



C.I.D.S. Newsletter 2023

Phone: 607.733.6533 Fax: 607.733.0939

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What's New?



Saturday, March 11 at 11:00am at Crystal Lanes

Believe in Youth Bowl-A-Rama

Stop over for a family friendly fun day of bowling, food, door prizes, and raffles for a good cause.

All funds raised support Youth Mentoring of the Southern Tier. Two bowling sessions available:

11am – 1pm & 2pm – 4pm \$40.00 per person or \$200 per team (includes bowling, shoe rental, meal and snacks, giveaways, etc.)



Children's
Miracle Network
Hospitals

Saturday March 4 11am-1pm

Dump the Jug at Ferrario Ford



Collect loose change under the couch, in your car, or the bottom of your purse and bring it to Ferrario Ford on the Miracle Mile, Saturday, March 4th starting at 11a. Every penny, dime, quarter, nickel, or dollar will be donated to the Children's Miracle Network to help purchase lifesaving equipment, toys for kids in the Pediatric Dept., and more!

FREE Luncheon with Community Wesleyan Church: 3/25



These lunches are meant to provide a free meal to anyone in need! Join us at 2095 Grand Central Ave in Horseheads on the 4th Saturday of each month from 12 – 2 pm. We are currently providing take-out meals only. Please come, take away, and enjoy a free meal!



Reptile EXPO! SELL
BUY
Corning Reptiles And More!
Sunday
March 12th 2023
10am-4pm
Cash ONLY Admission \$5
Children 10 and younger
FREE with adult
3300 Chambers Rd,
Horseheads, NY, 14845





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Horseheads St. Patrick's Day Parade: Sat, 3/11 at 2 pm

The 18th Annual Horseheads St. Patrick's Parade is happening at Hanover Square Historic District on Saturday 3/11 at 2:00 pm. For updates and more information, check them out on Facebook.



STRC's 2023 St. Patrick's Day 5K/10K Run & Walk: Sat, 3/18

Southern Tier Running Club is holding their annual St. Patrick's Day event at Chapel Park in Pine City on Saturday, March 18th at 9:00 am. You choose: run or walk, 5K or 10K, in-person or virtual! There's something for everyone! For more information and to sign up, [click here](#).



Arnot Mall Craft & Vendor Fair: Sat, 3/18 from 10 am – 4 pm

Easter Craft Fair! We are packing all the fun into one month! Stop by the Arnot Mall to visit all the local craft and vendor participants on Saturday, March 18th from 10 am – 4 pm.

Spring Fever Market: Saturday March 4 from 10 am – 4 pm

The Handmade Markets at Chamberlain Acres Garden Center are a series of one day seasonal shopping venues held in BOTH greenhouses to connect the community with local makers and artists. This spring fever edition features 29 vendors in pottery, painting, illustration, glass, wood, fiber, body care, metal and more! Food available from Ella's Acres Homestead and sweets by the Honey Bean Bakery. See less





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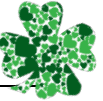
Red Cross Blood Drive at Steele Memorial Library: 3/23 from 1 – 6 pm

Held in the Large Meeting Room/Auditorium. Please visit RedCrossBlood.org or call 1-800-REDCROSS (733-2767) to schedule your lifesaving appointment.



Red Cross Blood Drive at West Elmira Fire Department: 3/24, 12 pm – 6 pm

For more dates and locations available, [click here](#).



Super Saturday is a FREE, recreational and enrichment program for youth in grades K-4 who reside in the City of Elmira, Town of Southport, and Town of Elmira. The program operates two six-week sessions on Saturdays throughout the school year.

2023 Winter Schedule:

Each Saturday from: March 4th – April 8th from 9:00am – 11:00am
YWCA, 211 Lake Street, Elmira, NY 14901

Online Registration Begins:

Monday, February 13th at 9:00 AM

Registration will run until February 27th or until classes are full.

Classes are on a first come, first served basis

Assistance with online registration is available at 607-737-2907

Register at
ChemungYouth.com



Classes:

Fun & Fitness: All forms of fun youth fitness: dancing, games, basketball and more. (Must wear sneakers)

Science Fun: Sticky science fun: snow fluff, Easter peeps play dough, and more.

Arts & Crafts: Make & take projects: beaded snowflakes, paper plate leprechauns, and guest presenters from Community Arts of Elmira



Classes are available on a first come, first served basis and are subject to change.

Classes	Session A 9:00 – 10:00 a.m.	Session B 10:00 – 11:00 a.m.
Fun & Fitness!	Grades K-2	Grades 3-4
Arts & Crafts and Science Fun!	Grades 3-4	Grades K-2

Home Games March 4, 10, 11, 17, 24 & 25

Tickets are on sale for all games at firstarena.net Tickets start at \$12. Children 12 and under are free with an adult ticket.





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Now offering all Vaccinations at this clinic, including Childhood vaccinations. 10am-1:30pm

At the Chemung County Health Dept. Call 607.737.2488 to schedule.



Saturday, March 25 - 6pm-10pm

Nite at the Races

We invite our friends from the community to help support our signature fundraising event. We are celebrating our 15th (would be 18th if not for COVID) annual event on Saturday, March 25, 2023 at the Event Space at Meals on Wheels in Elmira, from 6pm – 10pm.

In 2019 this event raised over \$28,000, which translated into more than 7,000 meals for YOUR homebound neighbors.

