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THE INSTITUTE FOR HUMAN SERVICES, INC.

VIDER  
NONPROFIT NEWS

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

## Professional Development Opportunities

*Hosted by The Institute for Human Services, Inc & Steuben Rural Health Network*

### Getting Comfortable with DEI: Where do I start?

**Tuesday, October 10<sup>th</sup>, 2023**  
2:00 pm-3:30 pm EST

Getting comfortable discussing diversity, equity, and inclusion takes time and personal investment. What's the best way to get started? This interactive session will introduce participants to the ARC of Racial Justice, a model developed by author, Jemar Tisby. ARC stands for Awareness, Relationships and Commitment. During the session, participants will discuss ways to increase awareness and build new relationships while also developing their own personal plan and commitment to dismantling racism.

*(Level I: Beginners)*

[Register Today](#)

### Developing Strategic Plans Through a DEI Framework

**Wednesday, October 11<sup>th</sup>, 2023**  
2:00 pm-3:30 pm EST

Participants will be introduced to a comprehensive framework that identifies organizational focus areas and internal and external players, along with the stages of development necessary to work through to achieve transformed and equitable environments.

*(Level II: Advanced Level)*

[Register Today](#)

**211 Helpline of the Finger Lakes Region**

# National Opioid Awareness Day

**September 21** was established as National Opioid Awareness Day to help spread awareness of America's opioid crisis and bring focus to overdose prevention strategies.

It's also a day for remembering the almost 1 million Americans who have died from an opioid overdose since 1999 and honoring the grief felt by their families and friends.

National Opioid Awareness Day also aims to help remove the stigma associated with opioid abuse, which can hinder response to the opioid crisis.

**Living With Substance Use Disorders?**  
**Know Someone Living with a Substance Use Disorder?**  
Your Connection to Community Resources-Get Connected. Get Answers.

**2-1-1**  
Finger Lakes Region, New York

**Dial 2-1-1**  
Get Connected. Get Answers.



## Steuben County Mobility Management

**WORLD CAR FREE DAY**  
SEPTEMBER 22, 2023

CAR POOL PARKING ONLY  
PASSENGERS PER VEHICLE

### Celebrate Sustainable Mobility Throughout September

Celebrate World Car Free Day on **September 22nd**.

It is a worldwide initiative to encourage motorists to take a break from driving and explore alternatives. So if you want to be more environmentally friendly, take part in World Car-Free Day.

**These are the reasons We Celebrate World Car Free Day:**

### **1. It's a good time for children**

Bikes are great for getting children out of the house and into the world. They can spend time with other kids on World Car-Free Day.

### **2. It helps reduce pollution**

Using public transport and leaving your car at home can cut gas emissions. Fewer cars on the road mean less pollution and traffic jams, making commuting an easy and convenient experience.

### **3. It raises awareness**

World Car-Free Day helps raise awareness on how people can live without their cars. The world has reached a point where we need to start thinking about reducing our reliance on fossil fuels and moving towards renewable energy sources.

### **And here are some activities that can happen on World Car Free Day:**

#### **1. Leave your car parked all day**

The best way to observe World Car-Free Day is to keep your car parked in your drive all day. Enjoy the thrill of being able to walk around without having to deal with car fumes.

#### **2. Spread the word**

Spread the word about World Car-Free Day online so that other people will know about it too. Use your social media handles to create a buzz around this event.

#### **3. Ride a bike**

Celebrate World Car-Free Day by taking your family on a bike ride or by encouraging the community to participate.

[Learn More Here](#)

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## Steuben Rural Health Network

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## Girls on the Run of the Southern Tier

*42nd Wineglass Marathon*



**Calling for volunteers**

**A SMALL AMOUNT OF YOUR  
TIME CAN MEAN THE WORLD**



The Wineglass Marathon is a great sponsor, supporter, and friend to Girls on the Run of the Southern Tier. It's an honor that runners can donate to us when registering for the marathon. We are so honored and thankful to be a part of the "Wineglass Gives Back" program and are ready to show your gratitude and support.

**SEEKING VOLUNTEERS!**



Mile 25.5, located near the park

## Living Healthy Southern Tier



There are open seats for in-person **Chronic Disease Self-Management Program** Leader training!

Master Trainers Mary Maruscak from Rural Health Network of South Central NY and Krystle Blencowe from the Institute for Human Services/Steuben Rural Health Network will be your trainers.

**Dates:** September 25th and 26th; October 3rd and 4th

**Times:** 8:30am - 4:00pm

**Location:** Chemung County Nursing Facility in Elmira

**Cost:** There is no charge for the training. We will provide the necessary materials. If your trainees require lodging, mileage reimbursement, etc. you will be responsible for any costs and for making those arrangements.

