



NEWSLETTER



August

Children and Youth with Special Health Care Needs

August Is Spinal Muscular Atrophy Awareness Month



Join us at the
UPCOMING EVENTS



SUMMER Celebrations!

Free

Orange County Department
of Health & The Newburgh
Armory Unity Center

MUSIC, GAMES, PLAY CENTERS, CRAFTS, LOCAL
AUTHORS, LUNCH, AND MORE!

REGISTER
NOW!

DETAILS &
REGISTRATION ON
PAGE 9!

Healthy Orange Farmers' Market Kids Day

Tuesday, 8/11 10am-2pm

The Broadway Green Lot
Between Lander & Johnston St,
Newburgh

Join Us for Children's
Activities & Fun!



Free

Parent-Child Playgroup For Babies - 5 years All Abilities

Tuesdays: 10 a.m.- 11:30 a.m.

The Family Center

A partnership between the Orange
County Department of Health and
Newburgh Armory Unity Center

321 S. William St, Newburgh

Hands-on play centers, music enrichment, baby area,
story time, pretend play, motor activities and more!



REGISTER NOW



<https://qr.codes.pro/bPoIY1?>
Spanish translation available

Enroll in the
CYSHCN
Program



The CYSHCN Program provides timely
information, community resources,
referral services, webinars,
community events & opportunities
for families to connect.

Paula Hayes-Hayden,
CYSHCN, Coordinator
845-360-6644, Text: 845-916-0559
phayeshayden@orangecountygov.com

Please
take this
quick
Survey



CITY OF MIDDLETOWN

Downtown **SUMMER MOVIE Night**




FREE

**ERIE WAY PARK
1-31 UNION STREET**

Mayor Joseph M. DeStefano
Alderman at Large Miguel Rodriguez

JULY 11TH DISNEY'S CARS
JULY 18TH HOOK
AUGUST 8TH DISNEY'S ZOOTOPIA
AUGUST 22ND DISNEY'S ELIO

Mid-Hudson Discovery Museum

Family Free Night
August 17 @ 5:30 pm - 7:30 pm

The third Sunday of each month is Family Free Night. The museum is open until 8:00 pm, and admission from 5:30 pm to 8:00 pm is FREE. Please note: this event is intended for families with children ages 0-12. Parent supervision is required at all times.

75 North Water St.
Poughkeepsie, NY

FREE

Join the Orange County Lactation Coalition for a

LACTATION CELEBRATION!

Find support, celebrate your journey, and connect with friends



FRIDAY 8/7
11AM-2PM

Let's come together to celebrate your breastfeeding journey, connect you with local resources & support, and capture the moment with a free professional photo!



'The Great Room' at SUNY Orange
 e Washington Center, Newburgh, NY

Scan to register



Family Play Time: Parent Child Workshop



Wednesdays at 10:00 AM, Newburgh Armory

Spend the morning playing and exploring with your child! Each week we'll meet at the Newburgh Armory Unity Center with a variety of toys for your child to enjoy while a local professional walks around answering any questions you may have on different topics related to child development.



Register for
 a reminder
 email:



NEWBURGH
 ENLARGED CITY SCHOOL DISTRICT



Including a Parent Resource Section!

A dedicated Parent Resource area will offer books, brochures, and educational resources on child development, developmental disabilities, early childhood milestones, parenting strategies, and other important early childhood topics to help families support their child's growth and learning.

Funding for the parent resource area and the accessible reading spaces are provided through the Community Accessibility and Inclusion grant for Children and Youth with Special Health Care Needs (CYSHCN) funded by NYS Department of Health's Bureau of Child Health.

Join Us for the Grand Opening!

YOU'RE INVITED!

LITTLE LEARNERS

LITERACY COLLECTION

GRAND OPENING!
TUESDAY, AUGUST 4 AT 9AM

Welcome to the Little Learners: Literacy Collection at the Newburgh Armory Unity Center (NAUC)!

In collaboration with the NAUC and the Orange County Dept. of Health, the Newburgh Free Library will be offering a special collection of early literacy books for children ages 0-5. Join us for a new reading and play space for families with children of all abilities!



NEWBURGH ARMORY UNITY CENTER
321 S William St, Newburgh, NY



NEW 0-5 EARLY CHILDHOOD LITERACY SECTION
Books, stories and resources for little learners!



SPECIAL BABY LIBRARY CARD PROGRAM
Helping families start a lifetime of reading!



