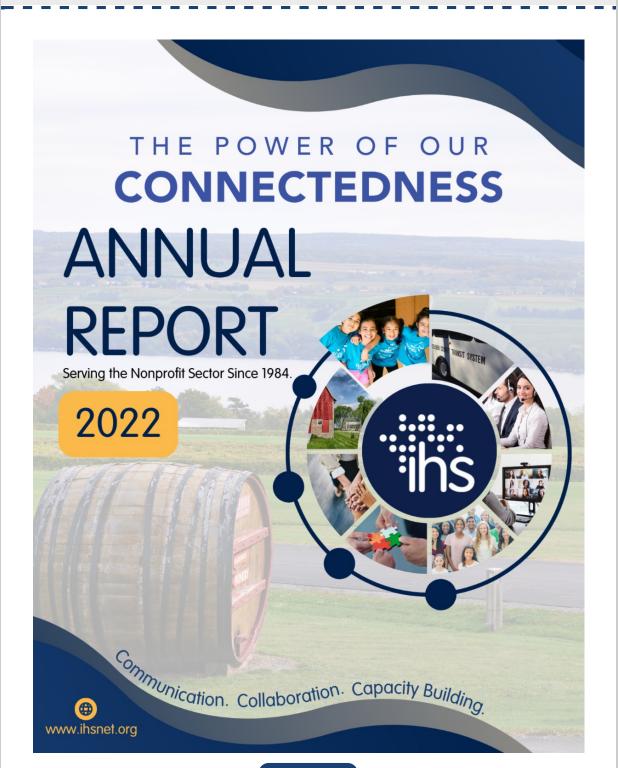






A bi-weekly newsletter for nonprofit staff of the Southern Tier & Finger Lakes.

2022 IHS Annual Report



Steuben Rural Health Network

UPCOMING WORKSHOP OPPORTUNITY

Advanced Learning

The Steuben Rural Health Network (SRHN) has partnered with Corning Community College to offer this exciting virtual workshop opportunity.



Only 30 spots available, so get registered today!

This workshop has been sponsored by the Steuben Rural Health Network.

Please join us at the next Steuben Rural Health Network Quarterly Advisory Committee Meeting. Following the workshop, Laurie Mault, SRHN Coordinator will provide a brief overview of all the amazing programs being implemented by SRHN.

This Canva Advanced training is designed for those who already have the foundational knowledge of how to use Canva, but are looking for an understanding of the advanced features within Canva. In this workshop, students will learn how to utilize the "Apps" feature within Canva, gain a stronger knowledge of the in-depth design features available, understand how to navigate the "teams" feature for collaboration, and learn Canva Advanced tips and tricks to aid in your personal and business design.

Visit our Website

211 Helpline of the Finger Lakes Region



Are you Providing Back-to-School Supplies Assistance? In need of donations? Contact 211 Helpline and let them know by dialing 2-1-1 or by submitting the below form (scroll to the bottom of the website page).



How to: Update IHS 211 Helpline Food Resource Agency Listing









Increasing food costs, a reduction in federal SNAP benefits and personal circumstances are stretching food budgets for families and individuals across the Finger Lakes Region. 211 is here to provide information and referrals to those families and individuals in need.

Does your organization provide food related services/programs to the community? If so, please be sure to update your agency listing information with 211. It takes just a few minutes and a few steps to ensure that 211 has your agency's most current information.

"HOW TO" Instructions

Need help finding food resources for your family or for clients?

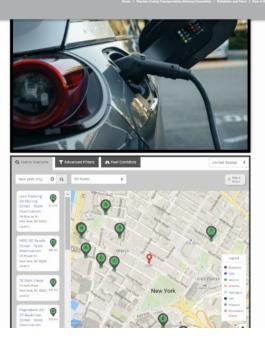
To speak to a Referral Specialist who can assist you with food resources, dial 2-1-1 or text your ZIP code to 898211. You can also find food programs near you listed on the IHS

Website. Information provided is for residents of 11 counties in the Finger Lakes Region. Click below to be directed.