Please consider helping us to continue to feed the homebound by attending our event as we bring it back this year.

Your support is critical this coming year as we expect the need for those to be served to increase.

Tickets will be available on line February 1, 2023.



Wednesday, March 1 - 9:15-1:15

The Twin Tiers Regional Job Fair

The Twin Tiers Regional Job Fair is coming to Waverly High School on Wednesday, March 1 from 9:15-1:15, and is open to graduating seniors as well as members of the general public! With two weeks to go until recruitment reservations close, we are already at our largest fair ever, with over 70 agencies signed up at this time! For more information or to register as a recruitment agency, please visit www.waverlycte.org



Friday March 17, 24, 31st Stroller Walk at Arnot Mall

Join HFRC for Stroller Walk inside the Arnot Mall this winter! This program is perfect for littles in strollers or for little walkers too!

Our group meets at the HFRC Playroom at 10am and stops for a snack at the halfway mark. The walk ends back at HFRC where the playroom is open for 30 minutes to allow children to play and socialize!





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Saturday, March 4th 12pm-4pm 360 Live Interactive Wedding Expo



This will be an exclusive opportunity for you to see, touch, taste, and experience some unique wedding vendors from the Southern Tier. THE BEST OF THE BEST in our opinion! We encourage you to take your time browsing our mock wedding setup, meet and greet with each vendor, and enjoy yourself in a relaxed laid-back environment!

At the door: \$30 for Newly Engaged Individuals \$50 for NE Couples \$20 for "I Do" Crew Members

Wednesday, March 1 1-2pm

Stress: Signs, Symptoms, Management, and Prevention

Free Webinar



The term 'stress' is used loosely in our culture. What does it really mean and how vulnerable are you? Understand the biology of stress and explore realistic and practical ways to manage distress in this one-hour seminar with a licensed therapist. Webinar is sponsored by Nancy Shafer.

This event is free & everyone is welcome, but registration is required. Register Here:
https://us06web.zoom.us/j/141.../WN_4sEAdhZQTNiJH-mMz5VaVQ

Thursday, March 23 9am-5pm

First Time Homebuyer Pre-Purchase Workshop

In the workshop you will learn about goal setting, financial fitness, creditworthiness, working with a lender, what an affordable mortgage is, working with a Realtor, home inspection, the responsibilities of being a successful homeowner & more!

SEATING IS LIMITED! Please take a moment to RSVP.

Karen: 607-317-5753 or Kathy: 607-317-5677

THANK YOU!



Thursday, March 16 9:30pm

Free Virtual Telescope Viewings

Each week, our astronomers will guide us through spectacular night sky viewing through Nellie, Chabot's most powerful telescope. Weather permitting we will be able to view objects live through the telescopes and our astronomers will be available for an open forum for all of your most pressing astronomy questions.





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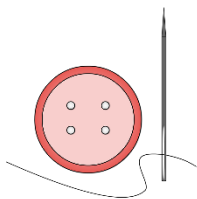
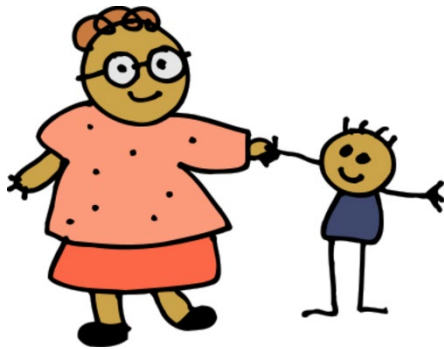
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SPOT Program - FREE OPEN GYM on Friday, March 10th from 7pm-9pm at the Chemung County Family Fitness Center for students in grades 7-9 that live in the Elmira City School District! Students MUST be registered and bring their student ID in order to attend. To register, click on the link below. If you have any questions, feel free to contact us at 607-737-2907! 🏀🏈🏆🏅

Link to register: <https://chemungcountyny.jotform.com/230573164058859>



Saturday, March 25 at 11 am
Sewing Classes: Buttons + Bobbins Group for
Teens & Adults at Community Arts of Elmira.

Sunday, March 12 at 9pm EDT
Virtual Northern Lights Experience



Join Our Norwegian guide will show us how to most appreciate the most picturesque spots on the Northern Lights! This expert will explain exactly what they are, when to see them, and how best to appreciate and photograph them.





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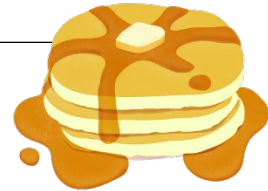


Saturday, March 18 at 9am-4:30pm The Y at Watson Woods Maple Syrup Weekend

Join us for our historical Maple Syrup Weekend. The Y at Watson Woods will have a jam-packed weekend of activities including Maple Syrup making, sap collecting, hay rides, candy making, outdoor cooking, archery, hiking, GaGa ball, arts and crafts, guided hiking, movie nights,



March 25 and 26 8a – 2pm Big Pond Lions Club's Annual Pancake Days at Fay's Maple Barn



Big Pond Lions Club and Fay's Sugar Shack's annual Pancake Days on the Berwick Turn Pike in Pennsylvania are serving an all you can eat pancake breakfast. All proceeds go to the Big Pond Lions Club for local, state, national and international cause.



