



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

Welcome



Ella Johnson

Ella just joined the IHS Team. Please welcome our new Teen Mental Health First Aid Coordinator (tMHFA).

Ella will be piloting teen Mental Health First Aid in Steuben and Chemung County.

Ella has a degree in Early Childhood Education and started her career in 2012 teaching preschool in Corning. She then ventured out to explore the world on the open ocean with the Disney Cruise Line.

Her and her husband Randy have a daughter, Ruby Kay. Ella stated, "our community means a lot to us, and we're always ready to support our family, friends, and neighbors." As Helen Keller said, "Alone we can do so little, together we can do so much."

211 Helpline of the Finger Lakes Region

Holiday Season is Approaching! We need YOUR help!

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 or emailing 2-1-1 Helpline at 211helpline@ihsnet.org.

[Form](#)

Steuben Rural Health Network

**LIFE COMES
AT GIRLS
FAST.**

★ BECOME A ★



**HELP THEM
FIND THEIR
PACE.**

COACH

of the Southern Tier

Girls on the Run of the Southern Tier (GOTRST) is dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

COACH REGISTRATION NOW OPEN FOR THE 2024 SEASON THAT WILL BEGIN THE WEEK OF MARCH 4TH.

A GOTRST COACH....

- ☆ Believes in the inherent power within every girl
- ☆ Wants to leave a lasting impact on the lives of girls and the community
- ☆ Will receive training and support along the way
- ☆ Doesn't have to be a runner
- ☆ Has a desire to help all girls learn, grow and have fun
- ☆ Can be YOU!

"It's exciting to watch the girls grow into healthy and confident young women."



"I found myself positively changing right alongside the girls!"

LEARN MORE AT www.gotrst.org/coach

Learn More Here

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.

"In the Know"

Catholic Charities Steuben/Livingston

This month's newsletter discusses Red Ribbon Week, Bullying Prevention Month, Medication Take Back Day and Wear Red Day (Oct. 23rd).



[Newsletter](#)

"Ounce of Prevention"

Steuben Prevention Coalition



October's newsletter touches upon National Prescription Drug Take-Back Day being held on October 28th.

You can help keep your community and family members safe by making sure your medications are locked up and out of reach. Regular bathroom medicine cabinets aren't a safe place to store certain medications. Invest in a medication lockbox with a combination lock. Keys can be easily duplicated. Lockboxes are meant to keep medications out of the hands of children and to make someone interested in taking your medications for the wrong reasons think twice.

Dispose of medications by using disposal packets (DisposeRx or Detera) available at your pharmacy or by using a medication drop box at your local hospital emergency department, pharmacy, or police station.

Come to the National Drug Take Back Day at the Public Safety Building in Bath, NY on October 28, 2023, and turn in your unwanted or expired medications.

[Newsletter](#)

National Campaign to Raise Awareness About Domestic Violence

Catholic Charities of Chemung and Schuyler

Catholic Charities' First Step Victim Services Program is asking local businesses, organizations, churches, and individuals to help "Shine the Light" on domestic violence by displaying purple ribbons, yard signs, or purple lights wherever they can during the month of October.



Two local events will be held that will be an opportunity to remember

Ashley Kerrick, Schuyler County Director, explains the

campaign: “Purple ribbons have become a way to show support for victims of domestic violence throughout our communities. It also shows our dedication to ending domestic violence and that it will not be tolerated in our community.”

“Shine the Light on Domestic Violence” yard signs are available and can be picked up from the Catholic Charities offices during regular business hours (Monday – Friday from 8:30 am – 4:30 pm). Please call (607) 734-9784 to arrange pick up.

Throughout October, Catholic Charities and NNEDV will be sharing content on their social media channels to help raise awareness and educate the public on the complex dynamics of domestic violence. A Week of Action is planned for October 15-22, 2023, designed to engage advocates, partners, and the public in starting a national conversation.

those lost to domestic violence and educate ourselves on the reality in our community. Luminaries will be lit to honor those impacted by domestic violence.

- In Schuyler County, join us on October 19 in LaFayette Park in Watkins Glen from 6:00 pm - 7:00 pm.
- In Chemung County, the event will be held at Wisner Park in Elmira on October 26 from 6:00 pm - 7:00 pm.

Attendees are encouraged to wear purple and visit the Catholic Charities’ table to pick up information on services.

[Press Release](#)

October Events & Activities

PRC



JOIN
TODAY

The Nonnie Hood Parent Resource Center (PRC) is a community center for families with young children.

Visit PRC's center where drop-in play is free for the whole family.

