



CIDS NEWSLETTER 2023
 Phone: 607.733.6533 Fax: 607.733.0939
info@cidsfamilies.com www.cidsfamilies.com

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What's New?



- **Breastfeeding classes – Arnot will start hosting monthly in-person prenatal breastfeeding classes again on 10/18 6p-8p in Petrie East.**

Saturday, October 07, 2023, 10:00am-4:00pm at the Chemung County Fairgrounds 2023 Fall Festival and Indie Dyer's Spectrum Fiber Festival

Spend the day with other craft and fiber arts enthusiasts shopping from 60+ vendors. Fiber, yarn, soap, craft goods, lotions, jewelry, food vendors and more! 4-H will be kicking off their new year with a membership drive and program displays. This event is free and open to the public. Space is available to sit back, knit or spin and enjoy the gorgeous upstate New York fall weather with friends. Additional activities, demonstrations will be provided.



Sunday, OCT 15 AT 10 AM Corning Reptiles and More at the Arnot Mall

Come out and join us for a great day with the family! With 35 tables of vendors there is no telling what you might encounter!!! Thousands of exotic reptiles and more to be displayed and sold. The show runs from 10am-4pm cash admission of \$5 Children 10 and under \$1!!



Fri, Sat, Sun October 20th, 21st, 22nd, 27th, 28th, and 29th

Spooky Swamp Golf at Eldridge Park

Please join in for some mini golf.



Saturday 10/14 from 10 am – 4 pm

13th Annual Oktoberfest in Elmira Heights

Food, Crafts, Vendors, Mum Sale. Come visit Oktoberfest on E 14th St in Elmira Heights. There will be music, free kids' games and activities, raffles, costume contests.





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Saturday, OCT 7 AT 12 PM
2023 Montour Falls Harvest Festival - Main St, Montour Falls

Join us in celebrating the 16th annual Falls Harvest Festival located in beautiful and historic Montour Falls, New York. This exciting event will be held on Saturday, October 7, 2023, from 12:00-7:30 pm on Main Street in Montour Falls. Guests will experience a fun-filled day featuring an incredible line-up of live entertainment and a variety of unique local craft and food vendors.



Friday, OCT 13 AT 5 PM
HFRC 15th Birthday Celebration



Help us celebrate 15 years of HFRC! This family-friendly event will include an online auction, an inflatable obstacle course, kid-friendly activities, food, drinks, and dessert! Tickets can be purchased here: <https://www.eventbrite.com/.../hfrcs-15th-birthday...>
 All proceeds assist HFRC in providing free programs in the community!



Monday, OCT 9 AT 5 PM
Elmira Heights Fire Department Open House



It's Fire Prevention Week!! The Elmira Heights Fire Department is holding our Annual Open House, and we would love to see you and your family at our Station! A lot of organizations will be joining us with activities for the whole family. Including fire truck rides, 50/50 raffle tickets, many hands on activities and a chance to go in our bucket truck.



Saturday, OCT 28 AT 10 AM
TRICK OR TREATING at Swarthout's Bait & Tackle Shop

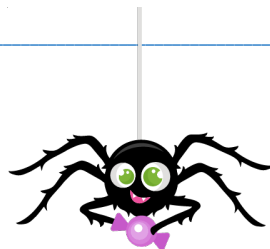


Join us on October 28, 2023 for Trick or Treating at Swarthout's Bait & Tackle Shop. Kiddos are encouraged to come in costume. Trick or Treating, Hot Cocoa, Smores, and more.

Saturday, OCT 28 AT 6 PM
Town of Erin Halloween Party at the Erin Fire Station



Free open to all ages. Costume Judging for all ages. Crafts. Refreshments (donations to snack table welcome)





Saturday, OCT 7 AT 10 AM
The Pumpkin Festival at Canton Firemen's Field

The 20th annual Pumpkin Festival will be held Saturday October 7th, 10:00 - 5:00 and Sunday October 8th, 10:00 - 4:00. The festival is held at the Fireman's Fairgrounds at 940 Springbrook Dr, Canton PA. The festival host 125 plus vendors exhibiting wooden/handmade crafts, upcycled/wood furniture, home decor, ceramic, handmade soaps/beauty items, candles, jewelries, sewn/crocheted items, tumblers, & fashion accessories -- wine/hard cider tasting -- bakery items -- pop shop -- bubble drinks -- mouthwatering foods -- live daily entertainment. Admission is a donation at the gate that goes back into the community through various outreach projects. Parking is free. Come out and enjoy a beautiful fall weekend.

Saturday, OCT 28 AT 5 PM
Halloween Funbarn



The RugRats 4h club is hosting a fun family event. There are lots of games and some yummy treats available. A fun kid friendly spook side. Costumes are encouraged. There will be a contest. Cost is \$2 or 2 non-Perishable items per person. Food will go to local food banks and a good portion of the money will go to a non profit of the kids choosing. Come out have fun and help 4h kids raise for those in need.



Saturday, OCT 14 AT 5 PM
360 Pronoia Fall Market

You won't want to miss our Fall evening Market!
 It's sure to be a fun evening of entertainment with the chance to do some shopping and network with local small businesses!

Saturday, OCT 28 12pm-2pm
The Pumpkin Express Train behind The Diner

Celebrate Harvest with the kids behind The Diner on Old Ithaca Road with music, face painting, miniature train rides and lots of vendors!

Saturday, October 21st at 7PM
Elmira River Sharks first home game



The team's First Arena debut will take place Friday, October 13th, when the Binghamton Black Bears come to town.



