

## ARE YOU 60 OR OLDER?

If you a Washington County resident age 60 or older please complete the Needs Assessment Survey on page 2.

## NOMINATIONS FOR 2024 SENIOR OF THE YEAR ARE DUE NOV. 10!

Fill out the form on page 15

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October 27, 2023

# Community CONNECTIONS

Brought to you by Washington County Office for Aging & Disabilities Resource Center.... Home of NY Connects

### A Letter from Executive Director, Gina Cantanucci-Mitchell

## Needs Assessment Survey submissions

Greetings,

This month the Washington County Office for Aging and Disabilities Resource Center, Home of NY Connects, would like to highlight our 2023 Needs Assessment Survey. If you are a Washington County resident age 60 or older, please complete the the questionnaire. This helps the Washington County Office for the Aging identify the needs for Community-Based Services. This information will help plan future services and programs.

Please return the completed survey as soon as possible. You can cut out the survey on page 2 and return it to ATTN: ADRC at 383 Broadway, Fort Edward, NY 12828 or follow this link to complete the

survey online and have it submitted electronically directly to our office:

<https://washingtoncountyny-services.app.transform.civicplus.com/forms/36278>

The last day to complete the survey is December 31, 2023. All demographic information will be kept confidential and is only used for statistical purposes. We truly appreciate your feedback with regards to determining what future services and programs you value, and feel are needed in the community. If you have any questions please don't hesitate to contact our NY Connects Information Specialists at 518-746-2420.

Sincerely,

Gina Cantanucci-Mitchell  
Executive Director

## Hometown Thanksgiving

*A Community Dinner for All*

Sponsored by The Greater Glens Falls Community

A free homemade Thanksgiving dinner will be held on Thanksgiving Day, Thursday, Nov 23rd from 12-2pm at Christ United Methodist Church, 54 Bay St (corner of Bay and Washington Streets, Glens Falls, NY 12801

Please join us any-time from

12-2pm on Thanksgiving Day for food, fun, and entertainment at our Annual Hometown Community Thanksgiving Dinner.

If you are unable to attend but would like a meal delivered, please call or text 518-232-8896, email [hometown-thanksgiving@gmail.com](mailto:hometown-thanksgiving@gmail.com), follow us on Facebook [www.facebook.com/HometownThanksgiving](http://www.facebook.com/HometownThanksgiving) or visit our website: <https://sites.google.com/view/hometownthanksgiving>.

We hope to see you there!



## Falling Leaves and Daylight Changes

By Alicia A Altizio

Fall is here! Falling leaves and dropping temperatures, cozy sweaters and apple cider. Nature showing us how beautiful it can be to make a change. As darkness starts to fall sooner at night and more hours occur between daylight, caregivers may find themselves challenged by the changing season, especially caring for those who have dementia and Alzheimer's.

A recent study by the Rensselaer Polytechnic Institute's Lighting Research Center found that those struggling with Sundowners Syndrome, defined as "the name for a group of behaviors, feelings and thoughts people who have Alzheimer's or dementia can experience as the sun sets (source [Clevelandclinic.org](http://Clevelandclinic.org))", could benefit from additional light therapy (using additional lighting during the day, but turning down lights at night to "mimic the sun"), music therapy (providing music that the care receiver enjoys during the day), and environmental changes (keeping familiar objects, like family photos, nearby), seemed to

See FALL, pg. 3

## Explore the Champlain Canal Trail

Fall is a great time to get out on the Champlain Canalway Trail whether you walk or peddle. This trail extends for 62 miles (71 including the Feeder Canal Trail) along the Champlain Canal/Hudson River Corridor roughly paralleling the Champlain Canal between Whitehall and Waterford. It links Washington and Saratoga Counties with 19 municipalities, 3 rivers, 3 canals and countless historic sites. It joins the Empire State Trail and is fully open with on and off-road sections. Along with historic sites, wildlife, wild flowers, trains, boats and birds can be observed along the route. There are several rest areas along the way with parking in various locations enabling shorter hike or biking adventures.

tures.