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

[Events](#)

Homework Help

The Dormann Library

Thursdays, 3 pm-5 pm

Saturdays 11 am-1pm

Help in these subjects:

- Math
- English
- Science
- Writing
- Social Studies

For kids in elementary school through high school.





COVID Tests

Message from Steuben County Public Health

How do I order free COVID-19 tests from USPS?

When USPS starts taking orders for COVID-19 tests on September 25th, you'll only need to provide a few bits of information to get your kits. You won't be asked to provide any credit or debit card details, as both the tests and the shipping are free.

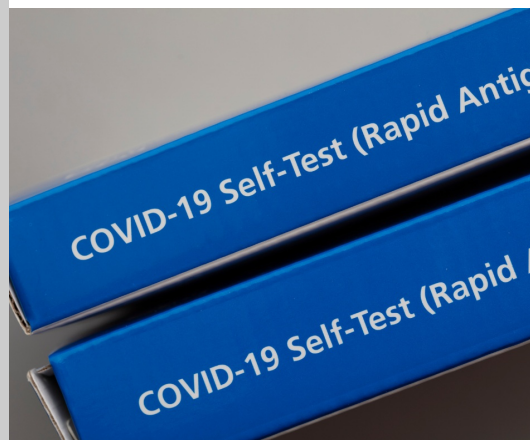
Here's how to get your kits once the order process begins.

1. Visit special.USPS.com/testkits.
2. Enter your contact details and shipping information.
3. Click **Check Out Now**.
4. Verify that your information is correct and select **Place My Order**.

All orders will be shipped via First Class Package Service.

People who can't access the website or who have trouble ordering online can call **800-232-0233** to order their free tests.

Before You Throw Out "EXPIRED" Tests: [Check to see if your COVID-19 tests' expiration dates have been extended.](#)



Helping the Community During the Holiday Season



Smile Through
the Storms

Annual
**TOY
DRIVE**

Donations are made in memory of our angels gone too soon.


Now accepting new toys for donation to our local hospital's pediatric units (Arnot and Guthrie) and the local homeless shelter.



Accepting Donation Through
DECEMBER 15, 2023

QUESTIONS

- OR TO SCHEDULE A DROP OFF OR PICKUP -
Contact Deb Maxwell (or Smile Through the Storms) on Facebook or call 607-241-6624.



Smile Through the Storms is a local support group for the survivors of suicide, ones who have lost a loved one to suicide.

DO YOU HAVE ANY
CHILDREN'S WINTER COATS
YOUR CHILDREN HAVE OUTGROWN?



PLEASE PLACE THEM IN THIS COLLECTION BOX
THEY WILL BE DISTRIBUTED FREE TO
STEUBEN COUNTY CHILDREN BY
STACY'S CHILDREN'S CLOTHES CLOSET LOCATED
AT 3 WEST WASHINGTON ST BATH

Community Survey Input Needed

Archived from September's Edition

2023 Adult Perception Survey

If you live in Steuben County, please take a few minutes to complete this survey. We provide this survey in order to gain a better understanding of the picture adults in Steuben County see as issues and concerns in our communities. This is



an anonymous survey, and we encourage you to share this link with any other contacts you may have in Steuben County.

[Click here](#) or scan QR Code.

Community Foundation

Announces Leadership Advancement Award

About

The Leadership Advancement Award provides experienced non-profit executive directors with sabbatical funding to avoid burnout and stagnation through rest, exploration, and personal reflection.

This opportunity encourages executive directors to step fully away from day-to-day work responsibilities. During the leader's absence, agency staff will maintain operations and work with board members, committees, volunteers, and each other to assure the returning executive is not overwhelmed with tasks upon their return.

Executive Directors (or equivalent position such as President or CEO) with at least ten years of paid service to their current organization are eligible to apply. The sabbatical period must be two to three months to be considered for funding.



[Learn More Here](#)

Training Opportunities



Stress-Free Leadership

Living Your Best Life While
Inspiring Others

Dates:

Corning, NY: October 11, 12,
November 15, 16



Expected Outcomes:

- ▶ Discover new strengths you didn't know you had
- ▶ Learn new strategies and tools to reduce stress
- ▶ How to resolve any conflict
- ▶ How to keep your balance when life gets tough
- ▶ Enhanced communication skills
- ▶ Powerful teamwork insights & secrets
- ▶ Inspiring those around you to top performance

Material based on presenters' book, *Heartfelt Leadership: Creating a Culture of Connection*

CALL Kate @
570-439-2004 **\$639**
to register

Registration is limited.

Co-led by business culture and personal development
experts Kate Sholonski and David Larson

www.triumphleadership.com

[Click here](#) to view testimonials.