Because this training is supported by federal funding, it does not allow us to purchase meals. While we will provide water, coffee, and light refreshments, trainees should be prepared to bring or purchase their own lunch. Adequate break time will be provided.

For more information or to register your trainees for CDSMP Leader training, please contact: Laurie Mault, SRHN Coordinator by [clicking here](#).

[Downloadable Training Flyer](#)

## Girls on the Run of the Southern Tier

*Site Recruitment*

Girls on the Run provides a place to grow, connect and shine! By saying "Yes!" to hosting a Girls on the Run team, you're fostering a safe place to build confidence and healthy habits for life. Find more information on bringing Girls on the Run to your school, neighborhood or community by clicking the button below.



[Learn How to Start a Site](#)

## 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](mailto: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.

### Twilight at Tanglewood

*Tanglewood Nature Center and Museum*

Twilight at Tanglewood: an evening of birds, bites, and beverages!

Join Tanglewood for a fundraiser on **Saturday September 16th!** Sample local beers and wines, meet our avian ambassadors and learn about their stories, enjoy raffles and a liquor pull. Live music by the Sweats.

Join Tanglewood for a fun-filled event under the stars! Tickets are \$45 per person prior to 9/1/22 and \$50 after. This event is 21+.

Tickets include: one raffle ticket, tastings, music, games, animal encounters and desserts. Additional tickets will be for sale for the raffle and liquor pull.

Proceeds from this event support environmental education and conservation of 300 acres of wild habitat. Thank you for your support!



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

[Learn More](#)

**FLX Trainings are Posted**





Archived from August's Edition

Sign up for trainings to boost your campaign and ignite your Giving Day Success!

Webinars and training videos are a great way to learn more about FLXGives campaign strategies, and put your organization on the path to success!

Join for a live webinar with your FLXGives team, or check out the pre-recorded training videos designed to help you learn more about specific topics of all levels. No matter the size and shape of your organization, we've got the tools to help you succeed!

Save the date for FLX Gives: November 16th and November 17th.

[Register Now!](#)

## Featured Events

*Nonnie Hood Parent Resource*

Access the September's event calendar.

[September's Calendar](#)



## Board Development Session

*Corning Foundation*



Dear Non-Profit Organizations:

The Corning Incorporated Foundation and The Triangle Fund are thrilled to partner with BoardSource for a FREE Purpose Driven Board session for executive directors and current board members on Tuesday, October 3 from 8:30 – 11:30 am.

BoardSource inspires and supports non-profit boards and executives to lead justly and with purpose. Andy Davis, Associate Vice President of Member Education and Outreach, will present key mindsets for a strong non-profit board as well as building a purpose driven board. This interactive session is great for executive directors and board members who want to be more effective contributors and help take the board to the next level.

To learn more about the session and registration information, please refer to the attached flyer.

[Learn More](#)

**Farm Trail Day is September 23, 2023**

## Come Explore Steuben County Farms

Cornell Cooperative Extension of Steuben County invites community members and families to visit 11 Steuben Farms on September 23, 2023 for a look at agriculture in our county. All farms on the trail will open at 10am. There will be educational activities, wagon rides, demonstrations, crafts, animals to pet, products to purchase and so much more!



[Learn More](#)

## Emergency Alert, Microsoft Alert Scam

*Databranch*

Message from Databranch August's Tech Talk Newsletter:

Databranch has been notified about a new Microsoft support scam that is generated after users click on a false Amazon ad.



Clicking on this sponsored Google ad will redirect users to a Microsoft technical support scam. This scam will claim to be Windows Defender, stating that your device has been infected with malware.

### Why is this Noteworthy:

Google search engine is widely used by consumers worldwide. Users often click the top results, which are 'Sponsored' results. Currently, those who are searching for Amazon are at risk of being a victim by scammers.

A similar scam was seen last year through YouTube ads where it displays a website's legitimate URL but leads to the scam website.

This presents a major security concern as scammers who gain access to a computer can not only install malware, but can also steal personal and financial information.

### Recommendations:

- Avoid clicking on Amazon sponsored Google ads
- Visit website by their Fully Qualified Domain Name (FQDN)

Please feel free to reach out to [support@databranch.com](mailto:support@databranch.com) with any questions.





If you are not a **managed client** and would like to discuss how Databranch can help to proactively manage, monitor, and patch your IT environment, please reach out to Databranch at 716-373-4467 option 6 or [info@databranch.com](mailto:info@databranch.com).

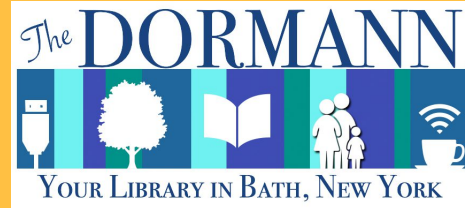
[Visit Databranch's Website](#)

## September's Events & Calendars

*The Dormann Library*

The Dormann is jumping back into fall and resuming our usual programming. Get your craft on at the Dormann! Teens and adults can join us for hollowed out books on September 14.