A WELCOMING SPACE FOR FAMILIES
A new reading and play space for children of all abilities!

WE HOPE YOU CAN JOIN US AS WE CELEBRATE THIS EXCITING NEW RESOURCE FOR OUR COMMUNITY!



NEWBURGH ARMORY UNITY CENTER



Newburgh Free Library
Where • Imagine • Connect



Orange County, NY
Department of Health

WITH A LITTLE HELP We can reach THE STARS!



Orange County, NY
Department of Health
Implementation Services Division

CHILDREN AND YOUTH WITH SPECIAL HEALTH CARE NEEDS PROGRAM FOR AGES 0-21
845-360-6630

Funded by the New York State Department of Health using federal health resources and Services Administration Title V funding. The opinions, results, findings and/or interpretations of content contained therein are the responsibility of the Controller and do not necessarily represent the opinions, interpretations, or policy of the State or federal funding agency.

Affinity BY MOLINA

BACK TO SCHOOL BLOCK PARTY

AUGUST 1 | 1-5 PM



BACKPACKS SCHOOL SUPPLIES



SCHOOL SUPPLIES



FOOD



GAMES

Stronger Community. Brighter Futures.

IT'S GOING TO BE HELD AT THE PARK ACROSS, BY DMV!

AT 149 BROADWAY NEWBURGH, NY

LET'S BUILD A STRONGER TOMORROW TOGETHER!

ALL ARE WELCOME!

City of Middletown

Free Swim

Tuesdays and Thursdays:
June 30th - August 20th
Time: 9 AM - 11 AM
Sproat Street Pool



TIPS FOR PARENTS

A Happy and Healthy Summer

-  Protect against the heat.
-  Find ways to stay active.
-  Prevent summertime injuries.
-  Be safe in and around water.
-  Schedule a summer check-up with your doctor.

CITY OF MIDDLETOWN 2026 POOL INFO



June 30th, 2026- August 23rd, 2026
New Hours of Operation:
Tuesday - Sunday 12:00p to 6:00p

WAR-MEMORIAL POOL

AT FRANCHER-DAVIDGE PARK
39 FRANK SHORTER WAY MIDDLETOWN, NY

SPROAT STREET POOL

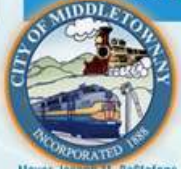
AT SPROAT STREET PARK
28-36 SPROAT STREET MIDDLETOWN, NY

Cost Per Day:

- \$1 (Under 17 City of Middletown Residents)
- \$4 (17 & Over City of Middletown Residents)
- \$5 (Non-City of Middletown Residents)

Questions? 845-346-4180

Free Swim Tuesday & Thursdays 9:00a-11:00a at Sproat Street Pool Only
Sensory Swim Sundays in July 10:00a-11:30a at War-Memorial Pool Only




Mayor Joseph M. DeStefano - Superintendent Haelynn Bertholf
Council President Miguel Rodriguez

IT'S BACK TO SCHOOL!

prepare by strengthening the parenting muscle.

A workshop designed to enhance your parenting style. focus on strengthening skills and developing healthy habits of communication.

Whether you need to build or tone your parenting muscle, this workshop has something for you.

'LIGHT REFRESHMENTS'
AUGUST 12, 2026
6 - 8 P.M.
CCE ORANGE COUNTY OFFICE
(18 SEWARD AVE. MIDDLETOWN, NY 10940)

\$10 INVESTMENT
(\$0 SOLIDARITY PRICING
REGISTRATION AVAILABLE)

Visit to Register:
<https://bit.ly/4pwwIW1>

Any Questions, please contact
Chloe Vital at pcv29@cornell.edu

Cornell Cooperative Extension Orange County
Cornell Cooperative Extension Orange County provides equal employment and program opportunities.

2026 ORANGE COUNTY ICE CREAM Trail



Cornell Cooperative Extension Orange County




<https://cceorangecounty.org/ag-environment/2025-orange-county-ice-cream-trail>





Free Family Fun

National Night Out Against Crime Events- Tuesday August 4

Join local community police departments and first responders for an evening of fun with family, friends, and neighbors. Together, strengthen the police-community partnerships and create a better, safer environment for everyone in our towns!

Middletown- 5PM-8PM

Thrall Park, Grove St. Middletown
Entertainment, games, and family-friendly activities — all FREE (while supplies last).



Warwick 5PM-8PM

Veterans Memorial Park- Forester Ave.
Live music by Black Dirt Bandits and family activities (Touch-A-Truck, games, free hot dogs and give-aways).