The Champlain Canalway Trail Working Group (CCTWG) is a group of interested folks who work together to develop, manage, maintain and promote the trail. The CCTWG's vision for the trail is "for an attractive and continuous Champlain Canalway Trail route from Whitehall to Waterford, that uses historic towpaths, Champlain Canal shoreline, existing local and regional trails, on-street bicycle routes and links to regional and community attractions".

For more information on mapping go to: <http://www.champlaincanalwaytrail.org/trailsegments>.

This will provide information about the trail in each town along the way.

## Commit 2 Quit!

Learn tips for quitting tobacco products, such as cigarettes, vapes, cigars, and chewing tobacco



Call (518) 746-2416 to learn more about the program or to sign up!

Commit  
2Quit

NORTH COUNTRY  
NICOTINE  
CONSULTANTS

Washington County  
Public Health  
Prevent. Promote. Protect.

## Nominations for 2024 Senior of the Year

Please see the nomination form included in this edition. If you nominated someone or yourself in previous years and you were not selected, we strongly encourage you to re-submit for next year! Please complete the form in this edition or call Washington County's Office for Aging for a nomination form and once completed, return it to Washington County Office for Aging. Through an anonymous process, two individuals will be selected by the Washington County Office for Aging Advisory Council.

Nominations are due by November 10, 2023!

PAID ADVERTISEMENTS ARE NOT ENDORSED BY THE WASHINGTON COUNTY OFFICE FOR AGING



Washington County Office for the Aging  
383 Broadway, Fort Edward, NY 12828  
PH. 518-746-2420 / Fax 518-746-2418

## NEEDS ASSESSMENT SURVEY – 2023-PLEASE COMPLETE IF YOU ARE AGE 60 AND OLDER

Please complete the following questionnaire to help the Washington County Office for the Aging identify the needs for Community-Based Services. This information will help plan future services and programs. Please return the completed survey as soon as possible. **All demographic information will be kept confidential and is only used for statistical purposes.**

Gender: \_\_\_\_\_ What is your age? \_\_\_\_\_

**What town do you live in?** ☐ Argyle ☐ Cambridge ☐ Dresden ☐ Easton ☐ Fort Ann ☐ Fort Edward

☐ Granville ☐ Greenwich ☐ Hampton ☐ Hartford ☐ Hebron ☐ Jackson ☐ Kingsbury☐ Putnam    ☐ Salem    ☐ White Creek    ☐ Whitehall

What is your living arrangement? ☐ Renter ☐ Homeowner ☐ Other

How many people live in your home including yourself? ☐ 1 ☐ 2 ☐ 3 ☐ 4

What is your approximate monthly household income?

**1-person household:**   ☐ Less than \$1,041   ☐ between \$1,041 - \$1,926   ☐ More than \$1,926

**2-person household:**    ☐ Less than \$1,349    ☐ between \$1,409 - \$2,607    ☐ More than \$2,607

Please check one box per line that best describes your needs and topic level of importance in general.

Statement	Important and IS a concern for me	Important, but is NOT a concern for me	Not Important, and NOT a concern for me
<b>Housing</b>			
Obtaining affordable housing			
Being able to pay the rent/mortgage and property taxes			
Being able to pay for heat and other utilities			
Able to perform household chores (cleaning, etc.)			
Maintaining the outside of your home (lawn care, snow removal)			
Finding reliable help to perform home maintenance/repairs			
Feeling safe in your community			
<b>Transportation</b>			
Having a way to get to your medical appointments			
Having a way to get to out of county medical appointments			
Having a way to get to the grocery store and other errands			
Having a way to get to social or recreational activities			
Driving my own car			
<b>Nutrition</b>			
Having enough money for nutritious food			
Being able to shop and cook for myself			
Maintaining a healthy weight			
Able to follow a special diet recommended by my doctor			