Click below to view more fun events and activities.



[View More Events Here](#)



*Archived from August's Edition*

## 2023 Harvest Party & Appreciation Event

*Food Bank of the Southern Tier*

### Event Timing

Thursday, October 12, 2023 11:00 AM-1:00 PM

### Event Address

Tioga Downs Casino Resort (2384 W River Rd, Nichols, NY 13812)

Registration Limits: **Maximum 3 registrants per agency**

Registration closes on Sept 29th OR when full. Free registration.

[Register Here](#)

## We are Dwyer Veterans One-Stop Center

### Who are we?

The PFC Joseph P. Dwyer Peer Support Program administered by the Veterans One-Stop Center focuses on building community for Veterans and preventing isolation.

### What do we do?

We organize free Veteran and family outings and gatherings, and we are now serving Steuben County! We are also the gateway to all the services offered by Veterans One-Stop Center.

Who to contact: Nicole Dabby is the Peer Support Specialist for Steuben County. Email [ndabby@vocwny.org](mailto:ndabby@vocwny.org) or call (716) 313-2932

[Downloadable Flyer](#)



*Archived from August's Edition*



**NEW LOCATION**

## Location Change

*Corning Area Chamber of Commerce*

The Chamber is excited to announce that they will be moving into a street-facing location on Market Street!

The Chamber will be visible and accessible to community members, tourists, and local businesses. The new space is strategically located on the ground floor near Centerway Square at 11 West Market Street, Corning.

[Visit the Chamber's Website](#)

## Free Narcan Training

*Livingston County Department of Health*

Livingston County Department of Health is offering a free Narcan training at **10AM on Thursday September 21, 2023!**

This is part of a statewide effort to offer a training in every county on **National Opioid and Substance Awareness Day**.



[Downloadable Flyer](#)



## New Officers & Directors

*United Way of the Southern Tier*

United Way of the Southern Tier's Board of Directors has approved new officers and directors to guide the nonprofit organization as it supports programs for children, families, and senior citizens in Chemung and Steuben counties.

Dave Walker, Senior Vice President at First Heritage Federal Credit Union, becomes board chair following Martin Curran, Executive Vice President and Innovation Officer at Corning Incorporated, who completed his board

**United  
Way**



chair term. Curran will continue to serve as immediate past chair of United Way of the Southern Tier and on the United Way Executive Committee.

Nate Pizzini, General Manager at Kennedy Valve, becomes board chair elect.

Tymon Daniels, Vice President of Tax at Corning Incorporated, joins the board as treasurer and finance committee chair. He succeeds Mike Burns, Director of Enterprise Risk at Corning Incorporated.

Also joining the board are Colin Fortier of Hale Roofing Inc. and Kim Kephart of United Steelworkers Local 1000.

United Way of the Southern Tier's board is comprised of community members who volunteer their time and, collectively and individually, are entrusted with the organization's mission.

[View Full Press Release](#)

## "Ounce of Prevention"

*Steuben Prevention Coalition*

Check out Steuben Prevention's Coalition September's newsletter by clicking below.

[Newsletter](#)

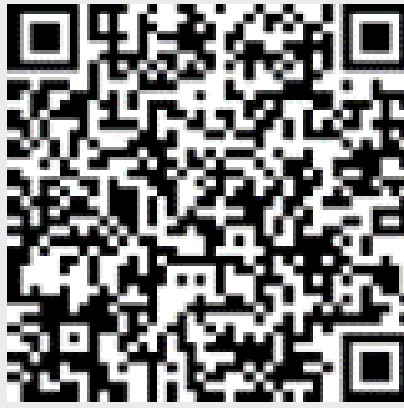


## Smile Through the Storm

Smile Through the Storms is a support group for the survivors of suicide, ones who have lost a loved one to suicide. We come together to introduce our angels, share, comfort, grieve, and even smile.

[Learn More Here](#)

**Community Survey Input Needed**



## 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.

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## What's Happening at NYCON?

*Archived from August 11th Edition*

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### 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](mailto:membership@nycon.org).

[Register](#)

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### Maximizing Employee Retention Tax Refunds: Don't Leave Money on the Table

*September 19th 12:00 pm - 12:30 pm*

The IRS offers refunds of up to \$26,000 per employee for eligible nonprofits like yours! If your operations were partially or fully suspended due to government orders or if you experienced a significant revenue decrease during the COVID-19 pandemic, you could be leaving money on the table.

