



DIRECTOR OF PUBLIC HEALTH- Linda Beers, MPH
DIRECTOR OF HEALTH PROMOTION &
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FOR IMMEDIATE RELEASE

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Second Annual Community Baby Shower Connects Families with Support and Resources in Port Henry

Elizabethtown, NY — The Essex County Health Department (ECHD) celebrated local families at its second annual Community Baby Shower on Thursday, August 6, 2026, at Edgemont Barns in Port Henry. The "Locally Grown" themed event was designed to support expecting parents, caregivers, and families with infants under one year old by bringing essential health education, local vendor resources, and community networks together under one roof.

The event, timed to align with National Breastfeeding Month, highlighted the wide array of maternal and child health resources available across Essex County while offering attendees a welcoming space to celebrate new beginnings.

"Looking out across the room, my heart was just full," said Linda Beers, Public Health Director for the Essex County Health Department (ECHD). "Whether someone is expecting their very first baby, navigating life with a newborn, or supporting a growing family, this celebration was for them. The event brought our community together to ensure families know they never have to navigate early parenthood alone."

The event also featured ECHD's Baby Steps to Bright Futures program. Launched in August 2023, this voluntary program has walked alongside more than 160 families during the early weeks of parenthood. The initiative provides home visits from health educators who offer personalized support right where families feel most comfortable, including baby weight checks, infant feeding support, baby-proofing and safe sleep guidance, and direct connections to community resources like WIC.

"An event like this takes a village, and we are fortunate to have an incredible one here in Essex County," said Jessica Darney Buehler, Deputy Director, Director of Health Planning and Promotion for ECHD.

"I heard from several expecting parents who weren't aware of the wonderful community resources available right here in our county. Moments like that are exactly why we hold this event—so families feel supported, informed, and connected as they prepare to welcome their newborns home. We also extend our deepest gratitude to the local vendors and community partners whose generous contributions make a healthier, stronger community possible."



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Participating Vendors & Community Partners:

ACAP

BHSN Therapeutic Foster Care

Birth to 3 Alliance

Clinton Co Health Dept

Essex County DSS

Essex County Mental Health

Fidelis

Hallow River Doula

Health Alliance

Healthy Families North Country

Heart Well Homestead

HHHN Pediatrics

Literacy Volunteers

North Country Ministry

Safe Kids

Upstate Poison Control Center

UVM CVPH Lactation Clinic

UVM-ECH Pediatrics

Donated Raffle Bundles Included:

Breastfeeding package

Child Passenger Safety

Infant Safety

Child Development

Carpenter & Associates Insurance – Nutrition Package



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Deer's Head Restaurant – Self Care Bundle

Town of Newcomb – Welcome Baby Bundle

UVM-ECH – Baby Bath Bundle

Sponsors:

Carpenter & Associates Insurance

Deer's Head Restaurant

Town Of Newcomb

Edgemont Barns – donation of space

Healthy Families North Country

Elizabethtown Community Hospital

Elizabethtown Thrift Shop

Sam's Photography

For more information on ECHD's "Baby Steps to Bright Futures" and other family health programs, please visit <https://health.essexcountyny.gov/familyhealth/>

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