Statement	Important and IS a concern for me	Important, but is NOT a concern for me	Not Important, and NOT a concern for me
<b>Insurance/Health</b>			
Understanding Medicare and various options			
Understanding low-income health insurance subsidies			
Understanding long term care services and support options			
Understanding Long Term Care insurance options			
Recurring falls, in and out of the home			
Managing a chronic health conditions			
<b>Services and Supports</b>			
Respite services for caregivers, such as adult day programs, for people with dementia or other functional impairments			
Access to senior centers			
Transportation options for those unable to drive			
In-home personal care services			
Ability to participate in Congregate Meal Sites or receive Home Delivered Meals			
Ability to obtain help in applying for government programs			
<b>Caregiving (complete only if you are a caregiver)</b>			
Getting services for the person you care for			
Getting information about where to go for assistance			
Finding someone to talk to about the challenges of caregiving			
Taking time for yourself			
Ensuring the person you care for is as safe as possible			
Handling money matters for the person you care for			
Meeting the needs of someone with Alzheimer's or dementia			
Do you feel overwhelmed or stressed being a caregiver?	YES	NO	
For whom do you provide care?	Spouse	Parent	Child under 21 Child 21 or older
Does this individual live in your home?	YES	NO	
Does this individual have memory problems or dementia?	YES	NO	

**YOU ARE ALMOST DONE, PLEASE ANSWER THE QUESTIONS BELOW**

Do you know that you can call Washington County Office for Aging & Disability Resource Center to speak to a NY Connects information specialist to find out about services, benefits and programs available in your area?	YES	NO	
If you, or someone you know, has been in the hospital in the past year, did you/they have the information and supports needed to return home?	YES	NO	Not applicable

## Food Pantry / Food Resources Washington County Residents

## CORRECTION

Cossayuna Satellite Food  
Pantry (Comfort Food  
Community)  
21 Bunker Hill Rd, Cossayuna, NY 12823  
**Phone:** 518-692-3082  
**Food Pantry:** Tuesdays, 3:30 pm – 5:30 pm  
**Access Limits:** Once per week  
**Residency:** Must be in Cossayuna Fire  
District  
or a resident of Argyle Election District 3  
Encouraged to bring own re-usable grocery  
bags or boxes.  
**Contact:** Jeffrey Bowers

**Greenwich Food Pantry**  
(Comfort Food Community)  
2530 State Route 40, Greenwich , NY 12834  
**Phone:** 518-692-3082  
**Food Pantry:** Monday: 4:00pm-7:00pm,  
Wednesday 9:00am-11:00am and  
4:00pm-7:00pm  
**Access Limits:** Once per week  
**Residency:** Must be a resident of the  
Greenwich School District or live in the Town  
of Greenwich or Easton.  
Encouraged to bring own re-usable bags  
**Contact:** Jeffrey Bowers



**CALL:** For more Information : 800-388-0199

**wehelpcaregivers.com**

Are you interested in serving your community and making some extra cash?

Consider driving for Uber to help the Office for the Aging provide rides to seniors. The **Office for the Aging** is collaborating with GoGoGrandparent to provide transportation. **GoGoGrandparent** uses Uber drivers for this service, and we need more drivers in **Washington County**.

**GoGo is offering a “boot camp” to teach you how to get started. Register online at: <https://gogograndparent.com/driver-bootcamp>**

*Perfect part-time job  
for anyone looking for  
flexible hours!*

For more information, email  
justin@gogograndparent.com





There is Always Hope

There Is HELP !!

You Are Not Alone

♥ BE STRONG ENOUGH TO STAND ALONE ♥

♥ SMART ENOUGH TO KNOW WHEN YOU NEED HELP ♥

♥ AND BRAVE ENOUGH TO ASK FOR IT ♥

National Suicide Prevention Lifeline 1-800-273-8255	Veterans Crisis Line 1-800-273-8255 – Text line: 838255
National Eating Disorder Association 1-800-931-2237	SAMHSA Substance Abuse & Mental Health Svc Administration National Help Line 1-800-662-HELP (4357)
Child Help National*Child Abuse Helpline 1-800-4-A-CHILD (800-422-4453)	SAMHSA Disaster Distress Helpline 1-800-985-5990 – Text “Talkwithus” to 66746
National Domestic Violence Hotline 1-800-799-SAFE (7233) * Text “LOVEIS” to 22522	Hope & Healing Recovery Community Center 518-798-4221
RAINN Rape Abuse & Incest National Network 1-800-656-HOPE (4673)	OASAS Hope Line Chemical & Gambling Addiction Help Line 1-877-8-HOPENY (877-846-7369) – Text “HopeNY”
LGBT National Hotline 1-888-843-4564	National Runaway Safe line 1-800-Runaway (786-2929)