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Thursday, October 5, 6:15pm-8pm

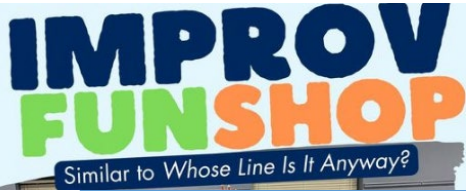
Steele-Improve FUNshop (Adults and children 16+) at the Chemung County Library

FREE Improv FUNshops. Join Us. It'll be fun! Similar to TV's Whose Line is It Anyway. Intended for adults (ages 16+ welcome).

No experience necessary.

Thursdays: 10/5, 11/2, 12/7, 6:15 PM - 8:00 PM

Attend one, or all three!



Phantom PhrightNights & Corn Maze

FRIDAYS & SATURDAYS, SEPTEMBER 30 — OCTOBER 28, 2023

The region's longest running Haunted Events venue! Three Phrightful Attractions, including a haunted house, Zombie Paintball & haunted woods ride. Daytime activities include a deluxe corn maze, and more!

Bradley Farms, Elmira, NY

[\(607\) 732-3231](tel:6077323231)

Details at Phantom Phrightnights at Bradley Farms Facebook Page



CORN MAZE & PUMPKIN PATCH

OPEN DAILY DURING SEPTEMBER & OCTOBER 9:00 a.m. - 7:00 p.m. 2023

A professionally designed maze honoring Elmira's soaring legacy and the 50th Anniversary of the National Soaring Museum! Fun for families and kids of all ages! You'll also find pumpkins, apples, cider and freshly made donuts!

Bradley Farms, Elmira, NY

[\(607\) 732-9047](tel:6077329047)

HAUNTED HAPPENINGS

SATURDAY, OCTOBER 21, 11:00 a.m.-4:00 p.m. 2023

A family-friendly fall celebration- both spooky and not, with pumpkins, hayrides, face painting, slime-making, rocket building, spooky animals, scary stories & more! No admission fee & many free activities.

Tanglewood Nature Center, Elmira, NY

[\(607\) 732-6060](tel:6077326060)

www.tanglewoodnaturecenter.com



Get your skates ready!!
 Joycrest will open for the season on Sunday, Oct 1st at 1pm. Hours will be Sat & Sun 1-3:30pm. Let's get this party started!!





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SMITHOME FARMS PUMPKIN PATCH

SATURDAYS & SUNDAYS in OCTOBER, 11:00 a.m. -5:00 p.m. 2023

Pumpkin patch, corn maze, hayrides & more on a 6th generation farm!

Smithome Farms, Big Flats, NY

(607) 562-3878

www.smithomefarms.com



WICKED REALM FILM FESTIVAL 2

FRIDAYS OCTOBER, 7:00 p.m. 2023

Get ready for an otherworldly experience at the Wicked Realm Film Festival 2, haunting The L every Friday in October! Brace yourself for a spine-tingling lineup of horror, sci-fi, and spooky films from around the world.

Explore eerie vendors and immerse yourself in the macabre. Don't miss this nightmarish extravaganza!

The L Event Center, Horseheads, NY

<https://allevents.in/erin/wicked-realm-film-festival-2/200025107302730>

Steele Teen Halloween Dance

SATURDAY, OCTOBER 27, 7:00 p.m.-9:0 p.m. 2023

Make tails, body parts, wings and more with sculpted foam, with fashion designer Shannah Warwick!

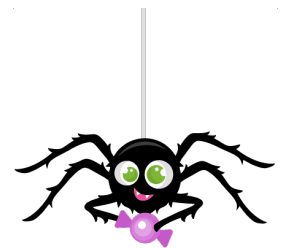
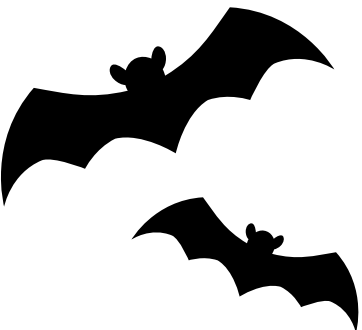
Steele Memorial Library, Elmira, NY

TOWN OF SOUTHPORT HALLOWEEN TRUNK OR TREAT FESTIVAL

SATURDAY, OCTOBER 29, 2022 Noon-2:00 p.m.

Free games, cider, donuts, prizes & treats. Trunk or Treat for kids 12 and under!

Chapel Park, Pine City, NY





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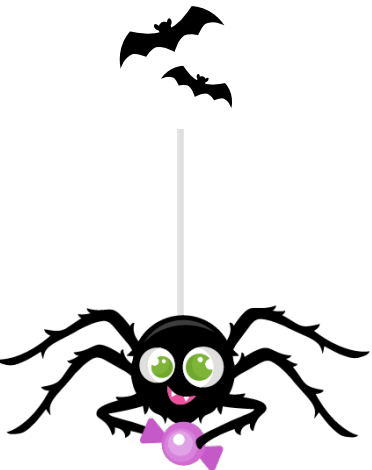


🎃👻 CALLING ALL LOCAL BUSINESSES 🎃👻

General Public, Non-profits, Municipalities, Churches, Clubs, Groups, Farmers, anyone... YOU CAN SET UP A DISPLAY and be a part of the Twin Tiers' LARGEST Trunk or Treat event of the year!

Prizes will be awarded for these display categories: Scariest, Funniest, Most Creative. The more Trunk Displays we have registered, the more each category wins!

TRUNK REGISTRATION DEADLINE IS MIDNIGHT, WEDNESDAY, OCTOBER 18TH.





Bradley's Country Creamery October events

October 7 - "Tractor Treat" 11-3pm.