Downloadable Flyer

Annual Health Conference

Health Justice and Equity

October 12th 8am-2:30pm • Belhurst Castle, Geneva

We hope you'll join us for this year's professional development conference as we'll be shedding light on health, justice and equity. We are excited to have partnered with experts in their field so we can gain a true understanding of food insecurities, substance use and paraphernalia, adverse childhood experiences, human trafficking, age appropriate sex-ed and other social determinants of healthcare. It's vital that we learn to recognize the signs of these threats so we can help those affected and promote healthier communities overall. Together, we will learn more and acquire the tools needed to create change. *Get ready to network and make a difference!*

Who should attend? Medical professionals, school staff, community-based organizations, public health professionals, and anyone else interested in a day of professional improvement.

Registration: Cost \$65. Due at time of registration. Registration closes September 30th. Non-refundable after October 1st. (Limited scholarships available.)

Register Here: <https://forms.office.com/r/hn5JRapAYs>

Questions: Contact Olivia Catalano at (315) 521-7787 or OliviaC@fichealth.org



#AHC23

For More Details Click Here

Visit our Website



PIK
PREVENTION IS KEY
INCORPORATED
Every Person, Every Day



The Invitation to Change: "A Science & Kindness" Approach

Bring powerful evidence-based insights and support tools to your work

WEDNESDAY OCTOBER 11TH • BREAKFAST & REGISTRATION 8:30AM
PRESENTATION 9:30AM TO 11:30AM

MORRIS COUNTY DEPARTMENT OF HUMAN SERVICES BUILDING
1 Medical Drive Morris Plains, NJ

We are inviting you to participate in a 2-hour training in the Invitation to Change Approach (ITC), a compassionate and science-backed model for substance use prevention and recovery related work. The ITC Approach is grounded in compassion, connection and the understanding that families and professionals can have a powerful helping impact on individuals struggling to change. Built on the three pillars of Understanding, Awareness and Action, the ITC first illuminates new perspectives on substance use and the process of change; next, it creates a foundation of self-awareness to engage with emotional pain. Finally, it emphasizes action, teaching communication and behavior skills to promote and support new behaviors.

Please click the Register Button below or use the QR to register.

[REGISTER](#)

FOR MORE INFORMATION CONTACT:
Barbara Kauffman at BKAUFFMAN@MCPIK.ORG



[Visit our Website](#)



**DON'T MISS OUT ON
OUR WEAP**

Event Calendar

Keep up with our upcoming training
programs, professional development
opportunities & workshops!



[HTTPS://WWW.CORNING-CC.EDU/COMMUNITY-BUSINESS/UPCOMING-CLASSES.PHP](https://www.corning-cc.edu/community-business/upcoming-classes.php)

Event Calendar

Upcoming Member Annual Meetings

Cornell Cooperative Extension | Steuben County
20 EAST MORRIS ST, BATH, NY 14810

Join Us!

**2023 ANNUAL
DINNER MEETING**

Carey's Brew House
58 Bridge Street
Corning, NY 14830

November 3, 2023
5PM - 9PM

\$40 PER PERSON

5:00-5:30PM REGISTRATION & HORS'DOERVES
5:30-6:15 PM DINNER
6:15-6:45 PM ANNUAL MEETING & AWARDS
6:45-7:30PM DESSERT AUCTION
7:30-9:00PM TRIVIA

RSVP By October 28th
Questions?
Call or email Melissa at
607-664-2577
mle75@cornell.edu

Register online @
<http://bit.ly/3t1EodT>



Cornell Cooperative Extension of Steuben County provides equal program and employment opportunities. Please contact the CCE Steuben Office at least a week in advance if you have any special needs.

[Register Here](#)

October Spotlight(s)



Forum on Food Insecurity in New York State



Join us virtually

October 11th, 2023



Food insecurity and hunger impact millions of New Yorkers. According to Feeding America, 1 in 9 adults and 1 in 6 children lack reliable access to healthy food. This is why we are hosting a panel discussion on opportunities for action in the 2024 legislative session.

Panelists:

Hon. Jessica González-Rojas

Hon. Rachel May

Hon. Crystal D. Peoples-Stokes

Hon. Catalina Cruz

The American Heart Association and Field & Fork Network will host a Food Insecurity Webinar, Wednesday, October 11th from 2-3 PM. If interested, you can register by clicking below.

[Register Here](#)

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.



NYSPHA

[Program Coordinator](#)

[Public Health Event Planning & Communication Intern](#)



Catholic Charities Chemung & Yates

Multiple Vacant Positions

foodbank
of the Southern Tier

Multiple Vacant Positions



Planned Parenthood of Greater New York

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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