

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

Steuben Rural Health Network

VOLUNTEER TODAY

breathe &
BELIEVE
2023



Girls on the Run of the Southern Tier Volunteer Registration is **NOW OPEN** for our 2023 5K Celebration.

This year's celebration is being held at the **Bath Central School District Track/Football Field on Sunday, June 4th.**

Volunteers help ensure our end of season 5K celebration is possible. We rely on 200+ volunteers each year at our 5K celebration. Opportunities range from Running Buddies, Course Monitors, Water Station attendants and many more!!

[Register Today!](#)

Steuben County Mobility Management

On March 6th 2023, Steuben County Mobility Manager Eddie VanStine conducted a class on "How to Navigate the Local Transit Systems Currently in Place." The class was in attendance by the Pro Action Of Steuben And Yates Counties (Child Family Services Division).

Travel Training is a **FREE** program offered through Mobility Management that is designed for anyone who needs guidance on learning how to navigate the bus system. It provides the assistance necessary for each person to successfully use Steuben County's public fixed route bus services. Travel Training can be group focused or individualized.



For more information on how to sign up for Travel Training click the button below.

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.

Adult Mental Health First Aid

Pro Action of Steuben & Yates

Friday, May 5, 2023, 9:00 AM – 3:30 PM EDT
First Presbyterian Church-Bath 6 East Morris Street
Bath, NY 14810

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges.



[Register Here](#)



Free Rabies Clinic

Chemung County Health Department

Saturday, March 25, 2023
11:00 am-1:00 pm
Pre-Registration **REQUIRED**
Horseheads Town Hall
150 Wygant Rd, Horseheads

[Register Here](#)

Tanglewood Nature Center & Museum

Tanglewood has announced [spring break programs](#) and [summer camp](#) programs for youth.

[Tanglewood's Website](#)



Toastings & Tastings

Catholic Charities Steuben/Livingston

Thursday, March 23, 2023



5:00 pm-7:30 pm
Radisson Hotel, Corning
Tickets are still available, fee associated.

The annual Toastings & Tastings in honor of Fr. Lew! We have many area wineries, distilleries, and breweries who will be pouring samples, there will be a chocolate sampling table, as well as hors d'oeuvres. We also have a silent auction with a great variety of items/baskets that are sure to appeal to you. So please join us to raise a glass for HOPE and raise funds for our services in Steuben County.

[Learn More Here](#)

18th Annual Empty Bowls Luncheon

Catholic Charities of Chemung & Schuyler

Catholic Charities invites you to the **18th Annual Empty Bowls Luncheon being held on Tuesday, March 21, 2023, from 11:30AM to 1:00PM at Notre Dame High School.**

As the largest fundraiser for Catholic Charities' Emergency Services, this event is designed to raise awareness of the effects of hunger and poverty in our community. Over the last eighteen years, the Empty Bowls Luncheon has raised over \$250,000 toward local poverty relief efforts.

Tickets are \$50 per person for lunch and a commemorative soup bowl created by a local art student. Get your tickets today as a limited number will be sold. For more information, contact Catholic Charities at 607-734-9784, ext. 2133, or visit the event page.

Business sponsorship opportunities are also available.



Archived from March 3rd Edition

[Event Page](#)



"Ounce of Prevention"

Steuben Prevention Coalition

Please give a warm welcome to Brittany Krise who is the new Clerical Assistant for the Steuben Prevention Coalition's Drug Free Communities Program. Brittany began with the Steuben Prevention Coalition on March 6, 2023. Brittany brings experience in customer/client services and experience as a Medical Office Assistant.

Click below to see what else the Steuben Prevention has been up to for this month!

Agriculture Newsletter

Cornell Cooperative Extension of Steuben

Are you or someone you may know interested in learning more about agriculture? Sign-up to receive **CCE Steuben Agriculture Newsletter**.

[Sign-Up Here](#)



Steuben County Public Health Mails Narcan Kits

Residents can now be mailed free Narcan kits from the Steuben County Public Health Department in an effort to get harm reduction for opioid overdoses in the hands of more people. Narcan is a nasal spray used to reverse opioid overdoses.



Archived from March 3rd Edition

Residents can access free Narcan training on Steuben Public Health's website at <https://www.steubencountyny.gov/narcan>. A nine-minute training video must be watched and then residents can fill out a form to request their free Narcan kit to be mailed. After the Narcan has been used, there is an additional form to complete on the use and to get a replacement kit.

Narcan training is also available in person or virtually through Steuben Public Health or the Steuben Prevention Coalition's Opioid Committee.