Fall

Continued from front page

reduce Sundowners symptoms. Other ideas suggest taking an evening walk to reduce restlessness, encouraging a regular routine and reducing naps during the day. Should the situation be less able to be controlled through these measures, the care receiver may find consulting with their specialist is a better route.

These behaviors can present as an additional challenge to Caregivers whose time is already stretched. Caregivers are always encouraged to share their struggles and challenges, as well as what has worked for their loved one, with others who may be facing a similar situation. This can occur in support groups, trainings, online programs, and some self-care, like an outing with a friend with a compassionate ear. Please feel free to reach out to your local Office for the Aging at 518-746-2420 to get more information about the resources your local area has to offer. You are not alone!

Washington County Cooperative Insurance Company

HOME • FARM • BUSINESS

Washington County Cooperative Insurance Company has been protecting farms and homes in Washington and surrounding counties since 1858. We are a local company based in Greenwich with agents in Washington, Saratoga and Rensselaer Counties. After insuring farms and rural properties for over 165 years, we attribute our success and longevity to:

• A QUALITY Product

• PERSONAL Service

• TIMELY Claims Settlements

• KNOWLEDGEABLE Staff

• COMPETITIVE Rates

Please give us a call and we will arrange to have an agent review your insurance needs and quote you a price.

WASHINGTON COUNTY COOPERATIVE Insurance Company

40 Main Street, Greenwich, NY 12834

Please call 692-2881 • www.wccic.com

NYVTmedia

Publishers of the Washington County FreePress and Community Connections

www.nyvtmedia.com

Home Care in Crisis:  
A Solution for Washington County Residents

You've seen the news: Long waits at ER's- if they are open; the intensifying Covid-RSV-Flu outbreaks; staffing and caregiver shortages, etc.  
Let's face it: the old ways are just not working!

Do you worry that you or your loved one...

• Can't get the care they need?

• Struggles to manage independence?

• Forgets to take their medication?

• Feels isolated and lonely?

• Misses meals & appointments?

• Is at risk for falls?

Although the current healthcare system faces monumental challenges, we have great news for Washington County Residents – a home care revolution is taking place and now the solution is available to you in your own home!

A team of elder care professionals including doctors, nurses, care coordinators, lawyers and more collaborated with technology experts to create a system that makes home care manageable, where one can live comfortably and independently. With the support of NYSOFA and NYS Association on Aging, VivaLynx, LLC offers a solution to keep people at home throughout the aging process, improve quality of care, reduce costs and allow families to manage care from anywhere.

VivaLynx

Live Independently with Choices, Confidence and Peace of Mind

Contact us for a free demonstration.  
1-800-NEED-TLC

Scan to see how it works!

www.nyvtmedia.com

Community Connections - October 27, 2023 • 3





## Family Guide to NYS Early Childhood Services - Prenatal through Age 5

A resource guide for families to connect and link children to early childhood services in New York State

### Home Visiting (prenatal – 5)

Home visitors offer support to pregnant women and families with children birth to age 5 and promote healthy child development. Home visiting is provided at no cost to your family. To find a home visiting program near you: [www.bit.ly/homevisitingnys](http://www.bit.ly/homevisitingnys)

Home Visiting Programs connect families to community resources such as:

- Medical, Dental & Mental Health Services
- Child Care
- Early Head Start and Head Start
- Early Intervention Services
- Food, Housing and Employment



### Child Care (age 6 weeks up through age 12)

NYS Office of Children and Family Services (OCFS) provides information on:

- finding care
- paying for care

The website includes helpful videos and handouts and local child care resource and referral agency contacts. [www.ocfs.ny.gov](http://www.ocfs.ny.gov)

