

Heartsaver CPR AED Training

Heartsaver CPR skillsHeartsaver AED use

Training opportunity limited number of seats

American Heart Association。 Join certified instructors from The Institute for Human Services, Inc. for this FREE training opportunity as you become certified to provide emergency care to an adult/child experiencing cardiac arrest.

Steuben Rural Health Network

Monday, November 13th, 5:00 PM to 8:00 PM

The Dormann Library Community Room

> 101 W. Morris St. Bath, NY 14810

Limited number of seats

EGISTER TODA

To register: scan the QR code to the right, email srhn@ihsnet.org, or call 607-776-9467 x231



Rural communities are wonderful places to live and work, which is why nearly 61 million people call them home!! Steuben Rural Health Network and The Institute for Human Services, Inc. are gearing up to celebrate the #PowerOfRural during #NationalRuralHealthDay.

Join us in recognizing the spirit of #rural America and the efforts of our local communities addressing unique challenges by attending a **FREE** AHA Heartsaver CPR AED Certification training. Once certified, you will be



able to help an individual in cardiac arrest until more expert help arrives, connecting rural communities together with our available resources to help save lives. See the attached flyer for more information.

211 Helpline of the Finger Lakes Region



2-1-1 Helpline is updating their holiday programs and if any agencies that are in need of donations for their holiday programs to contact 2-1-1.

If your organization is offering any holiday assistance, please provide that information to 2-1-1 by completing the form below <u>or</u> emailing 2-1-1 Helpline at <u>211helpline@ihsnet.org</u>.

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.

Corning Rotary Presents Paul Harris Fellow Awards to Ernie Danforth and Laura Matson

The Rotary Club of Corning recently honored two dedicated Rotarians with Paul Harris Fellow Awards. The Corning Rotary Club presents the Paul Harris award to outstanding Club and community members in recognition of activities that exemplify Rotary's motto of "Service Above Self."

To learn more about the award or to read more, click the button below.

Press Release



Dormann Library Releases November Calendar & Events

Dormann Library

Here are just a few events happening during the month of November.

- Miss Kathleen holds a fun and educational Discovery Kids Storytime every Thursday at 2pm and Friday at 10:30am. Join her for music, movement, stories, songs, crafts and a snack!
 - Also for preschoolers, **Science with Miss Jessie** will be exploring Changes in Daylight on November 14 at 4:00.
 - The friendly pups from **Tail Waggin' Tutors** join us on November 4 from 11-12:00. They would love to have some children read to them!
 - It's a little bit early, but don't forget to sign up for our Wreath-Making Workshop on December 2 from 1-3:00 or 3-5:00. Space is limited and a \$15 fee will help cover the cost of supplies. Please register for all classes online by clicking here.
 - Join us for game nights for adults on the 3rd Monday of each month and for all ages on the 3rd Thursday of each month, 5:30-7:30.
 - **Drop-In Homework Help** is now available for all ages on Thursdays 3-5:00 and Saturdays 11-1:00.

Calendar

Youth Basketball League is Back Again Volunteers Needed

Hornell Area Family YMCA

Join the YMCA for the 2023-2024 twelve-week season of youth basketball. For more information contact their Member Services Representative at (607) 324-5520.

Volunteer Application Here



<u>Click here</u> to download PDF Calendar. <u>Click here</u> to download the Newsletter.



Hiring Event for FedEx

CSS Workforce



November 14, 2023 10:00 am-12:00 pm

Where: Elmira Career Center 318 Madison St, Elmira

Downloadable Flyer

FLX Gives SAVE THE DATE!

About FLXGives

FLXGives (Finger Lakes Gives), an initiative of the Community Foundation of Elmira-Corning and the Finger Lakes, Inc., is a 24-hour online celebration of the Finger Lakes region. It connects generous community members with the causes they care most about. It is a day to celebrate all that the Finger Lakes are and the critical role nonprofits play in making our community great. FLXGives helps build awareness and support for nonprofits like nothing else. In 2022, nearly \$225,000 was raised through 1,476 donors benefiting over 90 local nonprofits.

This year's giving day will be held on **November 16**, **2023**, from 6:00 p.m. to November 17, 2023, at 6:00 p.m. Nonprofits will have the opportunity to win cash prizes, reach new donors, and engage current donors in exciting ways during FLXGives.