Contact Steuben Public Health by calling 607-664-2438 or by emailing publichealth@steubencountyny.gov. The Opioid Committee can be reached by emailing Connie.Terry@dor.org.

[Website](#)

Get to Know New York State Comptroller, Thomas P. DiNapoli

- Learn About the Comptroller's Office
- Receive newsletters and updates
- Read "2022 Year in Review" Report

[Subscribe Here](#)





Creating stronger outcomes across healthcare. Centers for Health Care salutes all social workers.

Thank you to social workers for the work you do to coordinate and communicate with your patients.

[Visit Website](#)

"In the Know"

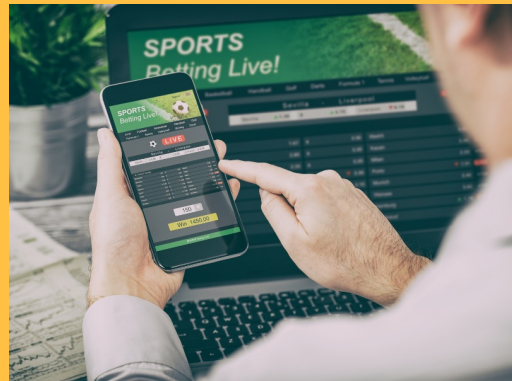
Catholic Charities of Steuben/Livingston

March is problem gambling awareness month.

Catholic Charities Steuben/Livingston Prevention Services, in collaboration with the National Council on Problem Gambling (NCPG), dedicates March as Problem Gambling Awareness Month (PGAM). 2023 marks the 20th anniversary of Problem Gambling Awareness Month.

Problem gambling is defined as all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. Approximately 2 million U.S. adults (1% of the population) are estimated to meet criteria for severe problem gambling. Another 4-6 million (2-3%) meet the criteria for mild or moderate problem gambling.

To learn more about this topic or to see what else is happening in Steuben/Livingston regarding prevention services, click below.



[Newsletter](#)

Senior Community Service Employment Program (SCSEP)

Pro Action of Steuben & Yates, Inc.



Do you know someone who is an older job seeker (55+) looking for a paid part-time work assignment to help supplement income?

SCSEP is seeking individuals to fill assignments in our communities with Allegany, Chemung, Schuyler, and Steuben Counties. This is a paid 20-hour week work assignment.

Interested applicants should call SCSEP office (607)776-2125 ext. 4115.

Pass along this amazing opportunity to family, friends, and clients.

[Download PDF Flyer Here](#)

Family Resource Center April Offerings

Pro Action Resilient Children and Families

The Pro Action Resilient Children and Families Community Based Family Resource Centers are excited to share several offerings as we enter our Child Abuse Prevention month. Helping to raise awareness on the importance of supporting parents and families to create a safe healthy environment for children. Strong communities help parents learn, supports them, and reduces stress through programs and services that emphasize Protective Factors.



Parenting Education Offerings:

- **24/7 Dad®** - A 12-session program designed for any dad who wants to improve his knowledge and skills to help him raise healthy children.
- **It's Not Just Jenna**, A documentary of a child sexual abuse survivor followed by an open discussion of Jenna's story and how communities can use the lessons it teaches about child sexual abuse and how to prevent it.
- **Parent Connections**, an in-person group designed to strengthen and support parents & caregivers who are raising children with differing abilities and/or challenging behaviors.

*Share with clients!
All calendars on their website are
downloadable if a client needs.*

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

Calendars



Free Narcan Training with CASA Trinity

CASA Trinity will be offering free virtual Narcan training for Food Bank partner agencies in April! Narcan is short for Naloxone, and is used to reverse an opioid overdose. By getting trained to use it, you could save a life.

To learn more or download the pdf flyer, [click here](#).

Register Here

Regional Job Fair at Corning Community College

Looking to fill vacant positions at your organization?

This year's Regional Job Fair will be held on **Thursday, April 20, from 11:00 a.m. to 2:00 p.m.** at the Spencer Hill Campus Gymnasium.

This Job Fair offers you an excellent opportunity to maximize interactions with job seekers, as well as meet one-on-one with candidates to discuss open positions within your organization.

After completing the registration, **an invoice for \$30** will be sent and can be paid via check by April 10th.

Space is limited and once registration is full, employers will be added to our wait list and notified if space becomes available.

This year there will be a requirement for all participants to arrive and be set up by 10:15 a.m. Those who arrive later than 10:15 a.m. will risk losing their space to an employer on our waiting list.

In addition, as a reminder, the Fair is scheduled until 2:00 p.m. and tear down will begin at this time. There will be volunteers to help you through the process.