Find Food Help Here

Steuben County Mobility Management

needaride



New Addition to the Needaride Website

Check out the newly added Electric Vehicle (EV) charging station locations map to the Needaride website.

Visit the Needaride Website

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 for it to be included in the next edition. Please be sure to share upcoming events with clients, patients, and the community.

Community Based Family Resource Center Schedules

Pro Action of Steuben & Yates

Pro Action Resilient Children and Families Community-Based Family Resource Centers are very excited to share their August offerings. Website





Youth Development August 2023 Day Schedule

Pro Action of Steuben & Yates

Check out our **Summer Youth Drop-In August Schedule at the Pro Action Youth Development Program!** For Kids and Teens 18 and Under.

Schedule

You have a client that needs Parent Education Information?

Pro Action of Steuben & Yates

Contact Tawyna Hughes at 607-684-3923 or hughest@proactioninc.org for any Parent Education Information.

Website



School Physicals

Steuben County Public Health Department



School's out for the summer, but it's already a great time to start preparing for the next school year. Make sure your child is ready to go back to school by scheduling their annual physical and making sure they are up to date on vaccinations.

Check out CDC's recommended vaccine schedule for under 18 below.

Schedule

Children and Youth with Special Health Care Needs

Message from Steuben County Public Health

Have you heard about our Children and Youth with Special Health Care Needs program? This no-cost program provides resources for families to improve the health and care of children who need special assistance.

Learn More



Creating Your Forever Home

Cornell Cooperative Extension of Chemung County



Forever Home Series will offer another series at Meals on Wheels. Pick up any sessions you missed, bring friends, and enjoy some refreshments during the sessions!

Downloadable Flyer

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 returning 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.

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

Nominate Here

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



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
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

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

Elmira Community Kitchen

FLX

GIVES

Catholic Charities of Chemung/Schuyler Counties

This Saturday, July 29, for lunch at the Elmira Community Kitchen! The Community Kitchen is located at 160 High Street, across from St. Joseph's Hospital.

The Elmira Kiwanis Club will serve a delicious lunch from 11:30 am - 12:30 pm.

(If your group/club is interested in volunteering to serve lunch, please get in touch with Kathy at 607-734-9784.)



Website

Arbor Housing & Development Available Apartments



Arbor Housing and Development has an extensive portfolio of properties throughout the region that is owned / managed or co-owned by Arbor Housing to ensure that affordable housing isn't merely a dream.

For a full list of available apartments and commercial spaces for rent, click below.

List of Availability

Student Loan Forgiveness Act

Legal Assistance of Western New York, Inc.

Confused about what to do with your student loans now that the Supreme Court has struck down the Student Loan Forgiveness Act?

Please remember that the following programs are still available to borrowers and are not affected by the Supreme Court Ruling:

Income Driven Repayment (IDR) Forgiveness Public Service Loan Forgiveness (PSLF) Total & Permanent Disability (TPD) Borrower Defense to Repayment (BDR) Fresh Start- For borrowers in default.

If you need student loan repayment assistance please contact LawNY:

Krystle Pullan kpullan@lawny.org (716) 373-4701 Ext. 2006

Amalia Baire abarie@lawny.org (585) 325-2520 Ext. 7087

Follow on FB





Day Camp

Finger Lakes Boating Museum

Fun and unique outdoor experiences on the water for kids 10-15 years old.

August 12 & 15-18 from 10:00 am-3:00 pm, a fee is associated. To learn more about this opportunity for kids click below.

Downloadable Flyer

Catholic Charities and Strong Kids Safe Kids Host Back to School Drive with Local Businesses

Catholic Charities is requesting your help preparing local kids for a successful school year. From now until August 17, area businesses and Catholic Charities will be collecting new school supplies.

In Schuyler County, the Back-to-School Event will be held at the Schuyler County Highway Department on August 25. This event requires pre-registration by August 23 at noon for backpacks and school supply starter kits. Registration is available at cs-cc.org. This will be a drive-through event.

