

# INSPIRING BETTER TOMORROWS

A Newsletter from Family Service Society, Inc.

## 100 YEARS OF INSPIRING BETTER TOMORROWS

Welcome to Family Service Society, Inc.'s first newsletter. We are excited to be celebrating our 100 year anniversary with you! We hope to provide you with a bit of our history as well as news about our current programs and upcoming events that couldn't be done without your support.

The initial idea for Family Service Society began in 1909, nine years before the agency became incorporated, by a small group of concerned community members who wanted to find an effective way to respond to the deadly tuberculosis epidemic of that time. They soon learned that the risk of contracting tuberculosis was related to a number of social problems. Issues such as inadequate child care, food insecurity, unemployment and lack of access to quality, affordable healthcare all contributed to the spread of the disease. The agency was started to support children and families in their recovery from the illness and to prevent future outbreaks by addressing the social ills that contributed to it. Their reach grew and by 1913, they encouraged enforcement of child labor laws, developed programs to reduce infant mortality and were instrumental in getting a school nurse and dental program in the local school district.

We continue to meet the most pressing needs of our community. Today, Steuben County, like many places in America, is facing a deadly opioid crisis similar to the tuberculosis epidemic experienced 100 years ago. One way we have responded to this crisis is by reaching more children with the skills and information they need to prevent future substance use in our prevention education program.

On Monday, April 16<sup>th</sup>, we will be hosting a free community presentation by Dr. Daniel Jacobs, a renowned expert on family mental health and substance use prevention and treatment, at the Corning-Painted Post High School Auditorium. Dr. Jacobs will be speaking from 6:00pm to 7:30pm on the important role of the community, school and family in combating the current crisis. We hope you are able to join us.

Please also take a look at our first ever annual report ([CLICK HERE FOR A LINK TO OUR ANNUAL REPORT](#)) describing the accomplishments of the many programs and services you support in 2017.

Sincerely,

*Harmony Ayers Friedlander*

Harmony Ayers-Friedlander MPA, MA, LMHC  
Executive Director

Family Service Society, Inc. is proud to premiere the first edition of our ***Inspiring Better Tomorrows*** newsletter.

Our newsletter will be a bi-monthly mixture of agency news, upcoming events, and articles on the importance of positive mental health.

The name for our newsletter comes from our 100th anniversary theme - "100 Years of Inspiring Better Tomorrows." Since 1918, our agency has proudly striven to meet the mental health and social needs of our community. We hope this newsletter is another way that we can reach out and touch our community in a positive way.

**YOU ARE INVITED TO ATTEND A FREE  
COMMUNITY PRESENTATION  
PREVENTING YOUTH SUBSTANCE  
USE: WHAT CAN  
WE DO TO STOP  
RUNNING  
SCARED?  
BEGINNING TO  
THINK ABOUT A NEW APPROACH**



**Monday, April 16, 2018  
6:00pm - 7:30pm  
Corning-Painted Post High School Auditorium**

[DOWNLOAD FLYER HERE](#)



**Family Service Society, Inc.**

*Planting the Seeds for a Better Tomorrow*

# FEELING SAD THIS WINTER?

## It could be Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a type of Depression related to a change in seasons. Symptoms usually begin in the fall and can continue throughout the colder, darker winter months.

There are lifestyle changes and at-home treatment approaches to Seasonal Affective Disorder. Artificial light or light therapy may reduce symptoms of SAD. Light therapy consists of exposure to light that mimics sunlight. By sitting or working near a device called a light therapy box, your symptoms of SAD can be reduced. You can search for a variety of light therapy boxes and dawn simulators online through sites such as Amazon. Have your Vitamin D checked. Many in our region have low levels of Vitamin D which may exacerbate some symptoms of SAD. Consult with your doctor and if necessary, start a Vitamin D supplement. Soak up the sun when you can, brave the cold and take a brisk walk or even just step outside and take a few deep breaths. If the thought of going out in the cold leaves you shivering, open the curtains and let the light in.