New Windsor 5:30PM-8PM

Kristi Babcock Park 660 Mount Airy Rd.
Family fun includes bounce house, field games, K-9 demonstrations, fire trucks, BBQ, Ice cream and more.



Walden 6PM-9PM

Bradley Park Walden, NY.



Port Jervis 6PM-8PM

East Main Elementary
118 East Main St. Port Jervis
Features food, music, and interactive activities provided by a wide array of community organizations



Goshen 6PM-9PM

At Legoland New York Resort- 1
Legoland Blvd, Goshen, NY
(Goshen is for residents only & residents must register)



All events are free and chaperoned



FREE

The Town of Wallkill Police Department's Youth Coalition, in conjunction with members of the community work alongside each other, to instill a positive reinforcement to our youth.

As a member of the Town of Wallkill Police Department's Youth Coalition, you will:

Meet new friends, neighbors and your local Police Officers, build long lasting relationships in the community, Learn about opportunities and activities available in our community.

During the meetings:

Plan and participate in activities and trips,
Perform community service,
Attend leadership trainings and conferences.

Meets every 3rd Tuesday of the month at the Town of Wallkill Community Center, 8 Wes Warren Drive, Middletown, New York 10941, from 7:00 PM to 9:00 PM.



Helping your school and its staff learn the basics of autism

BACK TO SCHOOL



See Webinar
Section for Building
Resilience: How
Families Can
Prepare for the
Uncertain School
Year Ahead

The School Community Tool Kit contains helpful handouts for everyone in the school environment—from bus drivers and lunch aides to custodians and athletic coaches—to teach them more about autism. There's one in there for school nurses too, as well as information on some of the more common challenges that may lead autistic students to the nurse's office, or even result in the need for an Individualized Healthcare Plan.



**YOUR VOICE, YOUR EXPERIENCES,
YOUR FUTURE**

Help shape services and supports for youth with mental health care needs!

Join a Conversation with the New York State Office of Mental Health and Department of Health

New York State is strengthening mental health services for young people and their families. If you have lived or work experience with mental health services and have feedback to share, we want to hear from you.

HUDSON RIVER REGION - join us in person at:
SUNY Orange County Community College,
1 Washington Center, Newburgh

AUG. 11 6:00p.m. - 8:00p.m. **OR** **AUG. 12** 9:00a.m. - 11:00a.m.

Refreshments will be provided
We welcome you and your family - Activities for all

VIRTUAL ZOOM SESSIONS also available for participants statewide:
10a.m. to 11:30a.m. July 27 or 2 p.m. to 3:30 p.m. Sept. 2

NEW YORK STATE
Office of Mental Health | Department of Health

Please register in advance by using the links above or by scanning the QR code.



Buddy Walk
September 12, 11:00AM
Neaumburg Bandshell,
Central Park



Short Clip
of NYC
Buddy
Walk 2023



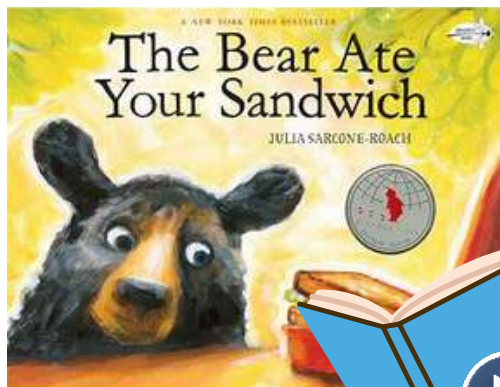
Since 1995, the Buddy Walk® has been the premier advocacy event for Down syndrome in the United States. Meet at Times Square on Saturday, September 12th for the annual Times Square Video presentation starting at 9:30 AM ET followed by the 30th New York City Buddy Walk® at the Naumburg Bandshell in Central Park at 11:00 AM ET.

This year's walk will feature live entertainment, food options, games, a children's play area, a one mile walk through beautiful Central Park, and more! If you can't make it to NYC, they offer Walk-at-Home registration options so you can be a part of the walk wherever you are.

Questions? Contact nycbuddywalk@ndss.org.

[Register Here](#)

American Sign Language Storybook



The Bear Ate Your Sandwich



Cure SMA provides support for those affected by Spinal Muscular Atrophy, offering a care package, LiFvac (airway clearance device), and medical equipment loans.