Join us for a farmer's version of Trunk or Treat. Children can make their way around the farm getting candy from various stations set up at tractors and throughout the corn maze for free. We will be offering a kid friendly Halloween Hayride (\$5 per body, 2 and under free) around the farm featuring different scenes set up with fun skeletons. We will have free face painting, corn box set up, fake cow for "milking", food available for purchase, and much more! Costumes are encouraged!

October 14th and 21st - Haunted Corn Maze 7-9:30pm

Join us as we partner with the Athens Area FFA in a fundraising event. Take a super creepy trek in the dark through our 2-acre corn maze! We will have food and snacks available. Cost to go through the haunted maze is \$6 per person, with half the proceeds going to the Athens FFA. Guaranteed to scare the "cow pies" out of you!

October 15th and 22nd - Halloween Hayride 11-3pm

Join us for a kid friendly Halloween themed hayride around the farm (\$5 per body, 2 and under free). This 25-minute ride will take you through the back fields of the farm where you'll see all sorts of skeletons doing funny things! We will have food and snacks available for purchase. Our corn maze will be open as well (free), and we will have various free fun activities for kids to participate in.



Tagsgluania

OCT
8th



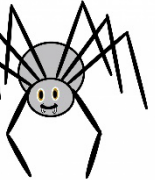
Spooky Face Painting •
 • Creepy Crafts •
 Costume Contest
 Daylight Walk Through of
 • Psycho Swamp •
 • Jerkus Circus & Motel 666 •

Free Kids 0-3 | \$12.00 Kids 4-12 | \$15.00 Teen/Adults
 1:00pm-5:00pm



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HFRC HALLOWEEN SPOOKTACULAR!
AT THE ARNOT MALL

SAT 28 OCT
 11am-1pm
 In the JC Penney Corridor

HFRC invites families with **preschool aged children** to our Halloween Spooktacular in the JC Penney Corridor.

This event includes crafts, games, photo spots, a scavenger hunt, and a prize at HFRC! Everyone is encouraged to wear their costumes!

No registration is required and all activities are first come, first served.



Halloween 2023
PARADE INFO
 Saturday, October 28th
 10:00am
 Broad St. - Waverly, NY

TRICK OR TREAT
 Tuesday, October 31st
 6:00 - 7:30pm
 Waverly, NY

CALMUNITY farms

Fall Harvest Festival

SAT. OCT. 7, 12-4PM
 ERNIE DAVIS PARK
 LAKE & CLINTON ST

FREE & OPEN TO THE PUBLIC

ALL AGES WELCOME

INFLATABLES
FRESH, LOCAL FOOD
PHOTO PORTRAITS
FACE & PUMPKIN PAINTING
FEATURING DJ @PARKSMUSIC

WWW.CALMUNITYFARMS.COOP
 SCAN CODE TO LEARN MORE
 @CALMUNITYFARMS



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SWARTHOUT'S BAIT & TACKLE SHOP
 133 E. HUDSON STREET, ELMIRA, NY 14904

10am - 4pm

OCTOBER FEST

October 14, 2023

ENJOY THE FAMILY-FRIENDLY ACTIVITIES

VENDOR SPACE AVAILABLE
 \$25.00 10X10 OUTDOOR SPACE

LIVE MUSIC - FOOD TRUCK - ARTS & CRAFTS - VENDORS - CHAINSAW ARTIST & MUCH MORE

FOR MORE INFORMATION & VENDOR SPACE
 Call: 607-734-9233 Email: Swarthoutsbait@gmail.com

Fall Craft Fair

10am - 2pm

OCTOBER 28, 2023

VENDORS WANTED

Indoor 10x10 space \$50.00 (must bring own table)

Outside 20x20 space \$50.00 (must bring own table / tent)

Register no later than October 13, 2023

ERNIE DAVIS COMMUNITY CENTER
 350 E. FIFTH ST, ELMIRA, NY
 607-734-6174 EXT. 228

Economic Opportunity Program, Inc.



Tagsylvania

THE FEAR OF THE SOUTHERN TIER

JERKUS CIRCUS

Spirit Realm

MOTEL 666

ORPHAN HOUSE

PSYCHO SWAMP

+ a Mind-Bending Vortex, Fall Food Hut, Haunted Carnival Games, Kids' Daylight Frights and more!

OPENING NIGHT SEP 29th

OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27	28	29	30
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	👁️				

REGULARLY SCHEDULED NIGHT: OPEN 7PM-11PM

14 YEARS OF FEAR

tagsylvania.com
 800-650-TAGS

@tagsylvanias @tagsylvanias @tagsylvanias @tagsylvanias



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**DIAPER AND MENSTRUAL
 PRODUCT GIVEAWAY**



*Sponsored by the Junior League of
 Greater Elmira Corning*

**October 26, 2023
 4pm- 7pm**

Neighborhood Transformation Center
 314 W Church Street Elmira NY
**NO PRE REGISTRAION OR INCOME
 VERIFICATION REQUIRED**



The Housing Justice Team at The Park Church present:

TENANTS - KNOW YOUR RIGHTS!

A free informational forum

Sunday, October 8th, 2023 @ 6 PM

Beecher Hall on Park Church
 208 W. Gray Street, Elmira, NY 14901

Presenters:

Rev. Gary Brinn, pastor and teacher, *The Park Church* (parkchurch.org)
 Corey McCall, paralegal, *Legal Assistance of Western New York, Inc.* (lawny.org)
 Coy Gobble, *Elmira Area Tenants Union* (ElmiraTenant@gmail.com)

Refreshments and childcare will be provided on site.

Additional upcoming dates and locations:

Tuesday, October 17th, noon - EOP
 Wednesday, October 25th, 6 PM - Southside Community Center

For more information, contact ElmiraTenants@gmail.com

HIS HAVEN HAS AN IMMEDIATE NEED...