March 17 – April 8 11am-7pm Photo's with the Easter Bunny at the Arnot Mall



Things are getting ready to bloom and we cannot wait for the Easter Bunny to hop into the Arnot Mall patch so families can come get egg-stremely cute Spring pictures.

Reservations are encouraged, so please reserve your spot 🙌 <https://whereisbunny.com/mall/1454...>



March 11-12 Annual Arnot Mall Car Show

Woodhull Raceway is partnering up with Outlaw Speedway this year for our annual Arnot Mall Car Show. This year's car show is co-sponsored by Swarthout Recycling of Beaver Dams and Lanes Yamaha of Watkins Glen. It is scheduled for the weekend of March 11th and 12th.





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iCode Corning



Our Summer Camps are now enrolling! Fill your child's break with one of our awesome STEM camps! Visit our website for more information on all the camps we offer!



The Chemung County Chamber of Commerce is partnering with [Elmira Downtown Development, Inc](#) to announce the 2nd Annual Chemung Restaurant Week, March 24th to April 2nd! Join us for a foodie-filled week to relish in the delicious specials and menu deals offered by the participating restaurants while simultaneously supporting local businesses. Food lovers will be encouraged to dine out at as many participating restaurants as they like during this exciting week. No tickets or passes are required. Chemung Restaurant Week is an excellent way for establishments to attract customers, expand the menu, and market your business.





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Attention Farmers and Artisans
Join Chemung County Cooperative
Extension at EastSide Farmers'
Market in 2023. Applications are
accepted on a rolling basis.
Vegetable farmers are encouraged
to contact jas54@cornell.edu or fill
out our online application before
March 15, 2023.

Join Cornell Cooperative Extension
on March 11th from 10-11:30AM at
one of the following locations for a
community seed sharing event:

Van Etten Municipal Building, 6
Gee Street, Van Etten NY 14889;

Horseheads Free Library, 405 S
Main Street, Horseheads NY 14845;

Steele Memorial Library, 101 E.
Church St, Elmira NY, 14901

Cornell Cooperative Extension
Chemung County

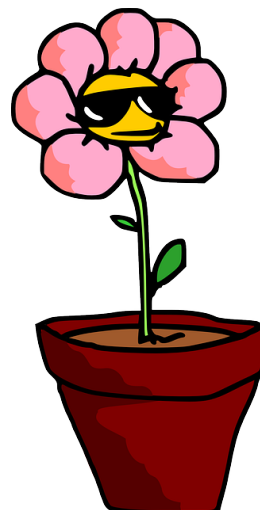
Interested in Composting?



Free Event!

**March 8th, 2023
Chemung County
Fair Ground**

**Registration required
Call 607-734-4453 ext.
203
to reserve your spot**





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Empty Bowls Luncheon

Tuesday, March 21, 2023 | Notre Dame High School
11:30am - 1:00pm | Raising Funds for Emergency Services
Advance Tickets Required: www.cs-cc.org

The event will include lunch, a commemorative hand-made soup bowl, a 50/50, presentations, and a Bowl Raffle (specially created bowl donated by Professor Chris Longwell). Ticket price includes a simple lunch of water, coffee, a roll, and delicious soup from Barb's Soup's On in Elmira.

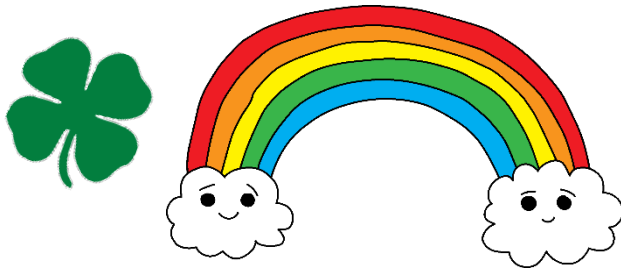
Individual Ticket including commemorative bowl: \$50

Ticket without a commemorative bowl: \$30

Reserved Seating for 8: \$400

50/50: cash only. Bowl Raffle: cash or credit card.

Catholic Charities
Chemung & Schuyler



Bowling fundraiser
Leadership Chemung
is hosting a bowling
fundraiser to support
Catholic Charities
and our local
homeless community.
Visit www.cs-cc.org
for all Catholic
Charities does for our
community.



When - March 11th
3:00-5:00
Where - Dixie Bowling
Lanes
Cost - \$100 per team-
Bring your team of 4
to this is No-Tap
Bowling Tournament
(\$25 per person)
RSVP by March 4th to.
Bowling4cc@gmail.com
Or call
607-846-1175 (Trish)
607-425-6874 (Melissa)



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SPAGHETTI DINNER
at
Pine City
Vol Fire Dept

Spaghetti
Homemade Meatballs
Homemade Sauce
Italian Bread
Dessert
Variety of Drinks

*-made by dept culinarians
Luca & D'Angelo!*

**Saturday
March 11th, 2023
4p - 7p
\$12.00/person**

Pine City Vol Fire Dept
1463 Pennsylvania Ave
Pine City, NY 14871

EAT-IN OR TAKE-OUT!



TEENS: Sew Your Own Plushy

Sat. 3/4/23 @2pm

Steele Library Teen Space

Register: ccldlibrariesteens@stls.org
or call 607-737-5080

Bring an old cotton or flannel shirt or
use our fabric





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SATURDAY, MARCH 11, 2023 AT 10 AM – 3 PM

Hendy Craft Fair is back!

