Driver

Volunteer Engagement Specialist

[Click Here](#)

**New York State  
Public Health Corps**



[Click Here](#)



50 Liberty Street, Bath, NY 14810  
COMMUNICATION -- COLLABORATION -- CAPACITY BUILDING

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