**NEW OR GENTLY USED
 kids clothes**



**SIZES: INFANT-YOUTH 16
 BOYS AND GIRLS**

Drop @ 559 Spaulding St., Elmira
 Tues or Thurs `10am - 2pm (Door #2)

Thank you, thank you, thank you!




The Baby Bank reports 5,287 diapers were received from All Saints Parish. Along with baby wipes, baby powder, baby bath/shampoo and sippy cups. More donations may continue to come in from on-line orders.

Donations are always accepted at the Baby Bank located in The First Baptist Church 130 W. Water St. Painted Post, NY. Hours are: Monday-Friday 9:00 a.m. – 12:00 p.m.
 The Baby Bank was also the recipient of a clothing drive completed last month for those families finding it difficult to clothe their children.



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After School Drop-In Program

Registration Required!



BEGINS SEPTEMBER 7TH!
 Mon.- Thurs.

346
 Woodlawn Ave.
 (607) 442-6442



HIS HAVEN IS OFFERING GENTLE AFTER SCHOOL ACADEMIC SUPPORT FOR CHILDREN, ADDING A SPLASH OF FUN WITH CREATIVE INDOOR ACTIVITIES, FOUR DAYS A WEEK!!

MON. - THURS. 3:30-5:30 PM

His Haven Northside Community Center
 346 Woodlawn Ave.

Program Director, Virgie Glass virgie@hishaven.org
 (607) 442-6442

Fun for all kids, grades K-8th

Starting Tuesday, October 10, 2023

The Music Consortium Program

Students Grades 2nd - 6th
 Tuesdays & Thursdays, 3:30pm - 4:30pm
 EOP Building - Room 215/219
 Private Voice Lessons Upon Request

Ernie Davis Community Center

Afterschool Extended Learning Opportunities & Academic Enrichment Programming

350 East 5th Street
 Elmira, NY 14901

Program Free of Charge
 To Register Contact

Chalanda Graham at 607-734-6174 ext. 314 or cgraham@cseop.org

or

Robert Nicholas at 607-734-6174 ext. 228 or rnicholas@cseop.org



Economic Opportunity Program, Inc.

Strengthening the fabric of our community



EOP, 650 Baldwin Street, Elmira, NY 14901, 607-734-6174, www.cseop.org



FREE FOOD

BREAKFAST & DINNER AVAILABLE!

CURBSIDE@EOP, INC.

AT THE
 ERNIE DAVIS FAMILY CENTER
 650 BALDWIN STREET, ELMIRA NY

BREAKFAST - 8:00 AM TO 10:00 AM
 DINNER - 4:00 PM TO 6:00 PM
 OR UNTIL SUPPLIES RUN OUT.



ArnotHealth

It's what we do



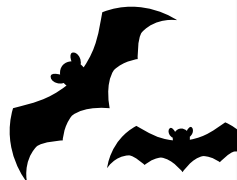
Volunteers do not necessarily have the time; they just have the heart.

— Elizabeth Andrew

LOOKING TO MAKE A DIFFERENCE?

We have a role for you!

- ❖ Active role (we can cater to your level of desired activity) or desk role.
- ❖ Patient-facing or non-patient-facing.
- ❖ A weekly schedule or on an as needed basis.





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The Islamic Association of the Finger Lakes Presents

CELEBRATION OF CULTURES

OCTOBER 14²⁰ 23



Let us take you on a walk around the world!

VIEW DISPLAYS AND SAMPLE DELICIOUS TREATS FROM THE FOLLOWING COUNTRIES:

AFGHANISTAN, ALBANIA, ALGERIA, AZERBAIJAN, BANGLADESH, EGYPT, GAMBIA, GHANA, GUINEA, GUYANA, INDIA, JORDAN KASHMIR, MAURITANIA, NIGERIA, PALESTINE, PAKISTAN, SOMALIA, SUDAN, TUNISIA, TURKEY, TURKISTAN, USA...and, many more!

EXPERIENCE THE TRADITION OF HENNA

DISCOVER THE ART OF CALLIGRAPHY

LEARN THE SKILL OF KITE MAKING

ARNOT MALL EVENT CENTER 1PM-3PM

THIS IS A FREE EVENT AND OPEN TO THE PUBLIC

PLEASE, RSVP BY OCTOBER 10, 2023 AT: EVENTS@IAFLCENTER.ORG

EACH NAME WILL BE ENTERED IN A RAFFLE TO WIN FUN RAFFLE PRIZES!



www.iaflcenter.org

This project is made possible with funds from the Statewide Community Regrant Program, a regrant program of the New York State Council of the Arts with support of the Office of the Governor and the New York State Legislature and administered by The ARTS Council of the Southern Finger Lakes

Red Robin® will give

20% OF FOOD SALES* BACK TO

CHEMUNG COUNTY CHILD ADVOCACY CENTER

Show this flyer or simply mention the fundraiser to your server to have your sales counted.

FUNDRAISER DETAILS

1720 County Road 64, Horseheads, NY 14845
 October 19, 2023*

If ordering online, please follow these instructions:

- 1 Start your order at order.redrobin.com and select the restaurant above.
- 2 In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
- 3 Click the "add" button, and then "add to bag."
- 4 Add your meal items and check out.
- 5 Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

*Fundraiser during restaurant operating hours. Visit redrobin.com and find this location to view hours. Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.



YOUTH MENTORING OF THE SOUTHERN TIER

You + Me together for a better tomorrow.

ARE YOU INTERESTED IN VOLUNTEERING WITH YOUTH?
 WOULD YOU LIKE TO LEARN MORE ABOUT BEING A MENTOR?