In Chemung County, Catholic Charities has partnered with Strong Kids Safe Kids to distribute backpacks and school supply starter kits at the Annual Strong Kids Safe Kids event on August 26 from 11 am – 2 pm at the Chemung County Fairgrounds. No registration is required. New backpacks will be available for students in kindergarten to 6th grade.



Learn More Here

Farm Bill 101

Food Bank of the Southern Tier



Every 5 years, Congress reauthorizes the Farm Bill, which has jurisdiction over both The Emergency Food Assistance Program (TEFAP) and the Supplemental Nutrition Assistance Program (SNAP), both crucial programs to addressing food insecurity in our nation. Join Feeding New York State and partner agencies from around NY for a webinar discussion on the 2023 Farm Bill, the importance of federal nutrition programs, and how you can get involved and advocate for these crucial programs.

Wednesday, August 16th, 2pm, on ZOOM!

Register

Yard Sale

CareFirstNY

Join CareFirst for a !!YARD SALE!! at their office on

Sunday 7/30. Stop by, they would love to see you!

3805 Meads Creek Rd, Painted Post, NY 14870

Yard sale items:

- office supplies
- furniture
- mini fridges
- and so much more



Follow on FB

What's Happening at NYCON?

Executive Director Leadership Retreat

The retreat is a multiple day training session for executive directors with 5 years or less experience. The retreat includes comprehensive training on various topics such as the role of the executive director, the executive director's relationship with the board of directors, nonprofit accounting, and fiscal accountability. Participants will also learn effective marketing and messaging strategies, legal accountability and compliance, human resource issues and strategies, and partnering with your board in fund development.

NYCON's **September 11-13**, **2023** session will be held in Albany, NY. For more information email membership@nycon.org.

Register

Grant Opportunity

Request for Applications Announcement Mobile Health Vehicle Funding Opportunity

The Center for Planning and Community Affairs, Office of Health Equity and Human Rights would like to announce the following funding opportunity:

RFA #CCH-2023-05-CDC Covid-19 Health Disparities Grant: Mobile Health Vehicle

The Applicant Conference is scheduled for **August 3**, **2023**. There is a morning session at 10:00 a.m. and an afternoon session at 3:00 p.m. to accommodate schedules. Please attend one.

The funding opportunity and applicant conference registration link can be found here: Public Health Research Funding Opportunities | Health Research, Inc.

July Spotlight(s)

Steuben County Habitat for Humanity

July 20th Fire Update

Steuben County Habitat for Humanity's Update. "We want to update everyone on the aftermath of the fire so far. The fire started last night in our donation center and engulfed the entire donation center within a very short period. That half of the building is destroyed with the remaining structure left extremely unstable. The rest of the building was saved with only minor smoke damage.

Thank you to our neighbors and passersby who noticed the fire and called 911. As well as all of our connections including friends and family who alerted our staff to the fire.

Thank you again to the Corning Joint Fire District, City of Corning Fire Department, Gang Mills Fire Department, and the Hornby Fire Department, as well as the NYS Troopers and AMR for responding so quickly and getting the fire under control before it was able to spread to the rest of the building.

We are so grateful for the outpouring of support from our community over the last several hours! There will be many opportunities to volunteer and ways to help in the coming weeks and months once we figure out where we go from here. When the time comes for that, we will reach out to you on Facebook.

The ReStore is Steuben County Habitat for Humanity's main source of revenue that allows us to build houses for families in our community. We are actively working on two projects at this time. We cannot operate the Restore in any capacity at the building on 414 for the time being. This will create an immediate financial burden on our organization. We have begun working with our insurance company, but this will take time. If you would like to donate to Steuben County Habitat for Humanity to help with our recovery and allow us to stay on track with home construction you can do so by following this link to the donate page of our website, or mailing a check to Steuben County Habitat for Humanity to PO box 800 Corning NY, 14830.