#### QUALITYstarsNY (QSNY)

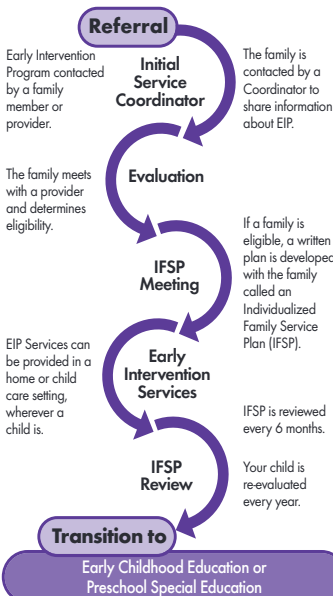
QSNY is the NYS quality rating and improvement system to ensure that young children in early care and education programs have access to excellence and their families can trust the quality of the programs they choose. [www.qualitystarsny.org](http://www.qualitystarsny.org)

#### Steps for seeking child care

- 1 Start Early**  
Finding the right child care for your family can take some time. It's good to look even when you're pregnant. You can look on the NYS Parent Portal to find child care at: [www.nysparenting.org](http://www.nysparenting.org)
- 2 Call Your Local CCR&R**  
Contact your local Child Care Resource and Referral Agency for information about programs in your area. The list can be found on the OCFS website at: [www.bit.ly/ChildCareReferral](http://www.bit.ly/ChildCareReferral)
- 3 Help Paying for Care**  
Did you know that you could be eligible to receive financial support to help pay for child care? Ask your local CCR&R for more information or go to: [www.bit.ly/ChildCareFunds](http://www.bit.ly/ChildCareFunds)
- 4 Visit and Ask Questions**  
Visiting is the best way to decide the best fit for your child and family. Make a list of what is important to you.

### Early Intervention (age 0 – 3)

Every county has an Early Intervention Program (EIP) to support infants and toddlers ages birth to 3 years with disabilities or developmental delays. Services are provided at no cost to eligible families. Find your county provider at: [www.bit.ly/earlyinterventionnys](http://www.bit.ly/earlyinterventionnys)



#### Examples of Early Intervention Services include:

- Speech therapy
- Occupational therapy
- Physical therapy
- Family counseling

### Head Start (age 0 – 5)

Head Start and Early Head Start offer services and supports to eligible families to help reach their goals. Programs offer full-day, half-day and home visiting options at no cost for families. To find a program near you go to: [www.bit.ly/headstartprograms](http://www.bit.ly/headstartprograms)

**Head Start Supports**  
Early Learning • Health • Mental Health  
Special Education • Family Well-Being



### State-Funded PreKindergarten (age 3 – 4)

Prekindergarten helps prepare children for school. Programs are offered through your local school district or community based organizations at no cost to your family. Check with your local school district for more information. [www.bit.ly/earlylearningnys](http://www.bit.ly/earlylearningnys)

### Preschool Special Education (age 3 – 5)

Preschool Special Education provides services to meet the needs of identified preschool students with disabilities. Services are provided through your local school district at no cost to your family. [www.bit.ly/specialednys](http://www.bit.ly/specialednys)

#### Preschool Special Education includes an Individual Education Program and annual review:

- 1 IEP**  
An Individualized Education Program (IEP) is developed to meet your child's needs and goals.
- 2 Annual Review**  
Each year, a meeting is held to review your child's progress and decide on next year's goals.



## Family Guide to NYS Early Childhood Services - Prenatal through Age 5

A resource guide for families to connect and link children to early childhood services in New York State



#### Family Support

##### Paid Family Leave

NYS offers job-protected, paid leave to bond with a new child, care for a loved one with a serious health condition, or help relieve family pressures when someone is called to active military service abroad. Call the Helpline at **1.844.337.6303** or visit [www.bit.ly/paidleavenys](http://www.bit.ly/paidleavenys)

##### The NYS Department of State, Office for New Americans

Provides free services to all immigrants and includes community navigators, workforce development, mobile English language learning and legal services. Call **1.800.566.7636** or visit [www.bit.ly/onanys](http://www.bit.ly/onanys)