JOIN US FOR A VIRTUAL

OPEN HOUSE!

OCTOBER 3, 2023 @ 12:30 PM
 OR
 OCTOBER 4, 2023 @ 4:30 PM



REGISTER NOW!



CONTACT US FOR MORE INFO

607-936-3507

YMST@FAMILYSERVICESOCIETY.ORG



POP MARKET
FREE ADMISSION FOR ALL!
SUNDAY OCTOBER 29th 10-3pm
ELMIRA HEIGHTS AMERICAN LEGION
236 SCOTTWOOD AVE. ELMIRA HGTS, NY



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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.



Support Our Local Farmer

Breastfeeding Tip



hold your baby skin-to-skin
as much as you can

Hold your baby skin-to-skin to help:

- breastfeeding go better
- build a strong bond
- stabilize heartbeat and breathing
- decrease crying and stress

Your baby will feel warm and calm being close to your heartbeat. This is a great job for your partner to help with when your baby is not breastfeeding!



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Chamberlain Acres Farmers Market
Sundays 11-3

824 Broadway Southport, NY
 All - Season

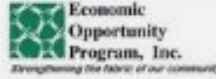
Chamberlainacres.com



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WEATHERIZATION | WHAT WE DO



MECHANICAL MEASURES

- Clean, tune, repair, or replace heating systems
- Install duct and heating pipe insulation
- Repair leaks in heating/cooling ducts
- Install programmable thermostats
- Repair/replace water heaters
- Install water heater tank insulation
- Install water heating pipes

BUILDING SHELL MEASURES

- Install insulation where needed
- Perform air sealing
- Mobile home window repair/replacement
- Mobile home door repair/replacement

HEALTH & SAFETY MEASURES

- Perform heating system safety testing
- Perform combustion appliance safety testing
- Repair/replace vent systems to ensure combustion gas drafts safely outside
- Install mechanical ventilation to ensure adequate indoor air quality
- Install smoke and carbon monoxide alarms when needed
- Evaluate mold/moisture hazards
- Performs incidental safety repairs when needed



ELECTRIC & WATER MEASURES

- Install efficient light sources
- Replace inefficient refrigerators with energy-efficient models

CLIENT EDUCATION ACTIVITIES

- Educate on potential household hazards, such as carbon monoxide, mold & moisture, fire, indoor air pollutants, lead paint, and radon
- Demonstrate the key functions of any new mechanical equipment or appliances
- Discuss the benefits of using energy-efficient products



Chemung: (607) 734-0795
 Schuyler: (607) 535-2468
 Accepting Applications Today!

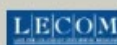


Community Health Clinic
Will be Open
5 PM to 7 PM
the First Thursday
of Every Month
and 2 PM to 4PM
on All Other Thursdays
Still Offering Blood Pressure Tests
And Lead Screenings.

Still Free!

Ernie Davis Family Center
650 Baldwin Street
Elmira, NY 14901
(607) 734-6208 ext. 277

Underwritten by:



- October 1 - David Andreine - 32 Years
- October 5 - Karen Silvernail - 8 Years
- October 7 - Chelsea Donahue - 4 Years
- October 11 - Jesslyne Simmons - 1 Year
- October 17 - Michelle Wheeler - 18 Years




BALDWIN VOLUNTEER FIRE DEPARTMENT
OPEN HOUSE & CHICKEN BBQ
SATURDAY OCTOBER 14TH
KID'S FIRE SAFETY - GAMES - PRIZES
PHOTOS WITH THE FIRE TRUCKS & FIREFIGHTERS & MORE
KID'S FIRE SAFETY/OPEN HOUSE 11AM - 1PM
CHICKEN BBQ SERVING NOON UNTIL SOLD OUT



Fire Prevention Month

Did you know?



- 🔥 **3 of 5** home fire deaths result from fires in homes with no working smoke alarms.
- 🔥 Carbon monoxide (CO) is the **#1** cause of accidental poisoning in the US.
- 🔥 **60%** of consumers do not test their smoke and CO alarms monthly.
- 🔥 Only **47%** of people report having CO alarms in their home.
- 🔥 **Less than 50%** of homeowners have an escape plan.
- 🔥 Unattended cooking is the **#1** cause of home fires.



Fire Prevention Week is October 8 – 14, 2023! For information about fire safety, activities for kids of all ages, education materials, games & apps, videos and much more visit NFPA.org. Fire Prevention week is the perfect time to educate and talk with your whole family about fire safety – include testing alarms, changing the batteries or upgrading to 10-year sealed battery alarms, how to use a fire extinguisher and escape route planning.

Smoke Alarms Save Lives! The RED CROSS can install up to 3 FREE smoke alarms in your home! Call 607.654.6109 or visit RedCross.org for more information.

Hazardous Waste Collection: Saturday 10/14 from 9 am – 4 pm



This event is FREE and for Chemung County residents only (no businesses). Pre-registration is required. Call 607.734.4453 to register until 10/11 from 9 am – 4 pm (closed for lunch and Columbus Day). For more information visit Chemung.cce.cornell.edu or call 607.734.4453.

Baby Bistro: Wednesday 10/11 & 10/25 from 3:30 – 4:30 pm

Baby Bistro from TTBN allows families to meet other moms and families, ask lactation specialists questions, learn about breastfeeding topics, and help support other moms! This is a FREE support group for ALL moms, moms to be and their families! Join us from 3:30 – 4:30 pm on the second and fourth Wednesdays of each month! For more info, call 607.737.2039.





Like and Follow us on Facebook!

