

June - August 2026



Community Outreach Newsletter

Catholic Health has launched its new “Vision for the Future” program, an initiative aimed at expanding access to essential eye care for visually impaired children across Long Island.



Developed in partnership with Caitlyn’s Vision—a local nonprofit dedicated to providing eyeglasses to those in need—and supported by Versant Health—the program will deliver free vision screenings for children currently not wearing glasses.

If a Catholic Health vision screening determines a need for additional testing, the child will be referred for a follow-up exam.

To schedule a children’s vision screening at your organization, please contact 631-483-5670 or email CommunityOutreach@chsli.org. To see vision screenings scheduled near you, visit https://www.catholichealthli.org/events?title=&start_date=&end_date=&location=.

Overview of Services

[“Food is Medicine” Program Extended](#)

[Summer Safety Tips Community Programs](#)

[Breathe Easier this Summer Around the System](#)

“Food is Medicine” Program Extended

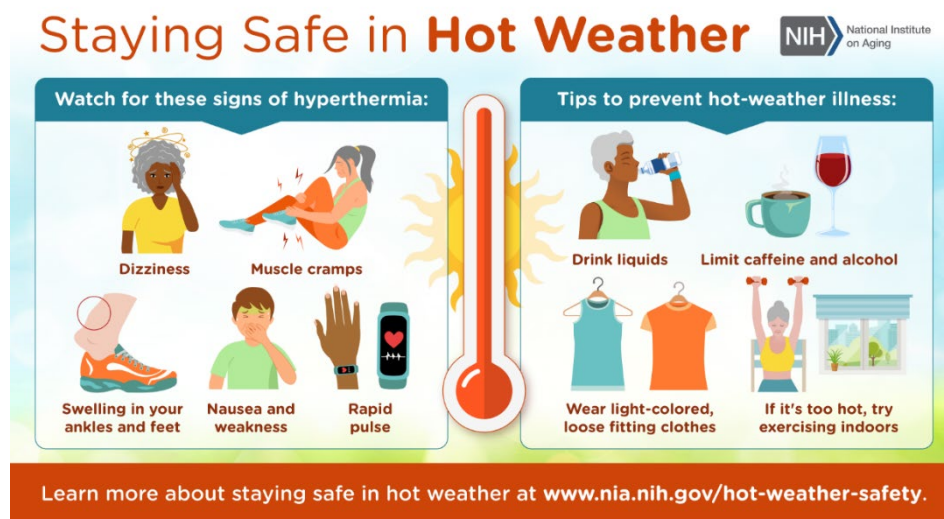
In 2025, Catholic Health partnered with Island Harvest, opening a Bay Shore food pantry for people who screen positive for food insecurity at a Catholic Health Ambulatory site. Referred patients receive intensive nutritional counseling and can “shop” for healthy foods fitting their needs. Funding for this program has been extended and is open to any Catholic Health patient. For more information, call (866) MY-LI-DOC.

Summer Safety Tips

Sunny and warm days spent outside—enjoying everything from the beach to long walks, barbeques and picnics—are highlights of the summer. Keeping yourself safe during summer activities can help you make the most of these days.

Stay safe this summer by protecting yourself from the sun, heat, and outdoor hazards.

- Always wear broad-spectrum sunscreen with SPF 30 or higher, reapply every two hours, and limit direct sun exposure between 10 a.m. and 4 p.m.
- Stay hydrated, wear lightweight protective clothing, and avoid strenuous outdoor activity during extreme heat.
- When spending time outdoors, use insect repellent, check for ticks after being in wooded or grassy areas, and avoid contact with poisonous plants like poison ivy.



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@chsli.org.

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

Breathe Easier this Summer

Vaping has surged in popularity over the past decade, especially among young people. Often promoted as a safer alternative to smoking, electronic cigarettes and vape pens have attracted millions of users, many of whom think they are making a healthier choice. Traditional cigarettes contain over 7,000 chemicals, a large number are toxic. Vaping contains fewer of these substances, but still exposes your body to harmful chemicals, especially if used regularly.

Common Misconceptions

“It’s just water vapor”

False. Vape clouds are not made of water. They contain harmful substances like nicotine, heavy metals and chemical flavorings that can irritate or damage your lungs.

“Vaping is not addictive”

False. Most e-cigarettes contain nicotine, one of the most addictive drugs available.

How to Quit

1. Make a plan – Set a quit date and write down your reasons for quitting.
2. Understand your triggers – Knowing what sets you off can help you plan to use healthier alternative habits instead.
3. Prepare for cravings – Anticipate withdrawal symptoms and plan healthy ways to manage them.
4. Get support

NYS Quitline

Free help is at your fingertips to overcome the use of tobacco products like e-cigarettes and vape devices. DropTheVape offers confidential and convenient support in the palm of your hand, with two to four motivational texts each day over a period of six weeks. The program includes interactive skill-building tools for quitting vaping and other forms of tobacco products. Each week, you’ll explore topics such as managing stress, handling cravings, maintaining confidence in social situations, and more. Full program details and registration are available at www.DropTheVape.org.

**VAPING
NICOTINE**

=

- Headaches
- Shortness of breath
- Rapid heartbeat
- Panic attacks
- Irritability, mood swings, and anxiety
- Relationship issues
- Learning difficulties

QUIT VAPING TODAY!
Sign up for texts at DropTheVape.org
The NYS Quitline offers free, confidential support and advice to help young people quit nicotine

NEW YORK STATE | Department of Health

21008

0615

Community Outreach Around the System

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

Nassau County

Mercy Hospital

- June 4: “Let’s Move” at the hospital. Free blood pressure screening and nutrition information. 12 pm – 1 pm.
- June 6: Hope Day at Arthur Hendrickson Park. Free health education, blood pressure screening, Teddy Bear clinic. 123 West Merrick Road Valley Stream. 12 pm – 4 pm.
- June 7: National Cancer Survivor Day at the hospital. Health lecture. 10 am – 1 pm.
- June 24: Free Narcan training at the hospital. 12 pm

St. Joseph Hospital

- June 29: Safety swim program in Marjorie Post Park pool. 451 Unqua Rd, Massapequa Park. 12 pm – 2 pm.

Suffolk County

Good Samaritan University Hospital

- June 20: Cancer Survivors Day, Free Community Concert. Islip Grange, 10 Broadway Ave, Sayville. 1 pm.
- August 5: Annual Health and Wellness Symposium at Captain Bills. 122 Ocean Ave, Bay Shore. 11 am – 3 pm. For more information and to register, please call 631-376-4444.
- August 11: Blood Drive in hospital’s Patio Café. 7 am – 7 pm.

Good Samaritan University Hospital – St. Charles Campus

- June 2 – July 28: Learn to be Tobacco-free program at the hospital. Wisdom Conference Center. For more information, please call 631-853-2928.

St. Catherine of Siena Hospital

- July 11: Brotherhood for the Fallen 5K and 10K Run/Walk. 727 Veterans Memorial Highway, Smithtown. 7:30 am.