##### The NYS Office of Temporary and Disability Assistance, Enhanced Services to Refugees Program

Supports newly arrived refugee families in obtaining services like language training, health services and employment. Call **518.402.3096** or visit [www.bit.ly/rsnys](http://www.bit.ly/rsnys)

##### Kinship Care

Provides information, referrals and assistance via their website [www.nysnavigator.org](http://www.nysnavigator.org) and toll free number **1.877.454.6463**

##### Prevent Child Abuse NY

Offers parenting support and resources including a parent helpline. Call **1.800.244.5373** or visit [www.preventchildabuseny.org](http://www.preventchildabuseny.org)

#### Developmental Disabilities

##### Parent to Parent of NYS

Empowers families who care for children with developmental disabilities. Call **1.800.305.8817** or visit [www.parenttoparentnys.org](http://www.parenttoparentnys.org)

##### Families Together of NYS

Supports families and children with social, emotional and behavioral problems. Call **518.432.0333** or visit [www.ftnys.org](http://www.ftnys.org)



#### Mental Health

##### The NYS Office of Mental Health

Connects you to local resources and services for perinatal depression, child mental health and other social-emotional needs for your family. If in crisis, you can anonymously text **GOT5** to **741741**. You can also call **1.800.273.TALK (8255)** or visit [www.bit.ly/mentalhealthnys](http://www.bit.ly/mentalhealthnys)

##### Postpartum Resource Center of New York

Ensures families receive needed mental health support after giving birth. Call the Helpline at **1.855.631.0001** or visit [www.postpartumny.org](http://www.postpartumny.org)

#### Addiction Supports

##### The NYS Office of Addiction Services and Supports

If you or a loved one is struggling, you can find help and hope by calling, 24-hour, 7-day-a-week **1.877-8-HOPENY (1.877.846.7369)** or texting **HOPENY** (Short Code **467369**). For addiction treatment, crisis/detox, inpatient, residential, or outpatient care go to [FindAddictionTreatment.ny.gov](http://FindAddictionTreatment.ny.gov) or [www.bit.ly/oasasnys](http://www.bit.ly/oasasnys)

#### Health and Safety

##### Domestic Violence NYS Office for the Prevention of Domestic Violence

If you or someone you know is a victim of domestic violence and want help, emergency shelter or information, call the domestic violence program in your community. [www.bit.ly/dvhelpnys](http://www.bit.ly/dvhelpnys) or call the NYS Domestic and Sexual Violence Hotline: **1.800.942.6906**, English & Spanish/Multi-language Accessibility. Deaf or Hard of Hearing: **711**.



##### Growing Up Healthy Hotline

Provides information about health care, nutrition, and other family needs. Available 24 hours/day, 7 days a week in English, Spanish and other languages. All calls are confidential. **1.800.522.5006**

##### Medicaid + Child Health Plus

Your family may qualify for Medicaid or CHP if you meet certain financial requirements. Apply through the NY State of Health marketplace, or by calling the Medicaid or CHP Helpline at **1.800.698.4KIDS**

##### NY State of Health Marketplace

Online resource to help you shop, compare and enroll in a low-cost quality health insurance plan. [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)

##### Dental Services and Resources

Find resources for prenatal and childhood oral health. Call **1.855.355.5777** TTY **1.800.662.1220** or visit [www.bit.ly/dentalnys](http://www.bit.ly/dentalnys)

##### Injury Prevention

SAFE KIDS NY is an organization dedicated to preventing injuries to children and have local coalitions. Call **516.881.7000** or visit [www.bit.ly/safekidsnys](http://www.bit.ly/safekidsnys)

#### Basic Needs (Food, clothing, shelter)

##### WIC (Special Supplemental Nutrition Program for Women, Infants and Children)

WIC promotes and supports the good health of qualifying infants, children, and women who are pregnant, breastfeeding or postpartum. [www.bit.ly/wicnys](http://www.bit.ly/wicnys)



