

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

Steuben County Mobility Management



Sharing the Road

It's that time of the year! Bicycling season has officially begun!

Bicyclists have the right to share the road and travel in the same direction as motor vehicles. They are often hard to see in traffic and have no protection from a traffic crash. Check your "blind spots" before you make a turn, parallel park, open a door or leave a curb. Do not depend only on your mirrors - turn your head to look for bicyclists that may be next to you or approaching.

Give bicyclists room when you drive. Reduce speed as you pass them. Air pressure from a vehicle that passes them quickly can send them off balance.

Be aware that the bicyclist near or in front of you can react to road hazards like a motorcyclist would with sudden changes of speed, direction or lane position. The rules of the road and right-of-way apply to and protect these and other highway users. You must yield the right-of-way to them just as you would to another vehicle.

And they must obey the rules of the road just as motor vehicle drivers do. Bicyclists must:

- Ride in a bicycle lane, if available. Where there is none, they must remain near the right curb or edge of the road or on a right shoulder of the road, to prevent interference with other traffic. When they prepare for a left turn or must move left to avoid hazards, cyclists do not have to remain to the right.
- Come to a full stop before they enter a roadway from a driveway, an alley or over a curb.
- Never travel with more than two side-by-side in a single lane.
- Never ride on a sidewalk if it is prohibited by local laws.
-

Bicyclists and their passengers, ages 1 through 13, must wear an approved helmet. Adults must obey any local laws or regulations about helmet use.

(Source: NYS DMV Website)

[Learn More Here](#)

Steuben Rural Health Network

UPCOMING WORKSHOPS

Chronic Pain-Self Management Program

Living Healthy Southern Tier

VOLUNTEER TO BE A PEER LEADER

Enhance your health and the health of your community! Get certified as an Evidence-Based Leader for the Stanford University Chronic Disease Self-Management Program (CDSMP). CDSMP workshops teach community members with chronic conditions how to better manage their symptoms and use new techniques for living well.



To become a Peer Leader, you will:

- need good communication, interpersonal skills, enthusiasm and a willingness to lead small group workshops.
- be trained to help and teach others to take charge of their chronic pain/chronic conditions.
- be trained by two certified Master Trainers during a 4-day training. Location, dates, and times of workshops will vary.

For more information or to register to become a leader:



- Next workshop scheduled for 9/25-9/26/23 & 10/2-10/3/23; from 8:00 am to 4:00 pm each day.
- Location TBD
- call (607) 664-2298 or (607) 776-9467 x231;
- email srhn@ihsnet.org;
- scan the QR code to the left and complete the form.



RSVP serving Steuben County, NY



NY Connects
Your Link to Long Term
Services and Supports

of STEUBEN COUNTY

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



Steuben County
Office for the Aging



Downloadable PDF Flyer

Living Healthy Southern Tier

A program of the Steuben Rural Health Network

REGISTER TODAY!

FREE 6-week workshop

Break the grip of pain and enjoy life again!

Chronic Pain Self-Management Workshop

Living Healthy of the Southern Tier is an evidence-based workshop that is designed for people living with ongoing or limiting health conditions or people who care for them.

If you or someone you love is dealing with ongoing pain, this workshop is for you!



After this workshop participants report less pain, more energy, and improved independence.

- Learn chronic pain coping skills.
- Practice relaxation and improve your sleep.
- Learn gentle movement exercises.
- Balance activity and rest.
- Manage difficult emotions and stress.
- Develop healthy eating habits.
- Improve communication with healthcare providers.

For more information, or to register please contact Steuben Office for Aging at (607) 664-2298; SRHN at (607) 776-9467 x231, email at srhn@ihsnet.org, dial 211, or text your zip code to 989211.