Learn More Here



Holiday Meals

Christ Episcopal Church

Christ Episcopal Church Free Thanksgiving Meal

Registration open until November 22, 2023 Call 607.937.5449

"Ounce of Prevention" November Newsletter

Steuben Prevention Coalition

2023 Prevention Needs Assessment Survey Begins Across Steuben County. The Steuben Prevention Coalition is currently administering the 2023 Prevention Needs Assessment Survey in Steuben County and we are happy to announce that we have a 100% participation rate in all the school districts October 16th through November 9th, 2023. Congratulations and Thank You's go out to our School Districts for their commitment to participate.

This survey is designed to measure the need for prevention services among youth in the areas of substance abuse, delinquency, risky and antisocial behavior, violence, mental health, eating disorders and sexuality.

Inside November's Newsletter:

- Message to Coalition Happy Thanksgiving
- National Prescription Drug Take Back Day
- > Opioid Committee Report
- Kratom, Still a Drug of Concern
- > 2023 Prevention Needs Assessment Survey Underway
- > Holiday Round Pizza Box Prevention Messaging
- Project
- ➤ Holiday Parties & Safe Holiday Fun
- ➤ Upcoming Events





4-H Finding a New Showcase Location

Cornell Cooperative Extension Steuben

"Where there's change, there's opportunity." Jack Welch Steuben County 4-H Finding a New Showcase Location and Will Not Be at Steuben County Fair

On October 26th, 2023, the Cornell Cooperative Extension (CCE) of Steuben Board of Directors and 4-



H Program Advisory Committee have voted to part ways with the Steuben County Agricultural Society regarding their participation in the upcoming 2024 Steuben County Fair. This difficult decision was made after substantial consideration and after several meetings including multiple 4-H subcommittees, 4-H Program Advisory Committee and the CCE Board and with the full support of the New York State 4-H Program Director and Cornell Cooperative Extension Director.

NYS Master Plan for Aging Survey







Dear Members of the NYS Master Plan for Aging Community,

I hope this message finds you well. I am writing to you today to emphasize the critical importance of the NYS Master Plan for Aging survey and to request your active involvement in promoting it within your networks.

Since my previous email on September 29th, we have been diligently working to raise awareness about this pivotal survey. However, to ensure its success, we need your support in disseminating information about the survey among your diverse constituencies and underscoring the significance of their participation.

The Master Plan for Aging survey is a vital tool with multifaceted purposes. It will play a crucial role in identifying regional housing challenges, setting priorities for infrastructure and service improvements, understanding how older adults allocate their limited income, and evaluating the impact of various services. Furthermore, it will provide valuable insights into caregiving, the self-perception of caregivers, and the ways in which we can best support them.

For these compelling reasons, we urge you to include a direct link to the survey (<u>https://forms.ny.gov/s3/mpasurvey</u>) in your communications to your networks during the next two weeks. If your organization or network partners prefer hard copies for those with limited internet access, we have printable PDF versions available in a total of 17 languages for your convenience. If you require a bulk mailing of paper copies, please contact <u>MPA@health.ny.gov</u>, specifying your preferred language(s).

The deadline for survey participation is December 31st, 2023. We eagerly anticipate sharing the results with you in the coming year. If you have any questions or require further information, please do not hesitate to contact us at <u>MPA@health.ny.gov</u>.

Thank you for your commitment to the NYS Master Plan for Aging. Your collaboration is instrumental in making this initiative a success.

Best Regards,

Adam Herbst Chair, NYS Master Plan for Aging

Learn More Here

Wild Fire Survey



Did you live in the Northeastern U.S. in summer 2023 and experience the wildfire smoke events from Canada? If so, tell us more about your experience!

Our partners within the Department of Public and Ecosystem Health at Cornell University are conducting a study to better understand how individuals in Northeast US responded to the smoke during the summer 2023 wildfire season.



What will you be asked to do? Fill out a 10minute survey comprised of multiple-choice

questions. We will ask you how you typically access information on air quality, if you have experienced periods of poor air quality due to smoke, how smoke affects you, and how your behaviors change during times of heavy smoke. Upon completion, you will have the opportunity to win one of five \$50.00 Amazon gift cards. Results from this research will contribute to greater shared knowledge with the goal of advancing efforts related to wildfire smoke mitigation and response in the United States.