##### SNAP

(Supplemental Nutrition Assistance Program) SNAP helps buy healthy food for you and your family. [www.bit.ly/snapnys](http://www.bit.ly/snapnys)

##### HEAP (Home Energy Assistance Program)

HEAP helps pay the cost of heating your home. [www.bit.ly/heapnys](http://www.bit.ly/heapnys)

##### Regional Food Bank

For help connecting to your local food pantry visit the NYS Department of Health website [www.bit.ly/foodbanknys](http://www.bit.ly/foodbanknys)

##### Shelter Support

If you are currently homeless or at risk of homelessness, contact your local Department of Social Services [www.bit.ly/housingnys](http://www.bit.ly/housingnys)

##### 211nys

**211** is an easy to remember phone number that helps connect NY families with basic needs and supports

\*Eligibility and enrollment for Assistance Programs, health insurance and tax credit information can be found at <https://mybenefits.ny.gov/mybenefits/begin>

THE NYS PARENT PORTAL  
[WWW.NYSPARENTING.ORG](http://WWW.NYSPARENTING.ORG)



Connects parents to family friendly websites including:

- The NYS Parent Guide
- The NYS Child Care and After School Program Locator
- The Multiple Systems Navigator
- Every Student Present



### Local Contacts

Pediatrician:

WIC Center:

Food Pantry:

Home Visiting Program:

Child Care Resource & Referral Agency:

County Early Intervention:

Early Head Start / Head Start Coordinator:

School District:

Sign up for Health Insurance:

[www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)  
**1.800.541.2831**

Poison Control:

**1.800.222.1222**

Crisis Text Line:

Text "Got5" to **741-741**



Rev. 11/2021

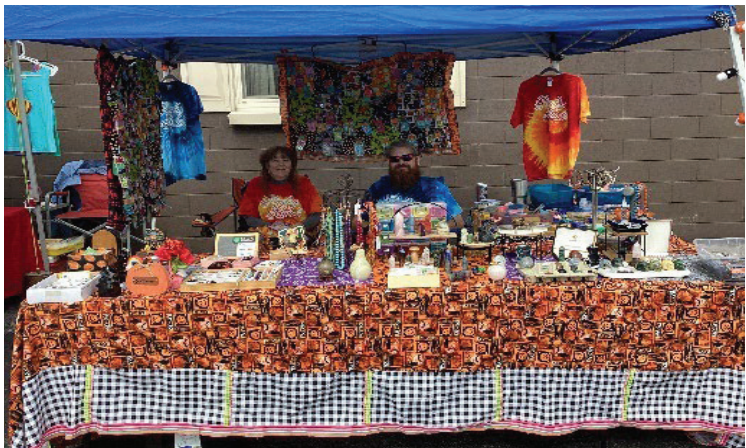


# Successful Health and Wellness Fall Festival

Our annual Health and Wellness Fall Festival on Friday, Oct. 6 was a success. The event included a kiel-basa and sauerkraut to-go meal, coffee, donuts and apple cider, door prizes, local craft vendors, insurance providers, flu shot clinic and local area agencies.

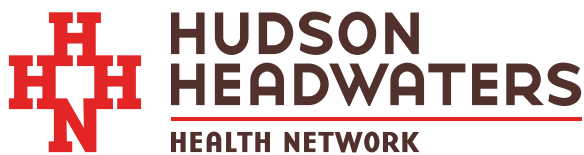
Thank you to the following Health insurance companies for sponsoring this great event: Wellcare/Fidelis, United Healthcare, MVP, CDPHP, Aetna, Humana, Nascentia and Teresa DePaul.

**Medicare Open Enrollment is  
October 15th to December 7th**



## Mobile Health For Everyone.

At Hudson Headwaters, we're making access to vital health services more convenient than ever. Our Mobile Health Center can be used as your primary care provider, or supplement your health care needs—including pediatric and adolescent medicine, and gynecology. All are welcome, regardless of your insurance or ability to pay. We're here for you—closer to home.



**HHN.org**



# Ask the Dietitian

Question Submitted: I have been looking for ways to control my candy consumption. Can you freeze candy?