Don't forget to focus on the basics: exercise, eat healthy and ensure you are getting enough sleep as these are all critical in reducing symptoms of SAD. Schedule something to look forward to, this could be a meeting to catch up with a friend or if you have the means, winter is a great time to take a vacation, preferably to a place warmer and sunnier than here.

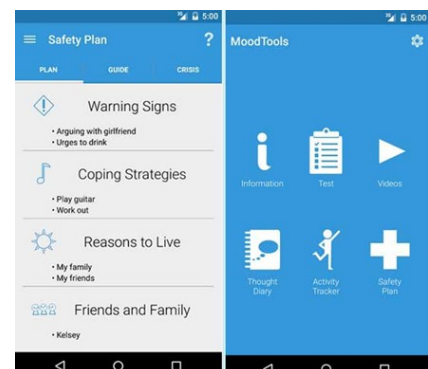
If symptoms of SAD are impacting your ability to function despite efforts noted above, schedule an appointment with a mental health professional or your doctor for further evaluation and treatment.

### Symptoms of SAD identified by the Mayo Clinic include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having problems with sleeping
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless or guilty
- Experiencing changes in your appetite or weight
- Having frequent thoughts of death or suicide

## RECOMMENDED APP OF THE MONTH

**MoodTools** is a free self-help app for those struggling with depression. The app has a number of features, including a depression questionnaire, thought diary, suicide safety plan and even meditation guides. The app also features psychoeducation on treatment approaches to depression.



## TEEN DATING VIOLENCE

### Becoming More Aware of Teen Dating Violence

Teen Dating Violence Month (held in February of each year) is a national effort to raise awareness of dating violence among teens and young adults. [Loveisrespect.org](http://Loveisrespect.org) is a phenomenal website that equips teens and young adults with countless resources related to preventing abuse in relationships and empowering them to put an end to abusive relationships. The site also features a free and confidential 24/7 crisis line. Text and chat are also available.

Below you will find links connected to specific areas of focus relating to teen dating violence, these are contained within [Loveisrespect.org](http://Loveisrespect.org):

- ◆ [Getting Help for Yourself](#)
- ◆ [Safety Planning](#)
- ◆ [Help My Child](#)
- ◆ [Legal Help](#)
- ◆ [Abusive LGBTQ Relationships](#)
- ◆ [Printable Quizzes](#)

According to [Loveisrespect.org](http://Loveisrespect.org), one in three teens will experience emotional, physical or sexual abuse from their dating partner. Although we may not think this is a concern in our society, the statistics are startling and certainly teen dating violence is something we should all have an increased awareness and understanding of. Please share these resources with any whom you think may benefit from them.

Family Service Society, Inc. provides free counseling to victims of domestic violence and facilitates a domestic violence program for men who batter. Please contact us at 607-962-3148 for more information

### FAMILY SERVICE SOCIETY'S COUNSELING SERVICES

Family Service Society, Inc.'s Counseling Services program provides high quality, affordable services for adults, children, and families. We compassionately come alongside those we serve to support and empower them. We work tirelessly to identify and grow personal strengths through our person-centered approach.

We can provide individual, family, and marital/couples counseling based on the counselor's assessment of needs. Play and art therapy techniques are used with children and adolescents. We specialize in cultivating resiliency in families, children, and adults impacted by trauma.

We tailor our interventions to meet client needs and create an individualized treatment plan for every person we serve.