[Register](#)

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### The Nonprofit Board's Role in Benefits Planning

*September 19th 12:00 pm - 1:00 pm*

Determining employee benefits is not an easy task. The role they play in enticing new hires and current employee satisfaction is critical to the organization's ability to



sustain itself and fulfill its mission.

Moreover, employee benefits are an important part of the character of our organizations – are we an organization that offers scant benefits so we can maximize the dollars invested in our programs? Do we offer generous benefits in some areas, but save in others? What does that say about how we accomplish our mission?

This BoardStrong training is sponsored by Council Services Plus.

[Register](#)

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## Funding Opportunity

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# 2023 Health Equity Innovation Awards



At Excellus BlueCross BlueShield the health of our communities is at the center of everything we do. Together we can confront the crisis in health disparities, embrace and address long-standing gaps in care, and work to make care more accessible and affordable. When we address inequities, focus on improving mental health and maternal health, and expand access to care communities thrive, and we help people live healthier lives. **Everybody benefits.**

## 2023 Health Equity Innovation Awards

We are excited to announce the 2023 Health Equity Innovation Awards and the focus on addressing health disparities and improving health equity.

- Requests for funding can be up to **\$30,000** in each health plan region to qualified community-based organizations through a competitive application process available online at [ExcellusBCBS.com/Community](https://www.ExcellusBCBS.com/Community).
- Awards will go to community partners that demonstrate a commitment to reduce health disparities and improve health equity among underserved people with health disadvantages due to race, ethnicity, disability, sex, gender, and/or rural disparities, including, but not limited to the areas of mental health and maternal health.
  - Improving the community's physical health and mental health
  - Reducing social disparities in health care
  - Ensuring access to health care

A nonprofit independent licensee of the Blue Cross Blue Shield Association  
18072-23CIP

Excellus  **Everybody  
Benefits**

[Learn More Here](#)

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## Training Opportunities

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## 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](http://www.triumphleadership.com)

[Click here](#) to view testimonials.

Downloadable Flyer

## Professional Training Institute

*Family Service Society, Inc.*

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

[Register](#)

### **WORKING WITH CLIENTS WHO DISSOCIATE**

Friday, October 13, 2023

9:00am-12:00pm EST

\$65/person (includes coffee bar and pastries) (includes CE)

In-person half-day training (Family Service Society, Inc. Training Room, Corning, NY)

Presenter: Renae Carapella-Johnson, LMHC, NCC

[Register](#)

### **HELPING YOUR CLIENTS RECLAIM THEIR LIFE FROM ANXIETY AND PANIC**

Wednesday, October 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: Jodi Aman, DSW, LCSW-R

[Register](#)

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## **September Spotlight(s)**

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Sponsored by:



# COMMUNITY HEALTH FAIR



**FREE  
PUBLIC  
EVENT**

**Appleridge Senior Living**

168 Miller St. Horseheads, NY

**Friday, October 27th**

**1:00 PM - 4:00 PM**

Featuring local Health & Senior agencies that serve the aging and disabled population in Chemung and surrounding counties.

**Vendors | Refreshments | Prizes | Raffles**

**LEARN MORE**

Contact Jeremy Midgley at 315-551-1352 or [jmidgley@477home.org](mailto:jmidgley@477home.org)

# Stand Down

## For all military Veterans

### *Event details:*

Thursday, September 21st, 2023

11:00 a.m. - 2:00 p.m.

Dunn Field

546 Luce St.

Elmira, NY 14904



**Military surplus items available while supplies last.**

Veterans wishing to participate do not need to RSVP.  
Just show up with your VA ID or DD214 to show proof of Veteran status.

For further information contact the Healthcare for Homeless Veterans Program at: (607) 664-4372

[www.facebook.com/FingerLakesHCS](http://www.facebook.com/FingerLakesHCS)



Thursday  
September 21st, 2023



11:00 a.m. - 2:00 p.m.



Dunn Field  
546 Luce St.  
Elmira, NY 14904



**VA** U.S. Department  
of Veterans Affairs

Please note: revised information and flyer.

[Downloadable Flyer](#)



BETHANY  
VILLAGE



PRESENTS



END OF SUMMER  
CONCERT **2023**

FEATURING:



**BACKTALK**



Wednesday,  
September 13th  
5:30-7:30pm

GAZEBO BEHIND COLONIAL HOUSE  
BRING YOUR LAWN CHAIRS AND DANCING SHOES!

Free and open to the public

3005 Watkins Road, Horseheads

[www.bethany-village.org](http://www.bethany-village.org)

607.739.8711



Downloadable Flyer

# 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](mailto:provider@ihsnet.org) for it to be included in the next edition.



**Catholic Charities Chemung &  
Schuyler**

\*Multiple Vacant Positions\*



**CASA-Trinity**

\*Multiple Vacant Positions\*



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

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