Additional Resources Available for Chemung County

NYSEG Recycling Program

Recycle your old fridge and get \$50. FREE pick up!
 Now you can also recycle an old working room air conditioner
 with your qualifying refrigerator or freezer pickup
 appointment and get an extra \$10!

To schedule an appointment and for more info, [Click Here](#).

Bright by Text

Quick tips for busy parents. Make the most of everyday
 interactions. [Sign up today by clicking here](#). Or text BRIGHT
 to 274 448. Because kids don't come with instructions.

Health Homes Children's Care Management

If your child has experienced complex trauma and is
 struggling as a result then our Care Managers can work with
 your family to help with your child's needs! This might
 include helping to determine needs and available services,
 accessing healthcare and preventative care (i.e. dental),
 connecting to community programs, events and services, and
 more! To be eligible your child must be under 21, enrolled in
 Medicaid (active Medicaid), and residing in Chemung Co.
 Contact Senior Case Manager Haley Youngs, 607.426.7538.

2-1-1 HELPLINE: If you need assistance finding food, paying
 housing bills, or other essential services, get in touch with
 your local 211 Helpline by dialing 2-1-1 on any phone to

Grocery Assistance, Food Bank & Food Pantry

SNAP: Need Help Affording Groceries? SNAP Can Help! To
 see if you may be eligible, contact your Nutrition Outreach &
 Education Program Coordinator at 607.796.5592.

Food Bank of the Southern Tier: To find a nearby food pantry
 or meal program near you, just go to FoodBankST.org and
 click on FIND FOOD. Visit [HungerSolutionsNY.org/find-
 food-help/](http://HungerSolutionsNY.org/find-food-help/) for more info on federal nutrition programs such as

SNAP or WIC. You can also dial 2-1-1 to receive information
 on local services. speak with someone who can help or go to
211helpline.org. (Free & Confidential)

Are you Fleeing Domestic Violence?

Call the Salvation Army Safehouse/Domestic Violence 24/7
 hotline at 607.732.1979 for emergency shelter, non-residential
 services and safety planning or call the First Step Victim
 Services 24/7 hotline at 607.742.9629 for non-residential
 services and safety planning.

Homeless and Need Shelter?

Go to the Second Place East Homeless Shelter, 605B College
 Ave, Elmira, 607.732.5954. The shelter is closed from 12 -
 1:00 pm.

Having a hard time? Unsure of what your next step is?

Reach out to one of your DSS Community Navigators to
 assist you to push through life's bumps. They can assist with a
 variety of needs such as food, childcare, evictions, DSS
 applications and more. Locations in our area:
Samaritan Center 380 S Main St, Elmira 607.734.4898

Horseheads Family Resource Center

The Horseheads Family Resource Center is a fun and
 welcoming place for all families at NO COST.





WIC & Other Breastfeeding Resources

WIC (Women, Infants, Children) Program of Chemung/Schuylker Counties: Need extra help with food, breastfeeding support or formula? Need to register, apply for a new eWIC card. WIC is the premier nutrition program in the country. Contact WIC to see if you qualify at 607.737.2039 or text Apply4WIC to 85511.

Breast Pumps Through WIC: WIC is offering assistance with acquiring breast pumps for those in need. Must be WIC eligible. Contact WIC at 607.737.2039.

Whitt’s End Breastfeeding and Lactation Services: Jennifer Whitt with Whitt’s End is available to offer prenatal support, consultations after delivery, and collaboration with your provider to assist you with your breastfeeding and/or lactation needs. Available by appointment only. Call Jennifer at 607.738.2091. Learn more at WhittsEndLactation.com.

Free Children’s Books & PBS Kids E-Newsletter

Free Books: Dolly Parton’s [Imagination Library](http://ImaginationLibrary) offers FREE BOOKS for Young Readers! To be eligible your child must live in Chemung or Steuben County. FREE age-appropriate books are mailed monthly to your child from birth until age 5! Sign up at UWST.org

Pregnancy Resource Center

Southern Tier Pregnancy Resource Center offers free pregnancy testing, free ultrasound, referrals to OB/GYN, referrals for Food Stamps, Medicaid, and much more, information on parenting, adoption and abortion. When you’re facing an unplanned pregnancy our confidential peer counseling program is designed to answer all of your questions. 375 W Water St, Elmira, 607.732.2111



Fidelis Care

Fidelis Care is focused on the health and safety of our employees and the community. Do You Have Questions About Health Insurance? Fidelis Care offers quality, affordable health insurance for qualifying children and adults of all ages! Call your Fidelis Care Health Benefit Representative Lacinda Hamilton 607.361.3179.

Smoke Alarms Save Lives!

The RED CROSS can install a FREE smoke alarm in your home! Call 607.654.6109

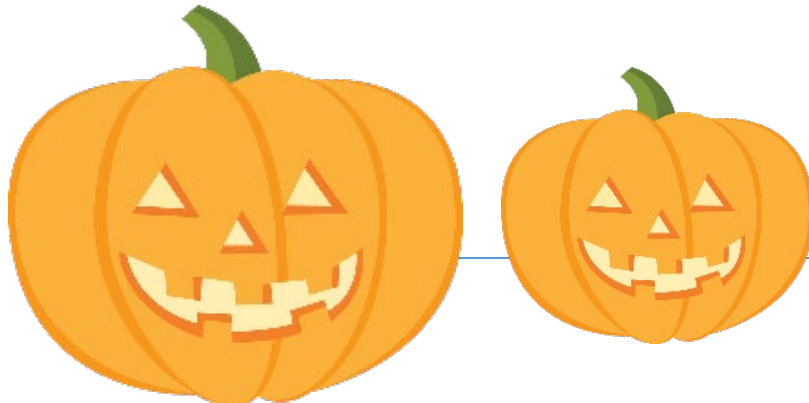
Text Updates Available for Addiction Services

Addiction help is just a call, text or search away when you get in touch with 2-1-1 HELPLINE for referral to OASAS qualified drug treatment and recovery services. Text “Opioid” to 898211 to be automatically sent updates about services and resources near you.