Hendy Avenue School



We are back! Please come out and support Hendy Ave. school and these amazing vendors who have waited three years for this event to come back!

Town of Southport
All-Inclusive
Easter Egg Hunt

Saturday, April 1st 2023
11:00AM SHARP

Egg hunt participants need to arrive 15 minutes early

Chapel Park
 (83 Personius Rd. Pine City, NY 14871)

FREE

Easter Bunny
 Games & Prizes
 Cookies & Punch

Beeping and magnetic eggs for those with special needs



EMPIRE ROYALS PRESENTS

Egg MY YARD

ORDER YOUR CANDY-FILLED EGGS TO BE DELIVERED AND SCATTERED IN YOUR YARD FOR EASTER MORNING. You can surprise your KIDS, NEIGHBORS, or FRIENDS for some Easter Morning FUN. Let our bunnies do all of the work for you!

DELIVERY April 8th

25 Eggs \$25	50 Eggs \$40	75 Eggs \$60	100 Eggs \$75
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DEADLINE TO ORDER IS APRIL 1st | Support the Mini Sapphires

BREAKFAST WITH THE
Easter Bunny

Sunday, April 2, 2023

Seating at
 9:00 a.m. & 11:00 a.m.

\$15.95 Adult
 \$7.95 Children Ages 5 - 12
 Children 4 and Under Free

RESERVATIONS REQUIRED
 607.535.6116

MENU INCLUDES:
 Scrambled Eggs, Bacon/Sausage,
 Baked Frittata, French Toast, Silver
 Dollar Pancakes, Home Fries,
 Pastries, Cold Cereal, Coffee,
 Tea, Juice, Milk and Hot Chocolate

Harbor Hotel
 WATKINS GLEN
 16 N. Franklin, Watkins Glen, NY 14891 607.535.6116 www.watkinsglenharborhotel.com





Resources, Events & Things to Do

Free Meals



- ❑ Transformation Center/314 W. Church/Mondays/Thursdays/5:00p - 5:30p
- ❑ Community Kitchen/160 High St/Lunch: Monday - Friday/11:30a - 12:30p CLOSED 2/20
- ❑ Community Kitchen/160 High St/Lunch last Saturday of the month/11:30a - 12:30p
- ❑ Grace Episcopal/375 West Church St/1st Saturday of the month/Lunch 11:30p - 1:00p
- ❑ Shabach Tabernacle/1133 Lake St/Mondays/Wednesdays/11:30a - 1:00p
- ❑ His Haven/559 Spaulding Street/ /5:00p - 6:00p Dine in or Take Out 2/10 & 2/24
- ❑ Of Hope/330 W. Church St/2nd&3rd Saturday/11:00a - 3:00p
- ❑ Grace Episcopal/375 West Church St/EVERY WEDNESDAY/ Dinner 5:00p - 6:30p



Elmira Family Resource Center Calendar: March 2023

Make it Mondays, Taste Test Tuesdays, Nature Walks at Tanglewood, Park Playdates, Storytimes, Wiggle Wednesdays, and Thinker Thursdays. Visit them [here on Facebook](#) to view the calendar, for updates, and to stay connected.



Horseheads Family Resource Center Calendar: March 2023

You can visit our Playful Learning Program at 2 locations! Come and play any time during our open hours. All families are welcome and there is no charge!



Unstructured Playtime (UPT) at Sky Gymnastics

Is your child in need of a place to get out some energy? UPT is open gym time for parents & children to play together with full use of the gym to explore! Ages 6 months – 5 years, parent participation required, pre-registration required, space is limited. Fridays 12 – 1 pm. \$10 per child. [Register Here](#).



Baby Bistro: Wednesday 3/8 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 via Zoom at <https://zoom.us/j/92614472566>, from 3:30 – 4:30 pm on the second Wednesday of each month! For more info, call 607.737.2039 or 607.735.5717.





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Tanglewood Nature Center & Museum



Tanglewood Nature Center & Museum is a Great Place to Be – Naturally! Over 10 miles of hiking trails, 40 animals on site, 35,000 children educated annual and a legacy of over 50 years of preservation! OPEN Tuesday – Friday, 9 am – 4 pm, and Saturday 10 am – 4 pm. Trails are open dawn to dusk year-round at both locations: Personius Woods & Gleason Meadows. Admission to the Nature Center & Museum is FREE TO ALL!

Winter Wiggles – General or Pedro the Bearded Dragon: Wed 3/1, 10 – 11 am



and Kids Choice Day on 3/15 – Last Wiggles of the year!

It's time to cozy up in the museum to read a storybook, and learn about animals & nature! This free pre-K program runs November-March, on the first Wednesday morning of each month from 10am-11 am. Each program will include a story for the kids with an up-close-and-personal animal guest. No RSVP is needed.



Skating at Joycrest

Joycrest Skating Rink is open for skating Friday evenings from 7 – 9:30 and Saturdays & Sundays from 1 – 3:30. Admission is \$10 and skate rental is \$4. Host a birthday party, family reunion, graduation, or a get together for scouts, school, or church! There are 2 party rooms available for open skate or private events. To book your event, call 607.732.0494 or email info@joycrestsports.com.