It is our desire to get the ReStore back up and running as quickly as we can as we see the store as an extension of our community-building efforts, and we know that so many people love and rely on the Corning ReStore. Please be patient and stay connected on Facebook and our website as we will continue to update our community.

Thank you again for all your love and support."

Donate Here

Overdose Emergency Kits Available for Free







Is your organization interested in mounting an Overdose Emergency Kit? If so, please contact Connie Terry, Program Coordinator (<u>Connie.Terry@dor.org</u>).

Funding provided from The Institute for Human Services, Inc. receiving OASAS funding.

Partnerships include: Steuben Rural Health Network at The Institute for Human Services, Inc. 211

Helpline of the Finger Lakes Region, Opioid Committee with Steuben Prevention Coalition, and

Catholic Charities of Steuben/Livingston.



You are Invited to Attend

We are excited to announce, that after a 3 year pause, the Southern Tier Chapter, Service to Armed Forces Committee is hosting its annual

Military and Veteran Resource Barbeque Food Graciously Donated and Prepared by Elmira Elks Lodge #62

FREE For ALL Military, Veterans and their family and friends

Saturday, August 12, 2023 Open at 11 AM Program will begin at 1200 PM

> Eldridge Park 96 Eldridge Park Drive Elmira, NY 14901

Service Providers will be present sharing information on resources and programs available in our community.

Our Keynote Speaker...



MSgt (Ret) Brian Eisch

Master Sergeant (Ret) Brian Eisch (Eye-sh) is from Wisconsin, He joined the Army in 1992 as an infantryman. He served in various duty positions over his 20-year career including Scout, Senior Scout, Radio Operator, Army Instructor, and Drill Sergeant. Brian attended Airborne, Air Assault, Army Instructor Course, Ranger School, Foreign Weapons Course, and more. His awards and decorations include the Bronze Star for Valor, Purple Heart, 3 Meritorious Service Medals, 5 Army commendation medals, 4 Army Achievement medals, and more.

In 2010 while on a joint Raid with Afghan National Police in Kunduz Province Afghanistan, Brian was shot 3 times in his legs while attempting to save a wounded Afghan policeman. Brian was awarded the Bronze Star for Valor for his actions and retired in 2012 because of his wounds.

Netflix released an Emmy award winning documentary named "Father Soldier Son" about Brian Eisch and his boys.

Seating space is limited, so please RSVP by August 4 to Darla Roote at 607-454-8795 or darla.roote@redcross.org

Downloadable Flyer

Professional Development Opportunities

SPEND THE DAY WITH DR. ROBERT MULLER
LEARNING NEW STRATEGIES TO TREAT CHALLENGING TRAUMA CLIENTS

RELATIONSHIP STRATEGIES TO TREAT CHALLENGING TRAUMA CLIENTS

Monday, September 18, 2023

9:00am-4:00pm EST

\$149/person (includes all-day coffee bar and lunch) (includes CE) In-person full-day training (Clarion Inn, Elmira, NY)

Presenter: Robert T. Muller, Ph.D.

This practical workshop, led by Dr. Robert T. Muller, a leading expert on trauma therapy and globally acclaimed author of the psychotherapy bestseller, <u>Trauma & the Avoidant Client</u>, is aimed at building our understanding of the psychotherapeutic relationship with challenging trauma clients.

Click here to download/view the information brochure.

Register or Learn More Here

NYHealth Invites You to Attend: A Conversation on Public Guardianship, Individual Dignity, and Self Determination

When a person living with disabilities or with declining health needs assistance with making decisions, an individual or entity can petition a court to appoint a guardian. For example, a person with advanced dementia may require a guardian to make financial decisions on their behalf; someone with a traumatic brain injury may need a guardian to manage their daily activities; or a person may appoint a guardian to make critical end-of-life decisions.

Webinar Date:

Thursday, August 10, 2023 12:00 p.m. to 1:00 p.m.

Register Here



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



Food Bank of the Southern Tier

Program and Partnerships
Coordinator



Multiple Vacant Positions



Multiple Vacant Positions



Multiple Vacant Positions



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

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