ABLE2 Dental Clinic

Able2’s Dental Clinic is committed to compassionate care and comprehensive services by licensed professionals in dentistry excellence. Medicaid, DentaQuest, United Health Care and private insurance are accepted. The staff is trained in the unique care involved with treating individuals with special needs.

Elmira Bikes An all-volunteer-run community bike shop. Open-shop: come in and learn to fix your bike or access low cost bikes and parts! For more information visit them on Facebook





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C.I.D.S. Programs

INFANT REGISTRY PROGRAM – I.R.

All newborns in Chemung County are offered enrollment in the CIDS Screening and Assessment Program to detect and/or prevent developmental problems. Nurses gather information through hospital visits and parent questionnaires to determine if a child is at risk for developmental or social problems. Follow-up services then commence.

NURSE-FAMILY PARTNERSHIP – N.F.P.

Provides maternal and child health services to women in Chemung County in their first pregnancy less than 27 weeks gestation. Clients receive health care guidance and education during pregnancy and after the birth of the baby until the child’s second birthday, to ensure healthy outcomes for both mother and child.

EARLY CHILDHOOD SERVICES TEAM – E.C.S.T.

Performs developmental screenings of preschool-aged children. A screening consists of standardized tests assessing vision, speech, language, gross motor, fine motor, hearing and social development. The team provides counseling for parents regarding developmental issues, and refers children for appropriate remediation as necessary.

SCHOOL READINESS PROJECT – S.R.P.

An initiative to ensure that children arrive at school socially, cognitively, physically and emotionally ready to learn. CIDS provides home visitation services to the families of infants and preschoolers in Chemung County, and also provides child development screenings until each child enters school. Home visits are made to support the health and welfare of infants, toddlers, and their families. Home visitors provide both skill-building and parent education curricula, offering a wide range of topics from nutrition to literacy. In addition, they provide timely and effective referrals to appropriate service providers while remaining an ongoing source of support for the participants.

HEALTHY FAMILIES OF CHEMUNG COUNTY – H.F.C.C.

Follows the Healthy Families of America model. Healthy Families serves Chemung County families who are expecting, or who have an infant under the age of three months. Home visitation services can continue until the child enters school or turns 5 years old. The Healthy Families program aims to support families, enhance parent-child interaction, and provide parents with information on child development, nutrition, bonding, discipline and brain development. Also, the program makes referrals to other needed services.

healthyfamiliesnewyork.org

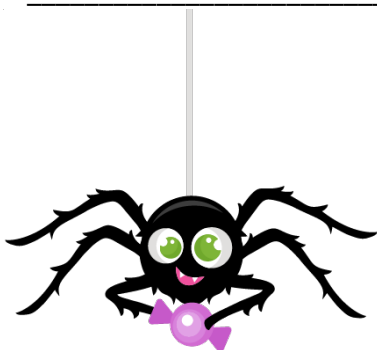
HOME-BASED CRISIS INTERVENTION – H.B.C.I.

Provides intensive in-home services to Chemung County families and their children ages 5 – 17. This program is designed to assist children that have a mental health diagnosis and are demonstrating behaviors within the home that pose a potential risk for out-of-home placement.

Program therapists assist families utilizing strength –based approaches in conjunction with personalized intervention techniques and practices. HBCI will help implement skills and resources to facilitate the development of a positive environment. The services are designed to be more intensive, flexible, accessible, and goal-oriented than traditional mental health services.

THE FIRST 1,000 DAYS

The First 1K Days is sponsored by the NYS DOH and is operated by C.I.D.S. The goal is to enroll all prenatal mothers and/or children before the age of 3 and offer information and referrals if desired. Examples may range from housing, food/nutrition, transportation, behavioral health and substance abuse treatment. By identifying these needs, our Community Health Workers can help and can remain in contact with families for the first 3 years of the child’s life, if the family desires. “





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Nurse-Family Partnership
Helping First-Time Parents Succeed

Pregnant with your first baby?

Contact us
 to learn more and get connected
 with your free personal nurse.

**A lot's
 gonna
 change**

You've got this!
 with a free personal nurse

Contact Us
 CALL (607) 733-6533

Nurse-Family Partnership
Helping First-Time Parents Succeed

NFP-CBFB-PE



What is Nurse-Family Partnership?

Nurse-Family Partnership is **free** for women who are pregnant with their first baby. When you enroll you will be connected to a registered nurse who will provide the support, advice and information you need to have a healthy pregnancy, a healthy baby and be a great mom.

Your nurse will support you to:

- Have a healthy pregnancy and a healthy baby.
- Become the best mom you can be.
- Learn and practice things that make you more confident as a mom, like breastfeeding, nutrition, child development, safe-sleep techniques and much more.
- Get referrals for healthcare, childcare, job training and other support services available in your community.
- Continue your education, develop job skills or follow your dreams for the future.



Who can enroll in Nurse-Family Partnership?

Any woman who:

- Is pregnant with her first child
- Is pregnant 28 weeks or less
- Meets income requirements
- Lives in an area where Nurse-Family Partnership is available



How much does it cost?

Nurse-Family Partnership is **free** to eligible women.

Can my baby's father participate?

The father, family members and friends are welcome to participate in the program, but as the mom, you are the main focus!