Wings of Eagles Discover Center



Take self-guided tours of the museum's collection of aircraft, engines, flight simulators and exhibit display. Friday – Sunday, 10 am – 3 pm from Labor Day to Memorial Day, \$9 for adults, \$5.00 for ages 6-17, free for children 5 and under, and \$25 per family (2 adults & 3 children). Escape Rooms available by emailing info@wingsofeagles.com.

Books by the Bushel Activities: Online

Books by the Bushel's site offers Ideas by the Bushel with FREE literacy activities.

Download as many as you like! For FREE seasonal/holiday/monthly- themed activities and worksheets go to BooksbytheBushel.com. For 2022 Monthly Activity Calendars go to BooksbytheBushel.com/Calendars2022.





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Chemung County Library District Events – FREE!

Bookmobile Schedule & Featured Services: Having trouble getting a ride to the library? Let the library come to you! All bookmobile materials are normally charged out until the next scheduled stop at your location and may also be returned to any Chemung County Library District Branch. Scan the QR code or click the link for the full schedule.



Every Day in March: Children's Take N Make –leprechaun minion
Stop in to the Horseheads Free Library to pick up a leprechaun minion craft all month.

Every Day in March: Kids Take and Make: Pom Pom Caterpillar Magnet
Stop at the Big Flats Library to pick up a Pom Pom caterpillar Magnet craft all month.

Every Day in March: March Craft Table: Painted Sham-rocks! We will have supplies to make Sham-Rocks all month at the Big Flats Library



Wednesdays from 10:30 – 11 am: Toddler Story Time

Join Miss Melanie at the Big Flats Library for stories, songs, puzzles and more!

Thursdays from 10:30 – 11:30 am: Family Storytime

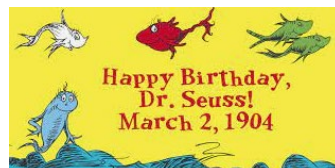
Join the West Elmira Library for Family Storytime

Thursdays from 10:30 – 11:30 am: Kids Family Storytime

Join the Horseheads Free Library for KIDS Family Story Time

Monday, March 6 – Friday March 10th: Steel KIDS – Take and Make Craft

Monday, March 13 – Friday, March 17th: Steel Kids Leprechaun Scavenger Hunt



All of these events and more can be viewed by clicking on the [CCLD Calendar of Events](#).



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Additional Resources Available for Chemung County

Emotional Support Helplines/Hotlines

NYS' Headspace: – New York State Mental Health Resource. Even though New York continues to reopen and rebuild, we can't underestimate the mental and emotional strain of the pandemic. Visit [HeadSpace.com/NY](https://headspace.com/NY) for free mindfulness resources or call the support hotline at 1.844.863.9314.

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 speak with someone who can help or go to 211helpline.org.
(Free & Confidential)



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.



Smoke Alarms Save Lives!

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

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 you 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

EOP

650 Baldwin St, Elmira 607.734.6174

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/ 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.

The Samaritan Food Pantry: Open Monday/Wednesday/Friday 10 am – 12 and 1 – 3:30 pm, Tuesday/Thursday 1 – 3 pm, 380 S Main St, Elmira – access the Samaritan Center from Mt Zoar St entrance.





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WIC & Other Breastfeeding Resources

WIC (Women, Infants, Children) Program of Chemung/Schuylers 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 county. Contact WIC to see if you qualify at 607.737.2039 or text Apply4WIC to 85511.

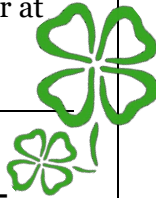
Breast Pumps Through WIC: WIC is offering assistance with acquiring breast pumps for those in need. Must be WIC eligible. Contact WIC at 607.737.2039.

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 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

PBS Kids E-Newsletter: Every day is full of possibilities and so is your child! Get activities and tips you can use to help kids learn at home emailed to you every week. Sign up here:

pbs.org/parents/newsletter



Horseheads Family Resource Center

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

[Learn more here.](#)



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



Telehealth Station

Free Urgent Care & Psychology Services Available at the Able2 Clinic, 1118 Charles St, Elmira 14904 607.734.9503.

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.

NYSEG Recycling Program

Recycle your old fridge and get \$50: Chances are your old refrigerator or freezer is adding to your electricity bill by an average of \$150/year. Recycle it, reduce your energy use and keep harmful material out of landfills. We'll pick it up for free and you'll pick up \$50!



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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 info through hospital visits & 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.

FIRST 1,000 DAYS PROGRAM

The First 1K Days is sponsored by the NYS Department of Health and operated by CIDS. The goal of this program is to enroll prenatal mothers and/or children before age 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 of the parent/child, our Peer Family Navigators can help with those needs. Peer Family Navigators will remain in contact with identified families for the first 3 years of the child's life.