If you haven't registered for the 2023 Regional Job Fair at SUNY Corning Community College please do clicking the button below.

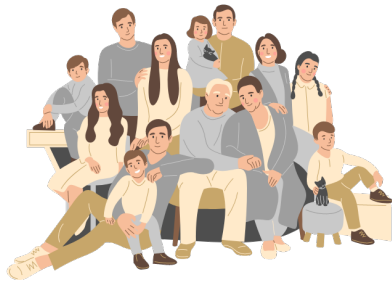


[Register Here](#)

Are You Part of the Sandwich Generation?

Cornell Cooperative Extension Steuben County

If you have a parent over the age of 65, and young children (or you are financially supporting an adult child), you are. Because of this you probably feel like you are being pulled in several directions.



Cornell Cooperative Extension of Steuben County will offer a free workshop led by Roth Elder Law, PLLC via Zoom on **Tuesday, April 11, 2023 from 6:00pm – 7:00pm** on five strategies to help you cope including:

- Learn why and how to have “The Conversation” with your parent.
- Discover what documents you should be gathering.
- Find out what to look for to know if your parent needs help (even if they don’t ask), and learn what legal documents need to be in place now.

[Click here to download the PDF.](#)

For more information call 607-664-2300 or visit putknowledgetowork.org.

[Register Here](#)

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@lhsnet.org.

[Visit our Website](#)

Other Nonprofit News/Updates

NYS Licensed Social Worker Loan Forgiveness Program (LSWLF)

LSWLF is being offered to increase the number of licensed social workers working in critical human services in eligible areas.

In order to be eligible for loan forgiveness, an applicant must:

- be a NYS resident and have resided in NYS for 12 continuous months prior to applying for this Program;
- be a U.S. citizen or eligible non-citizen;
- **be a social worker professionally licensed to practice in NYS ;**
- have an outstanding balance on an eligible student loan debt; (including NYS and federal government student loans, and private student loans made by commercial entities - subject to governmental examination.)
- have qualified service:
 - full-time employment as a licensed social worker in a critical human service area for at least 35 hours per week during the calendar year prior to his or her application. To determine if your workplace is an eligible service area, visit [Eligibility by County](#);
- be in a non-default status on a student loan made under any NYS or federal education loan program or repayment of any NYS award; and
- be in compliance with the terms of any service condition imposed by a NYS award.

The maximum award is \$26,000 or the applicant's actual eligible student loan indebtedness, whichever is less.

The application can be found [here](#) the **deadline is April 13, 2023. Awards are limited to available funding.** If you have questions about this program you can contact the HESC Scholarship Unit at scholarships@hesc.ny.gov.

[Learn More Here](#)

March Spotlight(s)

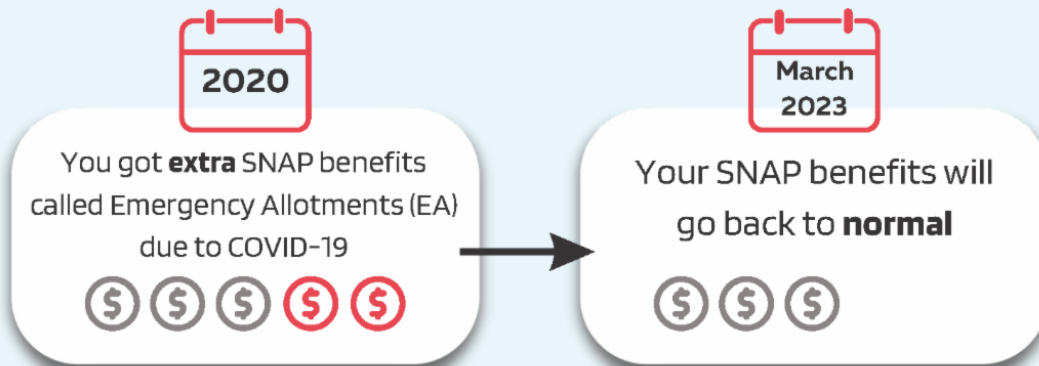
[President/CEO Randi Hewit on Sabbatical](#)



"After 21 years with the Community Foundation Randi will be taking a breather to reflect on everything she's learned. Her plan is to come back with a fresh set of eyes and ideas for the next 20+ years ahead! She will return after June 2, 2023.

In the meantime, you are in great hands with the CF team. We are here to take care of you, whether helping you plan for your legacy or your program get through a sticky situation.

WHAT YOU NEED TO KNOW: EXTRA SNAP PAYMENTS ENDING



Check your household's SNAP benefits at www.connectebt.com or by calling 1-888-328-6399.