Location:

Lakeview Apartments
1st floor conference room
105 Geneva St, Bath

Date of Classes:

Thursdays beginning August 31st
through October 12th

Time: 10:00 AM to 12:30 PM

**Pre-Registration is
REQUIRED no later than
August 25th, 2023**



**AmeriCorps
Seniors**



**Steuben County
Office for the Aging**



NY Connects
Your Link to Long Term
Services and Supports

of STEUBEN COUNTY



Downloadable PDF Flyer

211 Helpline of the Finger Lakes Region

Serving Steuben, Allegany, Chemung, Schuyler, and Yates



Help to Reduce Childhood Obesity

Obesity and food insecurities are directly related to long term health complications related to prediabetes, diabetes, and heart disease among many other chronic diseases and conditions. Unfortunately, a lot of times, obesity starts with childhood and follows through to adulthood. Help is available to stop the cycle, and help our children live happy, healthy lives!

Dial 2-1-1 or text your zip code to 898211 to speak to a Referral Specialist or click below to find a program near you.

[Click Here for Resources](#)

Members' News & Events

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

Vape Escape

New Teen Vaping Cessation Program. Meet with a group of teens to learn about vaping and how it affects your health. Learn more by downloading the flyer below.

Please pass along to families and teens!

[Downloadable Flyer](#)



Trucks! Trucks! Trucks!

Pathways, Inc.

Pathways Fundraiser returns on July 23rd. People of all ages can get up close and hands-on with more than



30 vehicles in an upcoming fundraiser to benefit a local non-profit service provider in our community.

Pathways, Inc's Annual Trucks! Trucks! Trucks! fundraiser will be held on July 23rd at Corning Community College, from 10:00 am-2:00 pm.

[Learn More About the Event Here](#)

Summer Yoga Series at Point of the Bluff

Point of the Bluff

Date/Time: Tuesdays, 6:00–7:30 pm

Location: Point of the Bluff Pavilion, 10489 County Road 76, Hammondsport, NY

Cost: \$6 for group and/or single tickets

(contact School-Time Coordinator at 607-735-2777)

First ever Summer Yoga Series! Say hello to summer with a progression of yoga poses specifically designed for working out the winter cobwebs! Get ready for yoga designed to energize you for full-on summer activity!

Led by Lauren Shaw on Tuesday nights from 6-7pm in the Pavilion overlooking Keuka Lake, these four combined classes will introduce or reconnect you to essential yoga poses and breathing techniques. Bring your yoga mat and dress to move, stretch, strengthen, and challenge your body. Afterwards, relax and enjoy a complimentary glass of wine! No prior experience necessary, drop-ins welcome.



[Register Here](#)

Story Time in the Square



Date/Time: Tuesdays, July 11 & 25, 2023

Location: Centerway Square, Corning, NY

Bring down the kiddos for one of our best summer traditions: Story Time in the Square! Story Time begins on Tuesday, June 13, and will reoccur every other Tuesday until August 22. Gather at the Centerway Square stage in downtown Corning at 10am for an hour of story telling fun!

Goat Yoga on the Homestead

Chemung County Public Health Department

Date/Time: Sunday July 2, July 16, July 23, July 30, 2023 at 9:00 am

Location: ZiegenVine Homestead, 8469 Oak Hill Rd., Savona, NY

Goat Yoga returns to the Finger Lakes region of New York at ZiegenVine Homestead for our 7th season!!!

Enjoy a Vinyasa-style yoga session in the company of our herd! Our certified yoga instructor will lead your group through an approximate 45-60 minute long blended style yoga session as select goats from our herd and their kids romp around, eat some weeds and probably lay down and watch what is going on around them. Registration is required.



[Register Here](#)

Family Programs

Corning Glass Museum

Dates/Times: July 13, July 17 & July 27 at 9:30 am show for groups (reservations required), 11 am show for the general public

Location: Corning Museum of Glass, One Museum Way, Corning, NY

7/13 Lasers in Space

7/17 Talking Turtle

7/27 Nate & Kate

Introduce little ones to the Museum through this popular free summer program!