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March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	February 27	February 28	1	2	3	4
	Arnot Mall Playroom 10am-2pm	Church Playroom & Gym 2pm-6pm	Arnot Mall Playroom 10am-2pm 4pm-6pm	Church Playroom & Gym 10am-2pm	Stroller Walk at Arnot Mall 10am	Arnot Mall Playroom 10am-2pm
	National Polar Bear Day Program 12:30pm-1:30pm	Pokemon Trainers Club 4:30pm-5:30pm	Dr Seuss Day! 12:30pm-1:30pm			
5	6	7	8	9	10	11
	Arnot Mall Playroom 10am-2pm	Church Playroom & Gym 2pm-6pm	Arnot Mall Playroom 10am-2pm 4pm-6pm	Church Playroom & Gym 10am-2pm	Stroller Walk at Arnot Mall 10am	Arnot Mall Playroom 10am-2pm
		Family Support Group (Mall Playroom) 5pm-6pm	C.I.D.S. Developmental Screenings 10am-12pm	STEM Building Day 11am-12pm C.I.D.S. Developmental Screenings 10am-12pm		
12	13	14	15	16	17	18
	Arnot Mall Playroom 10am-2pm	Church Playroom & Gym 2pm-6pm	Arnot Mall Playroom 10am-2pm 4pm-6pm	Church Playroom & Gym 10am-2pm	Stroller Walk at Arnot Mall 10am	Arnot Mall Playroom 10am-2pm
			Mall Craft St. Patrick's Day Binocular Craft 4pm-5pm		Music & Movement* 11am-12pm	
19	20	21	22	23	24	25
	Arnot Mall Playroom 10am-2pm	Church Playroom & Gym 2pm-6pm	Arnot Mall Playroom 10am-2pm 4pm-6pm	Church Playroom & Gym 10am-2pm	Stroller Walk at Arnot Mall 10am	Arnot Mall Playroom 10am-2pm
	First Day of Spring Activities!	Children's Book Club 4:30pm-5:30pm			Reading with Kittens Event @ Arnot Mall Playroom 11am-12pm	
26	27	28	29	30	31	
	Arnot Mall Playroom 10am-2pm	Church Playroom & Gym 2pm-6pm Pokemon Trainers Club 4:30pm-5:30pm	Arnot Mall Playroom 10am-2pm 4pm-6pm	Church Playroom & Gym 10am-2pm	Stroller Walk at Arnot Mall 10am	

*These programs require pre-registration which can be found on our website, Facebook or through our weekly email.

Drop-in Programs do not require registration and are all first come-first served.

Arnot Mall Playroom
3300 Chambers Road
Horseheads, NY 14845

HorseheadsFamilyResourceCenter.org
Follow us on Facebook!
(607) 483-1067

Church Location
1034 W. Broad St.
Horseheads, NY 14845



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Find out how
you can be a . . .

-A 12 Session Group -



Thursdays
March 23rd - June 15th

Get the fathering skills you need! 6pm to 8pm via Zoom.

**National
Fatherhood
Initiative®**

24/7 Dad® is a nationally recognized program designed for any dad who wants to improve his knowledge and skills to help him raise healthy children.

Facilitated by Bob Lecher, Mary Hassan, & Tawyna Hughes

Have you been a dad
today?



The CHARACTERISTICS OF A 24/7 DAD

- Knows His Strengths & Weaknesses
- Cares for Himself
- Knows How to Father
- Knows How to Parent
- Builds Healthy Relationships with Family & Community

To register:

<https://bit.ly/3B54U7o>

For Questions:

Tawyna Hughes 607-684-3923 text or call

Email: hughest@proactioninc.org



Office of Children
and Family Services





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Don't FLIP OUT, use FLIP IT!

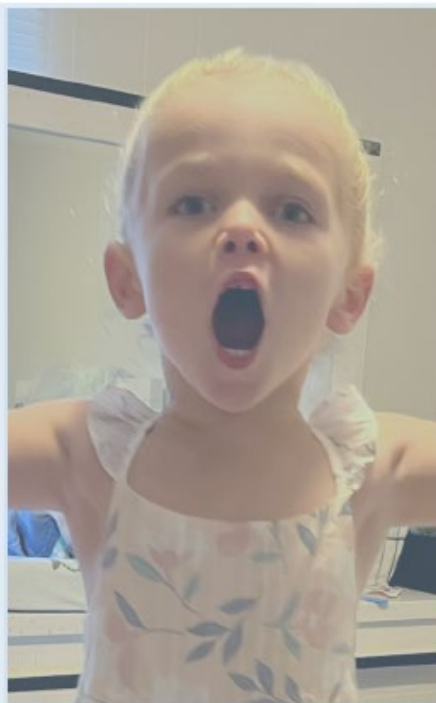
Join us for 3 sessions on Fridays 10:00am to 12:00pm
March 10th, 17th, 24th

Hornell Family Resource Center
25 Pearl St. Hornell, NY 14843

FLIP IT® is a strategy that offers a simple, kind, strength-based, commonsense and effective four step process to address children's day to day challenging behavior.

Facilitated by Certified FLIP IT trainers Tonya Tierney & Cassie Gunderson.

In addition to classroom session one on one, in person coaching is available by request.



WHAT YOU WILL LEARN

The **4 Steps**    
to building supportive relationships
that encourage emotional awareness and
emotional control in children

FLIP IT™

<https://signup.com/go/mUAQupd>



SCAN ME

For questions or more information contact
Cassie Gunderson 607-329-2556 or
Tonya Tierney 607-324-1304 x 1414
All services are free and open to everyone!



Office of Children
and Family Services





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Cornell Cooperative Extension Steuben County

20 East Morris Street, Bath, NY 14810
putknowledgegetowork.org

Healthy & Homemade

JOIN US EVERY TUESDAY

April 4, 11, 18, & 25

10:30am - 11:30am

**Hornell Family Resource Center
25 Pearl Street
Hornell, NY 14843**



**LEARN HOW TO MAKE QUICK, HEALTHY, AND
BUDGET-FRIENDLY MEALS FOR THE WHOLE
FAMILY! EFNEP CLASSES PROVIDE HEALTHY
NUTRITION EDUCATION TO FAMILIES WITH
CHILDREN AGES 19 & UNDER.**



Each week, families with children will get
take home meal kits with ingredients to
prepare a full meal or healthy snacks, **PLUS** a
small kitchen gift at the end of the series.

