

December 2025 – February 2026



Community Outreach Newsletter

To our community,

As the year comes to a close, we want to extend our deepest thanks to each of you for your incredible support.

To our partners, your collaboration has strengthened our ability to deliver essential health programs and services. Your dedication has helped us reach more individuals and improve the well-being of our community.

To our members, thank you for engaging with our initiatives, trusting us with your care, and working alongside us to build a healthier future for all. Your participation and support make our mission possible.

Thank you for being part of our collective journey. We're excited for what lies ahead and are grateful to have you with us every step of the way.

Overview of Services

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Community Outreach Highlights

2025 Achievements

- Through November 2025, the Community Outreach buses performed 7,200+ screenings across Nassau and Suffolk.
- Dentists handled 1,600+ unique patient visits at the Stephen B. Gold Dental Clinic for Medicaid and special needs patients.
- Bishop McHugh Health Centers treated 850+ patients, most of whom were uninsured.
- Family Care Center at Mercy Hospital handled approximately 15,000 visits from pregnant women and children in 2025.
- More than 200 people attended the annual system-wide Health Fair in September; 54 people were screened for Blood pressure, glucose and cholesterol and 27 flu shots were administered.
- Our social workers connected more than 1,000 people to services for help with insurance enrollment, medical advocacy, food, employment and more.
- As part of our Speakers Bureau, Catholic Health placed more than 80 speakers in Nassau and Suffolk County.
- Provided meals and/or food program assistance to more than 1,500 food-insecure individuals.
- Continued partnership with Gift of Life International to provide free lifesaving cardiac procedures to children from developing countries at St. Francis Hospital & Heart Center.
- Hosted “Give Veterans a Smile Day,” providing free dental care at the Stephen B. Gold Dental Clinic at St. Charles Hospital.
- Partnered with Smile Farms to open our third cooperative food garden, this newest one at St. Catherine of Siena Hospital.
- Raised more than \$118K for cancer research through the Empire State Ride.



December-February Health Observances

In **December**, we observe National Influenza Vaccination Week. Holiday season is here and it's never too late to get vaccinated! The Catholic Health Community Outreach bus provides free flu shots. To find where we will be, visit:

https://www.catholichealthli.org/events?title=&start_date=&end_date=&location=.

Crohn's and Colitis week is also in December. Learn more at:

<https://www.catholichealthli.org/blog/crohns-disease-vs-ulcerative-colitis-whats-difference>.

January is Cervical Health Awareness Month. Learn from Catholic Health about cervical cancer (<https://www.catholichealthli.org/blog/ask-expert-cervical-cancer>) and gynecological health (<https://www.catholichealthli.org/obstetrics-gynecology>).

February is American Heart Month and National Cancer Prevention Month (<https://www.catholichealthli.org/cancer/cancer-prevention-screening>). Make healthy choices part of your regular routine (exercise, balanced nutrition and stress management) to positively impact your heart health.

Visit <https://www.catholichealthli.org/heart-health-hub> for insights and Heart Healthy tips from Catholic Health cardiologists.

Health Tips and Insights

Protect yourself and your family from the flu this holiday season:

<https://www.catholichealthli.org/blog/protecting-yourself-flu>

With the New Year around the corner, focus on your physical and mental well-being:

<https://www.catholichealthli.org/blog/taking-care-your-mental-health>

For more Health and Wellness tips, insights and healthy recipes, please visit:

<https://www.catholichealthli.org/health-wellness>

Community Outreach Programs

Catholic Health offers free screenings, including glucose and cholesterol testing, blood pressure, prostate, colon cancer and flu vaccines. We can also provide you with noted experts who can discuss a variety of health topics at no charge. To view our upcoming Mobile Clinical Outreach 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>.

Community Outreach Around the System

Nassau County

Mercy Hospital

- December 8, 10 am. Basic Six Holiday Fest at the Cancer Institute at the hospital.
- December 10, 5 pm. Tree of Lights Celebration at the hospital.
- February 5, 10 am – 2 pm. Community Outreach Bus screening at the hospital.
- February 24, 12 pm. Heart Health lecture at Kennedy Park in Hempstead.

For more information, call 516-626-3729.

St. Joseph Hospital

- December 4, 5 pm – 5:30 pm. Annual Christmas Tree Lighting Ceremony at the hospital.
- February 6, 10 am – 2 pm. Community Outreach Bus screening at the hospital.
- February 10, 11 am. Heart Health Lunch and Learn at Brady Park in Massapequa.

For more information, call 516-579-6000.

St. Francis Hospital

- January 28, 12:30 pm – 1:30 pm. The Heart of Good Eating. DeMatteis Center, 101 Northern Blvd, Greenvale, NY 11548. Registration required, call 516-563-7940.
- February 4, 11 am – 1 pm. Women's Heart Symposium. DeMatteis Center, 101 Northern Blvd, Greenvale, NY 11548.
- February 25, 5:30 pm – 6:30 pm. The Heart of Good Eating. Zoom. Registration required, call 516-563-7940.

Suffolk County

Good Samaritan University Hospital

- December 8, 4 pm. Christmas Tree Lighting Ceremony. Front lobby of the Patient Care Pavilion.

For more information, call 631-376-4444.

St. Catherine of Siena Hospital

- December 11, 7 pm – 8 pm. Hands Only CPR – Stop the Bleed training at Smithtown Library in Nesconset. 148 Smithtown Boulevard
- Nesconset, NY 11767.

For more information, call 631-870-3444.

St. Charles Hospital

- December 3, 5:30 pm – 6:30 pm. Annual Christmas Tree Lighting Ceremony, hospital main lobby. Guest of honor to be a pediatric outpatient rehab patient, along with a special performance from the North Shore Chamber Choir.
- December 15, 6 pm. Memory lecture at Jeffersons Ferry. 1 Jefferson Ferry Dr., South Setauket, NY 11720.
- February 11, 12 pm – 1 pm. Indoor vs. Outdoor Activities lecture at Emma Clark Library. 120 Main St., Setauket, NY 11733.
- February 12, 6 pm. Preventing and Managing Cardiac Risk Factors at Riverhead Library. 330 Court St., Riverhead, NY 11901.

For more information, call 631-474-6797.