[For more information](#)

VOICESUNITED4CHANGE'S VIRTUAL

PARENT SUPPORT GROUP

JOIN

A peer led virtual support group for parents of children with mental health challenges.

7/22
RSVP by 7/17
8/12
RSVP by 8/5
8/26
RSVP by 8/19

RSVP to Groups Here:

<https://forms.gle/BfFSdmpAozFILKQZA>

Email

rebekah@voicesunited4change.org for more information



Kids Day 8/11!

HEALTHY ORANGE FARMERS MARKET
 Double Up Food Bucks Senior Coupons
THE BROADWAY GREEN LOT
 BETWEEN LANDER & JOHNSTON STREET, NEWBURGH
 Sponsor: The Cathedral at the House

SNAP-EBT-WIC ACCEPTED-VETERAN COUPONS

FRESH FRUITS & VEGETABLES

Raffles
 Honey
 Music
 Bread

Healthy Orange Farmers Market
 Orange County, NY
 Department of Health

JUNE 23 - OCTOBER 27
Tuesdays from 10 A.M. - 2 P.M.
 FOR MORE INFORMATION CALL MEG OAKES AT 845.360.6691

Summer Just Got Yummier
 Get FREE healthy meals for kids and teens!

USDA is an equal opportunity provider, employer, and lender.

SummerMealsNY.org



NYS ED .gov

No need to sign up-find a nearby meal site today!

Food Assistance

Emergency Food Pantry (NY Connects)
 Short-term food packages available by referral.
 Call 845-615-3710 for details.

Crisis Call Center

For immediate help locating food resources, dial 311 or 1-800-832-1200.

Orange County- County Wide Food Assistance Program:

Find local food pantries, soup kitchens, WIC, SNAP, and senior meals organized by town.

<https://qrcodes.pro/K2iu0c>



<https://qrcodes.pro/RS9Y9g>



St. Mary's Outreach Giving Day 8/21 at 9am-12

(Every 3rd Friday of the month, bring a tote or a cart)
 321 South William Street, Newburgh
 Question call 845-566-1425



Feeding SUPPORT

Feeding Matters- support group

Lunchbox Wins: Feeding at School
 July 9 - September 17

Back-to-school routines can be challenging.
 Learn practical ways to support successful mealtimes at school and at home while building connections with other parents navigating similar experiences.

Thursdays from 9 - 10pm ET

Join the Group



8/5 @ 11:00AM-12:00PM

Preventing Parent Burnout for Parents of Children with Special Needs. Hosted by Parent to Parent of NYS.

[Register Here](#)

8/5 @ 6:00PM-7:00PM

Your Family and Screens

Technology plays a major role in our daily lives, and its influence on children is growing rapidly. In this program, learn how screen use affects child development, overall health, and family relationships. Brought to you by Cornell Cooperative Extension.

[Register Here](#)

8/6 @ 10:00AM-11:00AM

Understanding Learning Disabilities- Sponsored by ADAPT Community Network.

[Register Here](#)

8/6 @ 12:00PM-2:00PM

Virtual Training: Autism, Elopement and Water Safety-

Sponsored by OPWDD. This training is for families, care managers, professionals and school personnel. Continuing education credits are offered.

[Register Here](#)

8/6 @ 7:00PM-8:00PM (1st Thursday of each month)

Sibling Support Program: A Family Centered Mental Health Initiative.

Intended for parents/caregivers and siblings of youth with Autism, Developmental Disabilities, and/or Mental Health Issues.

Hosted by Autism Speaks

[Register Here](#)

8/10 @ 7:00PM-8:00PM

Navigating the Teen Years: A parent group for families of teens with disabilities. Presented by Parent to Parent of NYS.

[Register Here](#)

8/11 @ 7:00PM-8:00PM

Early Years Parent Group: For families with children under 12. A nurturing group designed for parents of young children with disabilities. Hosted by Parent to Parent of NYS.

[Register Here](#)

8/12 @ 6:00PM-7:00PM

Calm and Connected: Teaching children self-regulation and emotional control can be challenging, especially if this is something you struggle with yourself. During this program you will learn techniques to stay calm and to develop more patience so that you can be a better role model for your child. Brought to you by Cornell Cooperative Extension.

[Register Here](#)

8/18 @ 6:30PM-8:00PM (3rd Tuesday of each month)

ADHD/Learning Differences Support Group- Receive support, connect with others and express yourself.