[Learn More Here](#)

Twin Tiers Breastfeeding Friendly Nominations

Twin Tiers Breastfeeding Network (TTBN)

The Twin Tiers Breastfeeding Network (TTBN) is accepting nominations for the Annual Breastfeeding Friendly Awards. These awards recognize businesses, individuals, and organizations for their valuable support of breastfeeding mothers. Eligible nominees should provide support and make it easy for women to breastfeed. This might include supporting moms return to work and making it easy for them to continue nursing their infants by maintaining policies that accommodate breastfeeding moms, offering flexible schedules and providing private spaces for feeding and pumping milk.

Nominees will be honored during World Breastfeeding Week at a ceremony in Wisner Park on August 1, 2023 at 1:00pm.



TTBN strives to increase breastfeeding rates throughout Chemung County. Breastfeeding is the healthiest start for babies and it's good for moms too! TTBN has several activities promoting and raising awareness about the benefits of

TTBN is a collaboration consisting of representatives from many local agencies including Arnot Health, Chemung County Health Department, C.I.D.S., Mothers & Babies, Schuyler

breastfeeding including the Breastfeeding Friendly Awards, a Community Baby Shower, and ongoing monthly Baby Bistros to support breastfeeding moms and their families.

Nominations must be received by Monday, July 24th.

[Nominate Here](#)

County Public Health, Southern Tier Pediatrics, and the WIC program, among others. Their common goal is to improve the rates of initiation and duration of breastfeeding among women in the Twin Tiers through support, education, and referrals. They were established almost 20 years ago and meet virtually once a month.

New President & CEO

Food Bank of the Southern Tier

The Food Bank of the Southern Tier is delighted to announce the selection of Mark Bordeau as its new President & CEO, effective August 14th.



Mark brings extensive experience and a strategic outlook to the organization as it continues to pursue its mission of creating and maintaining hunger-free communities in the Southern Tier.

With a wealth of knowledge gained from years of working in the hunger relief and non-profit sectors, Mark is well-prepared to guide the Food Bank into a new era of sustainable growth and innovative initiatives. In his role as President & CEO, he will oversee the organization's operations, strategy, and partnerships, advancing the Food Bank's vision.

[Website](#)

"In the Know"

Catholic Charities Steuben/Livingston

This month prevention series is focusing on making sure teens truly are receiving messages from the caring adults in their lives. Often, we as adults think we are having the conversations, when in fact, most teens do not feel that they are being adequately talked to by parents and trusted adults about things such as underage drinking.

[Newsletter](#)



SAVE THE DATE: FLX Gives 2023

NOVEMBER 16-17, 2023!

6pm-6pm



FLX Gives is the Finger Lakes region's largest 24-hour fundraiser!

Last year, \$224,698 was raised for 86 local organizations! Year after year you've helped.

ADD THESE DATES TO YOUR CALENDAR:

AUGUST 1: Registration Opens

All new and returning participants will need to register on flxgives.org

TRAINING WEBINARS TBD

NOVEMBER 3: Registration Closes

NOVEMBER 16 & 17: FLX GIVES 2023

Bookmark **FLX Gives** to your browser for easy access.

[For Questions, Email](#)

Joanne S. Hayes Memorial Scholarship

Arc of Chemung-Schuyler

The Arc of Chemung-Schuyler is pleased to announce that it has awarded its Joanne S. Hayes Memorial Scholarship to Sarah Barr, Odessa-Montour Central High School graduate, at her June 23rd commencement ceremony.

This \$1,000 scholarship honors Joanne Hayes, former board member and president of The Arc of Chemung-Schuyler's board of directors who passed away in 1987. The award is given annually to a graduating senior pursuing an education in human services, special education, or a related field for a career providing supports to people with developmental disabilities.

The Joanne S. Hayes Memorial Scholarship is made possible through community donations to The Arc of Chemung-Schuyler.



[View Full Press Release](#)

What's Happening at NYCON?