REGISTER BY CALLING

HORNELL FAMILY RESOURCE CENTER @ 607-324-1304 EXT1414

OR

CCE STEUBEN @ 607-664-2300



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



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Learn the Signs. Act Early.



Centers for Disease
Control and Prevention



Learn the Signs. Act Early.

Learn the Signs. Act Early. Home

CDC's Milestone Tracker App

Download it free today on iOS  and Android  devices in English and Spanish!



Milestones matter! Track your child's milestones from age 2 months to 5 years with CDC's easy-to-use illustrated checklists; get tips from CDC for encouraging your child's development; and find out what to do if you are ever concerned about how your child is developing.

From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts, and moves. Photos and videos in this app illustrate each milestone and make tracking them for your child easy and fun!

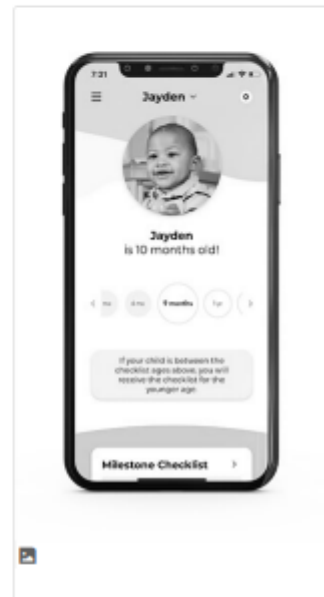
What People Are Saying!

"I have downloaded the app for my family and recommend it to my patients. It is easy to use, has great videos, and appeals to all audiences which I appreciate."


Elise Gentile, MS, APRN, CPNP, Advocate Children's Hospital, Oak Lawn, IL

"I love the photos and videos on Milestone Tracker, it helps me to know exactly what milestones my son should be reaching."

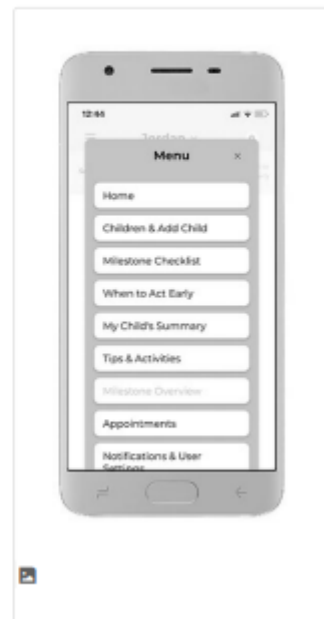
Jasmine B., mother of 1-year-old, Atlanta, GA



Features:

- **Add a Child** – add a photo and enter personalized information about your child or multiple children
- **Milestone Tracker** – track your child's developmental progress by looking for important milestones using an interactive, illustrated checklist
- **Checklists Adjust for Prematurity**—updated functionality uses corrected age  for babies born prematurely
- **Milestone Photos and Videos** – know what each milestone looks like so that you can better identify them in your own child
- **Tips and Activities** – support your child's development at every age
- **When to Act Early** – know when it's time to "act early" and talk with your child's doctor about developmental concerns
- **Appointments** – keep track of your child's doctors' appointments and get reminders about recommended developmental screenings
- **Milestone Summary** – get a summary of your child's milestones to view, and share with or email to your child's doctor and other important care providers

The use of this app is not a substitute for the use of validated, standardized developmental screening tools as recommended by the American Academy of Pediatrics.





A Dozen Ways to Co-Regulate with your Child



Lower your
Body Position



Lower your
Voice



Soften your Facial
Expression



Model Deep
Breathing



Do Heavy Work
Together



Walk Outside



Offer Deep
Pressure



Model a preferred
sensory activity



Move your Body
Together



Dim the Lights



Stop Talking



Change your
Proximity

@coastalconnectionsot




BUILDING KNOWLEDGE

Free!
Community Education Series

FIRST SESSION:

“SO, YOU WANT TO BUY A HOUSE?”

**March 15, 2023
5:30 to 7:00 pm**

219 E. 14th St., Elmira Heights
(607) 734-1361

Register online: www.chemungcountyhabitat.org/events
 Curious about how to get started on a path toward homeownership? Learn about the process from these professionals in a relaxed setting where you can listen and ask questions. All are welcome!

Upcoming 2023 Classes:

- 4/12** Building and Repairing Your Credit
- 5/17** Homeowner Homework: Taxes & Insurance
- 9/13** House Health: Maintenance & Winterization
- 10/11** Life after Work—Investments & Retirement
- 11/8** Life after Work—Estate Planning, Cyber Security, and Reverse Mortgages

**New guest speakers at each class!
Attend one or attend them all.**



KAREN WHEELER
Catholic Charities of Chemung/Schuyler

Karen is the Housing Counseling Program Supervisor at Catholic Charities of Chemung/Schuyler. She'll share with you how their program helps new homeowners who have fallen behind on their mortgage. Karen has assisted many families with their first-time home purchase and can help you set financial priorities for your future plans to buy a home.