We offer day and evening appointments in three convenient office locations:

- \*280 Princeton Ave. Ext., Corning, NY\*
- \*104 E. Steuben St., Bath, NY\*
- \*101 Main St., Hornell, NY\*

To schedule your counseling appointment or to ask more questions about our program, please contact our Intake Specialist today:

**607-962-3148**

**Now accepting Child Health Plus  
and Fidelis insurances**

## JOIN US!!!

### Big Brothers Big Sisters of the Central Southern Tier's 2018 Bowl for Kids' Sake



**Sunday, March 25, 2018  
12:00-2:00 pm & 2:30-4:30 pm  
Crystal Lanes, Corning, NY**

*Bowl for Kids' Sake (BFKS) isn't about the bowling- it's about the kids. Whether you have never bowled or are a high scorer, BFKS is about having fun and raising money for our local programs.*

#### **What is Bowl for Kids' Sake?**

- Bowl for Kids' Sake (BFKS) is Big Brothers Big Sisters of America's largest fundraising event.
- Teams of 5 commit to solicit funds (minimum of \$60 per bowler) from friends, family members, and co-workers to benefit Big Brothers Big Sisters of the Central Southern Tier's local mentoring programs.
- A fun and exciting way to spend the day with friends, all while supporting local youth.

#### **Why Bowl for Kids' Sake?**

- A terrific way to have fun with friends, family members or co-workers.
- A great opportunity to promote teambuilding amongst co-workers.
- The top 3 teams from the combined morning and afternoon events will win exciting grand prizes!
- The more you raise the more you get! Bowlers who raise \$300 or more qualify for individual prizes!
- All funds are used locally to support our mentoring programs in Allegany, Chemung, and Steuben counties.

**[CLICK HERE TO REGISTER OR FOR MORE INFORMATION](#)**



**Big Brothers Big Sisters**  
of the Central Southern Tier

A program of Family Service Society, Inc.

## BE A PART OF SOMETHING BIG.

Big Brothers Big Sisters of the Central Southern Tier is a site-based mentoring program that meets once a week, for one hour, at designated locations. During this hour, "Bigs" and "Littles" participate in supervised activities that focus on, but are not limited to, team building, community service, education, creativity, and more!

**Adult volunteers, "Bigs," are necessary in order for us to provide our mentoring services.**

**For more information, call (607) 936-3507 or email [buttona@familyservicesociety.org](mailto:buttona@familyservicesociety.org)**

### BIGS & LITTLES GIVE BACK TO THE COMMUNITY



"Bigs" and "Littles" recently made blankets that were donated to Pathways, Inc. for their Traumatic Brain Injury and Nursing Home Transition and Diversion Programs.





## THE LAURA RICHARDSON HOUGHTON CORNING YOUTH CENTER - A COMMUNITY EFFORT

The Laura Richardson Houghton Corning Youth Center is truly a community effort. In addition to a dedicated staff and Board of Directors, the Center is supported both monetarily and time-wise by many community members. The recent 2017 holiday season was a perfect demonstration of this. Below you will find a variety of pictures showcasing some of our favorite moments with community donors and volunteers during the 2017 holiday season.



Kenzie Spaulding from the Corning Police Department helps serve at the Youth Center Holiday Party



Richard Pope, Councilman Frank Muccini, Assemblyman Phil Palmesano serve dinner at the Youth Center Thanksgiving Dinner celebration.



Corning, Inc.'s HR Talent Management team delivers an abundance of holiday cheer to the Corning Youth Center. Team members include Steve Sovik, Amy Friend, Hank Jonas, Todd Stout, Jen McEwen, Carol Stone, Johanna Gigliotti, Eric Elder, Diane Card, Ann Costello-McLeann, and Rebecca Nelson.



Corning police officers share good times with the children at the Youth Center Holiday Party.

The Laura Richardson Houghton Corning Youth Center is a free after-school drop-in facility for children and teens ages 8 to 18. The Youth Center offers a safe, nurturing atmosphere with activities such as recreational games, field trips, arts & crafts, tutoring, community service, board games, pool, ping pong and educational forums. The Kid's Café provides hungry children with over 19,000 free snacks and nutritious meals each year.

The Center is located at 79 Flint Ave. in Corning, NY. Please call 607-936-4116 for more information.

## ROBOTICS CLUB AT THE LAURA RICHARDSON HOUGHTON CORNING YOUTH CENTER

Under the direction of high school senior Joshua Kartzman and his fellow First Tech Challenge Robotics team mates, the Robotics Club at the Youth Center has flourished. These young men spent many hours at the Youth Center helping the young participants construct their own robots and teaching them about electronics and programming. Joshua and his team mates have helped instill a love of STEM activities in many of these Youth Center participants.