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Informal Group Meetings:
When: 1st Wednesday of every month
Time: 10am-12pm
Where: Hillcrest Baptist Church
 115 W. Hill Rd. Elmira, NY 14905
 No need to register

Visit
La Leche League of Chemung Valley
 on Facebook
 Contact Cynthia
 607-857-0235 (call or text)

**Looking for breastfeeding information and support?
 La Leche League is here to help!**



La Leche League (LLL) is an international organization that believes that mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.

Volunteer leaders, trained and accredited by La Leche League International, are available in person, by phone, online, and in informal group meetings to support you by providing evidence-based information on breastfeeding and human milk.

Whatever your breastfeeding goals, LLL will support you as you provide human milk to you baby.



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215 East Church Street
 Elmira, New York 14901
 Phone: 607.734.9784
 Fax: 607.734.6588
 Website: www.cs-cc.org

Help that works... Hope that lasts!

Elmira Free Community Kitchen

(High Street across from St. Joseph's Hospital)

Please join us for **LUNCH**
last Saturday of each month
11:30 AM – 12:30 PM

September 30

October 28 November 25 December 30



Lunch prepared by Elmira Kiwanis
All Welcome!



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Help that works... Hope that lasts!

Elmira Free Community Kitchen

(High Street across from St. Joseph's Hospital)

Please join us for

LUNCH

served 11:30 AM — 12:30 PM

Monday, Tuesday, Wednesday, Thursday, Friday

and last Saturday of every month

DINNER

served 5 — 6 PM

Prepared by Notre Dame High School Supper Club

4th TUESDAY of every month





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Help that works... Hope that lasts!

Elmira Free Community Kitchen

(across from St. Joseph's Hospital on High Street)

please join us for

DINNER

4th TUESDAY of each month

September 26

October 24 November 28

5-6 PM

prepared and served by:

Notre Dame High School Supper Club





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**Literacy
Volunteers**
 of Chemung and Schuyler Counties

**Adult Basic English *and*
 English as Second Language Learning**
3 Classes to choose from!!

All sessions are held in a comfortable and relaxed setting to help learners gain skills in **English Language Reading & Writing**. Teachers and tutors will be present periodically to help guide the discussion.

Basics of English Literacy
When: Tuesday 6pm – 8pm
 Session 1: Sept 12-Oct 17, 2023
 Session 2: Oct 31-Dec 5, 2023
 Session 3: Jan 9-Feb 13, 2024
Where: EOP Room 111
 Contact: SWBertelsen@cseop.org

English Speaking Conversation
When: Thursday 6pm-8pm
 Session 1: Sept 14-Oct 19, 2023
 Session 2: Nov 2-Dec 7, 2023
 Session 3: Jan 11-Feb 15, 2024
Where: EOP Room 111
 Contact: SWBertelsen@cseop.org

**1:1 Tutoring
 for Basic English and English
 as second Language Learning**
Where: FREE
 Tutor Training
 Contact: SWBertelsen@cseop.org

Want more information?
Email: SWBertelsen@cseop.org
607-734-6174 x 283

Supported by:





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Horseheads Family Resource Center							October 2023
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2 Arnot Mall Playroom 10am-2pm	3 Arnot Mall Playroom 2pm-6pm Family Forum 5pm-6pm (at the Mall Playroom)	4 Arnot Mall Playroom 10am-2pm 4pm-6pm Alphabet Program Craft and Snack 10:30am-11:30am	5 Arnot Mall Playroom 10am-2pm	6 Stroller Walk at Eldridge Park 10am	7 Arnot Mall Playroom 10am-2pm	
8	9 Arnot Mall Playroom 10am-2pm	10 Church Playroom & Gym 2pm-6pm Children's Book Club 4:30pm-5:30pm	11 Arnot Mall Playroom 10am-2pm 4pm-6pm C.I.D.S. Developmental Screenings 10am-12pm Alphabet Program Craft and Snack 10:30am-11:30am Soldier Story Time 4:30pm	12 Church Playroom & Gym 10am-2pm C.I.D.S. Developmental Screenings 10am-12pm Music & Movement* 10:30am	13 Nature Strollers Hosted by Chemung River Friends at Sperr Park 10am HFRC 15 th Birthday Celebration at the Church! 5pm-8pm	14 Arnot Mall Playroom 10am-2pm	
15	16 Arnot Mall Playroom 10am-2pm	17 Church Playroom & Gym 2pm-6pm Children's Bingo 4:30pm-5:30pm	18 Arnot Mall Playroom 10am-2pm 4pm-6pm Baby Bistro 10:30am-11:30am Alphabet Program Craft and Snack 10:30am-11:30am	19 Church Playroom & Gym 10am-2pm Music & Movement* The Baby Class 10:30am Bookmobile 11:30am-12pm	20 Stroller Walk at Bradley Farms 10am Mall Craft in Center Court 12:30pm-1:30pm	21 Arnot Mall Playroom 10am-2pm	
22	23 Arnot Mall Playroom 10am-2pm Science & Discovery Center STEM Program 11:00am	24 Church Playroom & Gym 2pm-6pm Pokemon Trainers club 4:30pm-5:30pm	25 Arnot Mall Playroom 10am-2pm 4pm-6pm Alphabet Program Craft and Snack 10:30am-11:30am	26 Church Playroom & Gym 10am-2pm Music & Movement* Inclusive Class 10:30am	27 Stroller Walk at Fallbrook Park 10am	28 HFRC Halloween Spooktacular at the Mall! 11am-1pm 	
29	30 Arnot Mall Playroom 10am-2pm	31 CLOSED	<p align="center">Most HFRC programs do not require prior registration to participate. Music & Movement does require registration and is marked with an * Registration opens one week before each class at 9am More information about our programs can be found on our website or Facebook page.</p>				