

March - May 2026



Community Outreach Newsletter

Catholic Health regularly partners with schools throughout Long Island to inspire students to pursue careers in health care by connecting them with professionals working in those fields.

Most recently, Catholic Health collaborated with Career Day, Inc., in a Career Day panel at Valley Stream South High School.

Students had the opportunity to hear from experts who shared insights into various medical careers and the educational pathways required to achieve them.

Following the presentations, selected students participated in one-to-one conversations with the professionals to gain additional guidance on choosing a college and determining the right career path.



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Community Outreach Highlights

January – February 2025

- December 2025, Catholic Health opened its new Patient Care Pavilion at Good Samaritan University Hospital.
- December 2025, Katie Ledecy, Health and Wellness Ambassador for Catholic Health, spoke to 250 Catholic high school students at the Cradle of Aviation about her journey to becoming an Olympian.
- A new Virtual Education Series about Diabetes and Healthy Eating has been posted to Catholic Health's YouTube channel.
(https://www.youtube.com/playlist?list=PLkCrQdg5_P_HFRdbbBC6W61xfAxPtO0Q8s) For captions in another language, select subtitles, then choose settings > subtitles > auto-translate and select your preferred language.



March - May Health Observances

March celebrates National Nutrition Month (<https://www.catholichealthli.org/health-wellness?topic%5B637%5D=637>) and Colorectal Cancer Awareness Month (<https://www.catholichealthli.org/blog/understanding-colon-cancer-causes-cure>).

April is National Minority Health Month, Occupational Therapy Month and Head & Neck Cancer Awareness Month (<https://www.catholichealthli.org/cancer/cancer-types/head-neck-cancer>),

It is important to raise awareness about the social determinants of health and work toward more equitable care and positive outcomes for all segments of our society. To learn more, visit <https://minorityhealth.hhs.gov/minority-population-profiles>.

May celebrates both Stroke Prevention Month (<https://www.catholichealthli.org/stroke-care>) and Mental Health Awareness Month (<https://www.catholichealthli.org/behavioral-health>).

Stroke Awareness: Know the Signs (<https://www.youtube.com/watch?v=Hp1X4mAEFU8>)

Take Care of Your Mental Health: <https://www.catholichealthli.org/blog/starting-your-mental-health-journey>.

Community Outreach Programs

Catholic Health offers free screenings, including blood pressure, prostate, mammograms and more. Also, we offer noted experts who can discuss a variety of health topics at no charge to your organization. To view our upcoming Mobile Clinical Unit screenings, please visit <https://www.catholichealthli.org/events>. For more information or any other questions, please email communityoutreach@chsl.org.

For Parish Support, please visit <https://www.catholichealthli.org/parish-support>.

Allergy-Proof Your Spring

What are allergies?

- An allergy is when your immune system reacts to something foreign to your body. Certain drugs, foods and indoor and outdoor environmental allergens can cause symptoms such as, sneezing, itchy/watery eyes, or chest discomfort.



Beat Allergy Season: Tips to Avoid Allergens

1. Stay inside on windy, dry and humid days.
2. Avoid freshly cut grass.
3. Keep home and car windows closed. Use air-conditioning, if possible.
4. Shower to wash pollen and other allergens from your hair and skin after being outdoors.
5. Choose to exercise outdoors in the evening, or after it rains. Because exercising outside on dry and windy days will increase exposure to allergens.
6. Avoid dusty and moldy environments, such as damp basements, which could trigger an allergic attack.
7. Over-the-counter anti-allergy medications may help alleviate minor allergy symptoms. Avoid nasal sprays and decongestants until you discuss with your physician.

View our allergy and immunology services,

<https://www.catholichealthli.org/services/allergy-asthma-immunology>

For more wellness tips, visit <https://www.catholichealthli.org/health-wellness>.

Community Outreach Around the System

For questions, please contact
866-MY-LI-DOC (866-695-4362)

Nassau County

Mercy Hospital

- April 11: Free Baby Shower for Moms-to-Be in the hospital's lower level. 12 pm – 2 pm.
- May 5: Cinco de Mayo in the hospital lobby. Stroke awareness education. 12 pm – 2pm.

St. Joseph Hospital

- April 9: Free community lecture. Colon Cancer Education. Sunshine Club at St. Rose of Lima. 2 Bayview Ave., Massapequa. 12:30 pm.
- April 18: Health Expo at Farmingdale Library. Free blood pressure screening, diabetes and colon cancer education. 116 Merritts Rd., Farmingdale. 12 pm – 4 pm.

St. Francis Hospital

- April 21: Free community lecture. Nutrition and Longevity: Eating to Thrive. The DeMatteis Center, Greenvale, 2 pm – 3 pm.
- May 8: Free community screening. The DeMatteis Center, Greenvale, 10 am – 2 pm.
- May 19: Free Community lecture. Memory, Mindfulness and Cognitive Longevity. The DeMatteis Center, Greenvale, 2 pm – 3 pm.

Suffolk County

Good Samaritan University Hospital

- April 16: Oral, Head and Neck Cancer Screening at the hospital's Radiation Oncology Department. 5:30 pm – 7:30 pm. For an appointment, call (631) 376-4444.
- April 19: Free Prostate PSA and Blood Pressure Screening at the Kiwanis Car Show. 201 Orinoco Dr., Brightwaters. 9 am – 2 pm.
- May 13: Stroke Community Lecture. West Islip Fire House, 309 Union Blvd., West Islip. 5:30 pm.
- May 18: Blood Drive at Good Samaritan University Hospital Patio Café. 7 am – 7 pm.

St. Catherine of Siena Hospital

- March 17 – May 6: Moving for Arthritis & Better Balance Workshop Series. Whisper Woods of Smithtown. Limited spots available. To register, please call (631) 870-3444.
- May 5, 12, 19, 26: Walk your way to wellness. Walk with health professionals to discuss heart health, healthy eating, breast health and more. Free blood pressure screenings. Sunken Meadow State Park. 2 pm – 4 pm.

St. Charles Hospital

- March 18 – May 8: Free arthritis exercise program. Bi-weekly at the hospital's Wisdom Conference Center. For details and to register, please call (631) 474-6264.