Family Service Society, Inc.'s Professional Training Institute has been providing quality continuing education opportunities for 22 years and has trained thousands of human service, social work, and counseling professionals.

Family Service Society, Inc. is an approved continuing education provider for NY Social Workers, Creative Arts Therapists, Marriage & Family Therapists, and Mental Health Counselors. Family Service Society is also approved to provide continuing education through NYS OASAS and NBCC.

## UPCOMING SPRING 2018 EDUCATIONAL OFFERINGS

Friday, March 23, 2018

### **The Mindful Way Through Anxiety: Helping Clients to Worry Less and Live More**

Presenter: Susan M. Orsillo, Ph.D.

9:00am-4:00pm (6.0 contact hours) - Location: Corning Country Club

Cost: \$119/person (includes lunch)

[DOWNLOAD BROCHURE](#) or [REGISTER ONLINE](#)

Tuesday, April 17, 2018

### **Trying to Stop Opioid Addiction Before It Happens: Addressing Transgenerational Substance Abuse at the Youth and Family Levels**

Presenter: Daniel Jacobs, Ed.M., Psy.D., MBA

9:00am-4:00pm (6.0 contact hours) - Location: Corning Country Club

Cost: \$119/person (includes lunch)

[DOWNLOAD BROCHURE](#) or [REGISTER ONLINE](#)

Friday, April 27, 2018

### **Healing from Trauma Exposure: A Journey of Self-Care, Self-Reflection and Self-Compassion**

Presenter: Renae Carapella-Johnson, LMHC, NCC

9:00am-11:00am (2.0 Contact Hours) - Location: Family Service Society, 280 Princeton Ave. Ext., Corning, NY

Cost: \$35/person (includes coffee, juice, and donuts)

[DOWNLOAD FLYER](#) or [REGISTER ONLINE](#)

Friday, May 4, 2018

### **Talking Gay... Lesbian, Bisexual, Transgender, Queer/Questioning and Intersex: A Primer for Those in Counseling and the Human Services**

Presenter: Dr. Edward A. Mainzer, LMHC

9:00am-11:00am (2.0 contact hours) - Location: Family Service Society, 280 Princeton Ave. Ext., Corning, NY

Cost: \$35/person (includes coffee, juice, and donuts)

[DOWNLOAD FLYER](#) or [REGISTER ONLINE](#)

Friday, May 18, 2018

### **How to Be Angry: Teaching Kids to Recognize Self-Destructive Anger Styles and Practice Assertive Self-Expression**

Presenter: Signe Whitson, LSW, C-SSWS

9:00am-4:00pm (6.0 contact hours) - Location: Corning Country Club

Cost: \$119/person (includes lunch)

BROCHURE AVAILABLE SOON

[DOWNLOAD FLYER](#) or [REGISTER ONLINE](#)

[\*\*CLICK HERE FOR OUR COMPLETE TRAINING SCHEDULE\*\*](#)



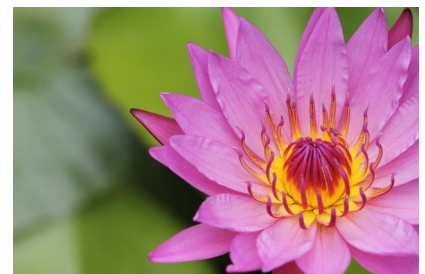
# SAVE THE DATE

## Saturday, June 30, 2018

Indian Hills Golf Course, Painted Post, NY



Family Service Society, Inc.  
280 Princeton Ave. Ext.  
Corning, NY 14830  
607-962-3148  
Visit our website at  
[www.familyservicesociety.org](http://www.familyservicesociety.org)



*"The flower that blooms in adversity  
is the most rare and beautiful of all."*

– Mulan