[Register Here](#)

8/18 @ 7:00PM-9:00PM

NICU Parent Support Group- For parents of babies and toddlers up to age 2 who have experienced a NICU stay. Hosted by Parent to Parent of NYS.

[Register Here](#)

8/21 @ 9:00AM-4:45PM & on Demand through 10/30/26

Virtual-2026 Feeding and Eating Psychology Summit-

Presented by Feeding Matters.

[Register Here](#)

**Health Condition Spotlight:
Learning Disability**

Presented by Dr. Bernie Chen of Weill Cornell Medicine

WEDNESDAY, AUGUST 12, 2026
10:30-11:30 AM

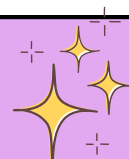
online and free for parents, caregivers, and professionals

REGISTER: [HTTPS://CORNELL.ZOOM.US/JOIN/REGISTER/PVBDVS4GS3UWWMVX7UKJXW](https://cornell.zoom.us/join/REGISTER/PVBDVS4GS3UWWMVX7UKJXW)

ACT for youth **CYSHCN**
Children & Youth with Special Health Care Needs
New York State



Registration for this event will be closing on
TUESDAY, AUGUST 11TH



ORANGE COUNTY DEPARTMENT OF HEALTH IN PARTNERSHIP WITH
THE NEWBURGH ARMORY UNITY CENTER

SUMMER Celebration

 **FREE**

JOIN US!



MUSIC, GAMES, PLAY CENTERS,
CRAFTS, LOCAL AUTHORS,
Lunch, AND MORE!



LOCATION:

NEWBURGH ARMORY UNITY CENTER
321 SOUTH WILLIAM ST. NEWBURGH, NY 12550

There are two days based upon different age groups.
Please register for the appropriate day based upon the age of the child.

**FOR CHILDREN AGES 0-5
& THEIR PARENTS/
ADULT CAREGIVER**

**Tuesday, August 18th
10am-2pm**

Lunch will be served between
11:30am-12:30pm.
Please register for this event using this
QR code:



<https://forms.uniqo.de/yXvyPh>

**FOR CHILDREN AGES 6-12
& THEIR PARENTS/
ADULT CAREGIVER**

**Wednesday, August 19th
10am-2pm**

Lunch will be served between
11:30am-12:30pm.
Please register for this event using this
QR code:



<https://forms.uniqo.de/cFFcjO>



This event is for All Abilities. For accommodations call 845-360-6630.

Funding by NYS Office of Family and Children
Services and the Orange County Youth Bureau



Free

THE GOOD AND THE BAD OF BOREDOM

"I'm soooo bored!"

Kids often complain bitterly about being bored, but being bored can be good for their mental health! If you ever got dragged on a family road trip before screens were readily available, you can probably remember staring out the window and daydreaming. Being bored tends to activate the imagination.

But just like ice cream (another summertime favorite), boredom can be bad if there's too much of it. See our four suggestions for finding the sweet spot of boredom.

- **Boredom challenges children to come up with their own solutions and engage in creative play, which is beneficial for their mental health.**
- **Having time without planned activities allows children to explore and entertain themselves, fostering independence.**
- **Allowing children to experience boredom helps them learn to manage frustration and develop resilience.**

**READ MORE
HERE**



BOREDOM BUSTER

Boredom Busters

Age Specific Ideas

Young Children (3 to 5 years old): Create a Boredom Bin

- Add items that can be used for creative play that they don't typically play with.
- Include items that can be used to build or create things, make noise or have multiple uses, such as:
 - Foam or wood blocks
 - Mini figurines - people, animals
 - Toy cars
 - Small cardboard boxes
 - Wooden dowel rods



Make sure that all the items in the bin are safe for a child their age to play with independently.

Elementary-Age Children: Create a Boredom Jar



With your children, write down on small strips of paper some activity ideas they can do independently. Fold the papers and put them into a jar. When they aren't able to get started with unstructured play, get the jar out and have them pull one paper out to get started. Here are some ideas:

- Make a fort
- Draw a picture of their favorite _____
- Build an obstacle course (for themselves or their toys)
- Have a tea party
- Build a city out of household items for their dolls/figurines
- Write a letter to a grandparent, friend, cousin, etc.
- Read a favorite book

DOWNLOAD HERE



Inclusion Matters

Orange County Think Differently works to improve accessibility in schools and businesses and promotes inclusivity and acceptance for all abilities in Orange County.

www.orangecountygov.com/2201/Think-Differently



VIRTUAL
SUGGESTION
BOX