Who is eligible? All individuals who are at least 18 years old or older and who spent most of their time in the Northeastern United States (including Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia, or West Virginia) during the summer of 2023 are invited to participate in this survey.

We would greatly appreciate your help in getting a wide variety of responses and encourage you to pass this survey along to anyone else (or any groups) who may be interested. If you have any questions or concerns, please reach out to Erandy Barrera at <u>eib34@cornell.edu</u>.

Complete Survey Here

National Survey of Transportation Providers



NADTC is excited to announce that we have launched a **National Survey of Transportation Providers**. The survey is intended to assist National Aging and Disability Transportation Center (NADTC) in targeting our information and technical assistance activities to the needs and challenges identified by providers and is directed to three types of providers: 1) Providers of transportation rides; 2) Providers that connect riders to direct transportation rides (e.g., Mobility Managers, Transportation Information and Referral Providers, Travel Trainers); and 3) Organizations that contract with direct transportation providers.

We ask that you also share the survey link with providers in your community, including transportation providers who contract with your agency. If you have any questions, please contact us at info@nadtc.org.

Visit our Website

Upcoming Clinics

Flu/COVID Vaccine Clinic

Arnot Ogden Medical Center (Petrie Conference Room)



Friday, November 3rd Saturday, November 4th 9 A.M to 1 P.M.

Offering Flu and COVID vaccinations to individuals 18 years of age and older. Pre-registration encouraged by calling (607) 737-4499. Please bring copy of your insurance card (front and back) with you.

Walk-ins are welcome!



Community Vaccine Clinic Ira Davenport Memorial Hospital (First Floor Conference Room)



Tuesday, November 7th 9 A.M to 1 P.M.

Flu and COVID vaccine clinic for ages 18+ years of age. Pre-registration with Health on Demand encouraged by calling (607) 737-4499. Please bring copy of your insurance card (front and back) with you.

Walk-ins are welcome!



Flu/COVID Vaccine Clinic

Elm Chevrolet (Sales Building) 223 East Church Street, Elmira, NY



Monday, November 13th 9 A.M to 1 P.M.

Offering Flu and COVID vaccinations to individuals 18 years of age and older. Pre-registration encouraged by calling (607) 737-4499. Please bring copy of your insurance card (front and back) with you.

Walk-ins are welcome!



What's Happening at NYCON?



Meeting Your Nonprofit Goals with Video

November 9th 12 pm - 1 pm

Your nonprofit has a lot of goals to accomplish; you're always looking to increase your brand awareness, meet your fundraising quotas, grow your volunteer base, promote your events, and more. Incorporate video into your nonprofit's marketing strategy to help you meet these goals. Learn about different types of videos and how to create them with *Videorequest, a NYCON Corporate Partner.*





BoardStrong Webinar: Join a Nonprofit Board

November 13th 12:00 pm - 1:30 pm

Are you interested in volunteering to serve on a nonprofit board but don't know where to start? Are you serving on a board and could use a refresher? Join us for the basics of serving on a nonprofit board and becoming a board member.

Register Here



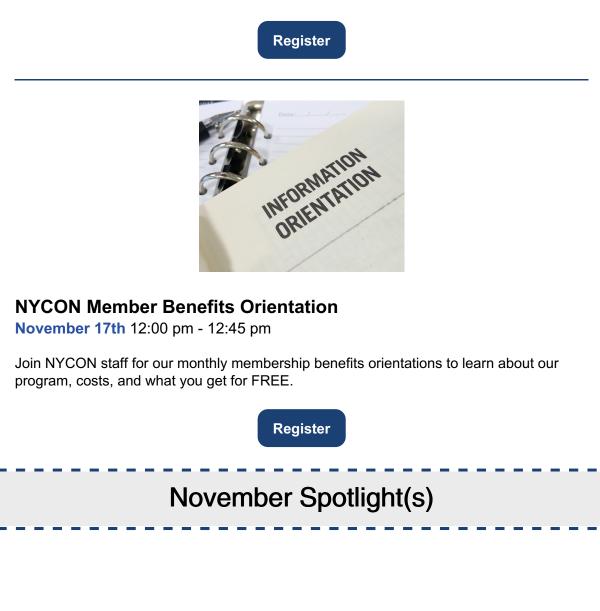
Planning For and Navigating Leadership Transitions

November 15th 12 pm - 1 pm

As a nonprofit board member or staff leader, leadership transitions, whether planned or unplanned, increase anxiety, time commitment and often budgetary challenges. Even with prior experience overseeing a leadership transition, most people don't know what options to consider and where to turn for help. The answers very much depend on how prepared the organization is for such a transition.