PATRICK MITCHELL
Ithaca Neighborhood Housing Services

Patrick has ten years experience as a loan officer and housing counselor with INHS, a non-profit organization that helps people of modest incomes obtain affordable housing. Serving Chemung County and the region, INHS offers homebuyer education and down payment assistance programs. Patrick will gladly answer your homebuying questions.



KATHLEEN BANGE
Movement Mortgage

The home loan process can be intimidating, confusing, stressful and lengthy. Kathleen will help explain that this major life event doesn't have to be so overwhelming. She'll walk you through the process and answer your questions on how to achieve your homeownership goals.



RYAN WUERTHNER
M&T Bank

Specializing in assisting first-time homebuyers with a broad based knowledge of various lending programs, such as FHA, VA, SONiMA, etc., Ryan guides applicants from the pre-approval phase to the closing. Put his knowledge and experience to work for you and your situation.



SHEILA RUSSELL
Chemung County Habitat for Humanity

If you think owning a home might be out of reach, think again. Sheila will explain how Habitat's program can help prepare you for homeownership by exploring personal finances, credit repair, working with a lender, and help you learn home maintenance skills at our build sites.

**Hosted by Chemung County Habitat for Humanity
Refreshments sponsored by Corning Incorporated**





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Every child. Every parent. Every day.

WHY A NATIONAL CAMPAIGN?

"Because when every child is read aloud to for 15 MINUTES every day from birth, it will change the face of education in this nation."

... STEM readiness ... Job readiness ... Career readiness ... College readiness ... Third-grade reading readiness ... Kindergarten readiness...

We all agree there is a readiness crisis in this country. There are tens of thousands of organizations working to answer the question at its heart:

"How can we prepare our children to make the transition from home to school to career?"

The answer? Start at the beginning.

READ ALOUD 15 MINUTES. EVERY CHILD. EVERY PARENT. EVERY DAY.

- Reading aloud is the "single most important activity" parents can do to prepare their child for reading and learning.
- Recent research tells us that by age 3 the gap is showing up in early brain development between children whose parents read to them and those who do not.
- Parents do not understand the power of reading aloud every day from birth. Forty-six percent of parents with children ages 0-5 read aloud to them fewer than five days a week. Eight percent read aloud less than once a week.**



During its 10-year National Campaign, Read Aloud 15 MINUTES will change those figures, and with them, the face of literacy and education in the United States.

*Richard C. Anderson, Efreida H. Heibert, et. al. "Becoming a Nation of Readers: The Report of the Commission on Reading." (Washington, D.C.: National Institute of Education, 1985), 23.

**<http://www.scholastic.com/readingreport/reading-aloud.html>



WHAT WILL MAKE THE 15 MINUTES NATIONAL CAMPAIGN WORK?

Successful campaigns have 4 things in common:



Just as the ADA and Procter & Gamble made daily tooth brushing the norm with their "Look Mom, no cavities" campaign in the 1950s; just as the federal government declared war on smoking in 1973 and drastically diminished smokers' ranks; just as Mothers Against Drunk Driving made "One for the Road" taboo; just as the Komen Foundation made the pink ribbon ubiquitous and breast cancer research a priority; so too can we turn daily reading aloud for 15 minutes from a recommendation into a parenting "must."

The 15 MINUTES National Campaign is bringing together a passionate group of partners. Though each has a diverse audience and mission, they are united behind the idea that 15 minutes of daily reading aloud from birth to age 8 can change the face of education in this country. The partners are reaching out to their unique constituencies – community groups, day care providers and schools, businesses, employees, libraries and faith-based organizations – to spread the word. Their goal is to have every American child ready to read when entering kindergarten and continuing to build skills throughout early school years. This is only possible by beginning to read to children at birth.



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GET INVOLVED! SHARE THE 15 MINUTES MESSAGE

BECOME A PARTNER

Join thousands of partners across all 50 states who are committed to working with parents and caregivers to help their children achieve lifelong learning success.

We want individuals who work with organizations that reach parents with children from birth to age 8 to become Read Aloud 15 MINUTES Campaign Partners.

It's free! Upon signing up, you gain access to all of the fun visual content, in English and Spanish, that the Read Aloud Campaign creates to help remind parents of the importance of daily reading aloud starting at birth.



Why should you join today?

- To make a difference in the lives of children in your community by sharing our messaging with parents and primary caregivers.
- To help improve children's early brain development and kindergarten readiness.
- To help every parent become their child's first and most important teacher.

What is expected of a Read Aloud 15 MINUTES Partner?

It's easy! All we ask is that you share some of our messaging, through the communication channels you have available to you, to help us reach more parents.

Join all of our partners in spreading the word and become a Read Aloud 15 MINUTES partner today at www2.readaloud.org/becomeapartner!



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The
Community Food for Jobs Program
is a **FREE Culinary Arts** training program for
ages 18 and older!

Your 10-Week Training includes:

- ☑ Artistic Food Preparation
- ☑ Food Service and Hands-On Experience
- ☑ National ServSafe® Certification
- ☑ Job Training, Education, and Placement

The next class begins April 10, 2023

To apply, or for more information, please contact:
Michelle Riedl - 607-302-2784

CALL NOW!



Economic Opportunity Program, Inc. - 650 Baldwin St, Elmira NY 14901 - www.cscop.org Winter 2023