For more information visit <https://otda.ny.gov/SNAP-COVID-19/>

MAXIMIZE YOUR BENEFITS

Make sure your caseworker knows about any changes including:



If any of these are true for you, **call** your SNAP case worker or your local NOEP Coordinator, or **submit** your info online at myBenefits to make sure you get all the benefits you should.



OTDA will be sending texts to SNAP households, but will never ask for any information about your account.

Never give your card number or PIN to anyone.



For help with SNAP any time, find your local NOEP Coordinator here

Cornell Cooperative Extension
Tompkins County

Download Flyer Here



Dear Families:

Pro Action, Kids On Track and Get Ready To Grow Finger Lakes is offering the opportunity for your child to receive a **health and development check right here at the Bath Area Family Resource Center.**

The screening team will be **onsite on Tuesday, April 4, 2023, from 9-3pm.**



This is an excellent opportunity for your child to have a comprehensive set of health and developmental screenings!

If you are interested or would like to pass along this information to someone whom may be interested, here are the next steps:

- Complete the consent form and return to the office by **Friday, March 31st.** (You can also register online by [clicking here.](#))
- Within a few days, you will receive an email containing your login from the COMET system. This will give you **access to your portal.**
- **Complete two questionnaires in advance of the screening day (April 4).**

You will continue to have access to the portal after the screening day, where your child's results will be handy for you.

Downloadable PDF Flyer

Mark Your Calendar: Awareness Days



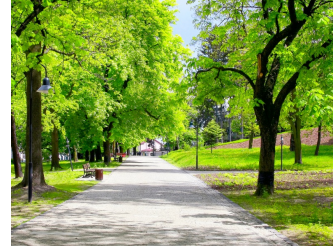
National Nutrition **Month**
Check out CCE Steuben



National Disabilities Awareness **Month**



Social Work **Month**



March 18th
Global Recycling Day

March 22nd
World Water Day

March 30th
Take a Walk in the Park Day

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

Uncovering the Mighty Ray of Light Within Trauma Survivors: Strategies to Facilitate Healing, Hope, and Resilience

Hosted by Family Services Society, Inc.; **Friday, April 28, 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: Renae Carapella-Johnson, LMHC, NCC

Therapeutic Interventions for the Treatment of Clients with Chronic Pain: A Biopsychosocial Approach

Hosted by Family Services Society, Inc.; **Tuesday, April 11, 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: Jaimee Arnoff, Ph.D.

Holding Systems: Supporting Parents and Caregivers in Play Therapy

Hosted by Family Services Society, Inc.; **Monday, March 27, 2023**; 11:00am-2:00pm EST
(‘Long Lunch’ Webinar); \$65/person (includes CE); Live online webinar via Zoom
Presenter: Ann Meehan, MS, LPCC, RPT-S

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

The Stress-Free Leadership will be hosted in Corning on **May 2, 3; July 25,26; and August 22,23**. There is a cost associated and registration is limited. [Click here](#) to view stress-free leadership testimonials. To register, call Kate at (570) 439-2004. Registration is limited.

Annual Resiliency Symposium

Save the Date: **May 31st from 9:00 am-4:00 pm** at Corning Community College. Hosted by Pro Action of Steuben and Yates, Inc. Keynote speaker will be Dr. Darryl Tonemah; Learning the physiological roots of trauma, burnout, and tools for healing. More details and registration coming soon.

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.

Non-Profit Management Program

April 13-June 15, 2023 from 9:00 am-12:00 pm; \$675

The program is designed for those staff seeking to transition into a managerial capacity, new supervisors, and supervisors seeking to improve their effectiveness. This program addresses fundamental skills and knowledge, supervisory effectiveness and covers essential management skills, with a focus on non-profit management: *Introduction to Mission, Values, Strategic Goals and Self Care, Leadership Styles, Supervisor Diversity, Communications and Listening Skills, Effective Business Writing and Speaking, Budgeting 101; Job Descriptions, Roles and Recruiting; Personnel Policies, Evaluations, Performance Plans and Career Paths, Harassment, Corrective Action and Termination.*



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. If there are job titles listed be sure to click to view more information.



Chemung County
Environmental Health Specialist

[Click Here](#)



President & CEO

[Click Here](#)

**New York State
Public Health Corps**



[Click Here](#)



Hornell Concern for Youth

Special Projects Coordinator

[Click Here](#)



Youth Services: Program Aide
(Part-Time)

[Click Here](#)



First Transit

Diesal Mechanic Chemung Transit
Bus Driver-CEATS/Steuben Area

[Click Here](#)



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

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