This workshop will highlight the issues that indicate readiness, the options to consider, and actions to take based on the level of readiness.

Interim Executive Solutions is a NYCON Gold Circle Corporate Partner.

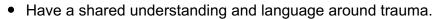




Professional Development

Trauma 101 11/14/23 1-4pm

A basic understanding of the impact of psychological trauma helps in a broad array of interventions and treatment. This training provides a foundational overview and awareness of trauma, resilience, and trauma-informed care for anyone in the community who interacts with individuals and families who may have experienced trauma, including case managers, human services professionals, educators/school administrators, the faith community, employers, government agencies, and others. After this session you will:



- Increase your awareness of trauma and its prevalence so you are better able to identify examples of traumatic events.
- Create a shift in thinking highlighting the prevalence of trauma histories among people that you serve.

Register Here

Women in Leadership

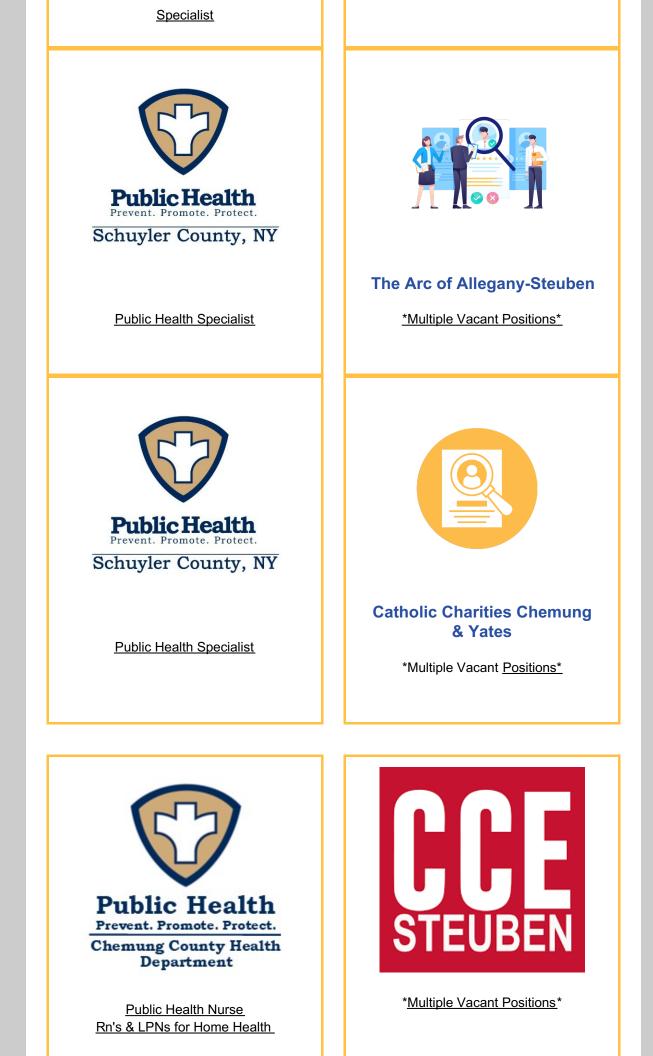
11/17 Friday, 10:00 am-11:00 am Hosted by: Dale Carnegie

Since 2015, the number of women in the C-suite has increased from 17 to 28 percent, and the representation of women at the VP and SVP levels has also improved significantly. These hard-earned gains are encouraging but fragile. McKinsey's 2023 Women in the Workplace report offers even more insight. What we do know is there is much more progress to be made. This workshop focuses on women in leadership, women aspiring for roles in leadership, and for others who want to advocate and enable women's successful leadership journey.



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.







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