To learn more about upcoming events and news click below.

One Community, Many Services Fair

Hosted by Dormann Library

The Dormann Library is delighted to extend an invitation to you and your organization to participate in the upcoming community-focused human services fair, **"One Community, Many Services."** This event, in collaboration with the Dormann Library, aims to connect members of our community with a diverse range of direct services groups and organizations.

"One Community, Many Services" will take place on **July 20th, 2023, from 10 AM to 4 PM** at the **Dormann Library located at 101 West Morris Street Bath, NY**. As a valued member of The Institute for Human Services, we believe your organization can make a significant impact by displaying your services and engaging with community members who can benefit from your expertise.

By participating in this human services fair, your organization will have a unique opportunity to:

- **Showcase your services:** Set up a display booth and create an engaging environment where attendees can learn about the vital services your organization offers.
- **Connect with individuals in need:** Reach out to community members who may require your assistance and establish connections that can make a lasting impact.
- **Build partnerships:** Engage with other service-oriented organizations, fostering collaboration and creating a network of support within the community.

We envision **"One Community, Many Services"** as a platform for organizations like yours to make a difference by connecting directly with individuals seeking crucial services. Together, we can bridge the gap and create a stronger, more vibrant community.

To reserve your organization's spot at the fair and secure a display booth, please email the special projects clerk of the Dormann Library, Erik W. House, housee@stls.org. The Dormann encourages you to register as soon as possible, as space is limited.

If you have any questions or require further information, please do not hesitate to reach out to the event team at housee@stls.org.

Thank you for considering this invitation. We sincerely hope that you will join The Dormann Library at "One Community, Many Services" and contribute to the success of this important community event. Together, let's make a positive impact on the lives of those who need it most.

Visit Website

July Spotlight(s)

Does your business...



...plan on **hiring** any **new employees** in the next few months?

...plan on **promoting** a **current employee** to a new position?

...have **current employees** that need **additional training**?

CSS Workforce NY Can Help!

On the Job Training Grants can reimburse up to 50% of your employee's wages while they are learning their new position (up to \$2,500)

Customized Training Grants can reimburse up to 50% of the cost of training current employees due to...

- Changes in technology
- Changes in production or service procedures
- Upgrading to new positions
- Increasing workplace literacy

We also offer recruitment assistance! Free job posting in the NYS Department of Labor Job Bank, access to job seekers through our four American Job Centers, and assistance with Job Fairs/On Site Recruitments.

If your employees work at least 30 hours per week and earn less than \$35/hour your company may be eligible for training grants!



Creating pathways to better careers and economic growth

For more information on how CSS Workforce NY can help with your company's training and recruitment needs please contact:

Morgan Hurd – Business Services Partner
(607)368-8704
morgan.hurd@csswfnyc.com

SNAP Outreach Specialist Now Serving the Community

AIM Independent Living Center

AIM's SNAP Outreach Specialist, Joe Coffey, is out in the community, helping people who are facing food insecurity to enroll in the Supplemental Nutrition Assistance Program.

Coffey offers eligibility screening for SNAP, and helps people make an informed decision on whether to apply for benefits. He helps individuals and families complete and submit their application to their county's Department of Social Services. This includes assistance in obtaining and completing the documents needed to verify eligibility.

Eligibility is based on household size and income, and other factors. Those who qualify for SNAP benefits receive an Electronic Benefit Transfer (EBT) card to help them buy groceries.

Coffey can also help people who are already enrolled in SNAP with the process of recertifying their eligibility, which is required periodically.

For more information or to make an appointment, Coffey can be reached at (607) 962-8225, ext. 232.

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 for it to be included in the next edition.



Van Driver (part-time)



Pathways



Energy Programs Business
Manager

Catholic Charities

Steuben / Livingston

Multiple Vacant Positions



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

//CONNECT WITH US//



Institute for Human Services | 50 Liberty Street, Bath, NY 14810

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