My answer: This is an excellent question given Halloween has just come and gone. The short answer is YES, you can freeze candy. The long answer is freezing candy can extend its shelf life. As a rule of thumb it will stay fresh in the freezer up to 18 months.

I want to applaud your efforts to control your consumption by freezing it and hopefully only consuming a little at a time. Every small step towards better health counts.

I will add these recommendations as well.

1-Now is the time to save money on your candy of choice given that Halloween candy will be at least 50% off.

2-Probably most importantly, be careful with your teeth, we only get one set. Make sure you defrost the candy portion before consuming :).

Happy Portion Control 😊

If you have a question that you would like to see in the “ask the dietitian” section of community connections please submit via email to [stewartjkk@gmail.com](mailto:stewartjkk@gmail.com). QUESTIONS WILL ALWAYS REMAIN ANONYMOUS.

## November Nutrition News Good Nutrition Month

Written by, Kristin Stewart RDN, CDN

November is nationally recognized as Good Nutrition Month. What that means to you may be completely different than what that may mean to me. It is a chance to reflect on your current lifestyle and decide to make changes towards improvement. With Halloween in our rear view mirror and all the Halloween candy marked down on the shelves, maybe it is a time to commit to reducing our sugar intake to improve our health?

Maybe you are not as active as you would like, so it is a time to commit to an exercise routine before the cold winter months set in? This gives us time to make it a habit so we continue despite the weather.

Maybe you have been eating out more often than you should and you would like to commit to more home cooked meals where you can control the amount of calories, sodium, etc?

Maybe you need to find a way to manage stress through meditation or yoga, because overall stress affects the way we eat and in turn our overall health?

Maybe it is a time to start managing chronic illnesses to improve and/or maintain your quality of life?

No matter what your goal for Good Nutrition Month may be please do not forget you are never alone in your health journey. Reach out to your family, friends, doctor and/or Registered Dietitian if you do not know where to start or are overwhelmed with the steps.

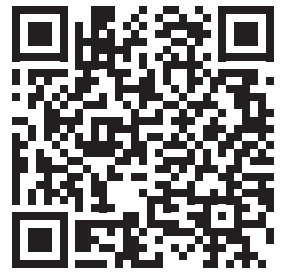
For more information about this topic or any other nutrition related question or concern please give me a call at (518)488-8875 or email me at [stewartjkk@gmail.com](mailto:stewartjkk@gmail.com).

Keep an eye out on Washington County Office for the Aging Website and Facebook page for information on programs and services.

## Washington County Office for the Aging and Disabilities Resource Center



Check Us  
Out On  
The Web



[www.co.washington.ny.us148/Office-for-the-aging](http://www.co.washington.ny.us148/Office-for-the-aging)

## We Need Your Support!

Because needs are always greater than the resources available to meet them, the Washington County Aging and Disabilities Office encourages financial contributions.

Name \_\_\_\_\_

Address \_\_\_\_\_

I designate my contribution of \$\_\_\_\_\_ for:

- ☐ Use where most needed
- ☐ In-home Services
- ☐ Legal Services
- ☐ Home Delivered Meals
- ☐ Caregiver Resources
- ☐ Informational & Referral
- ☐ Transportation
- ☐ Senior Center Activities
- ☐ Community Connections

All donations are greatly appreciated. All contributions are tax deductible to the extent of the law. Clip and return this coupon with your donation.

Please send to Washington County  
383 Broadway, Fort Edward, NY 12828



<b>WASHINGTON COUNTY NUTRITION PROGRAM</b> <b>NOVEMBER 2023</b> <b>MENU IS SUBJECT TO CHANGE*****</b>	<i>Meals must be eaten on the Day of delivery!! Should you need to reheat the meals microwave for 2-3 minutes OR place in a 350 degree oven for no longer than 10 minutes in an oven safe container.</i>	<b>MEAL CONSISTS OF:</b> Protein-3 oz minimum Vegetables-1/2 - 1 cup Fruit-1 cup Starch-1/2 cup 100% Whole Wheat Bread, butter, 1% milk served daily When gravy is provided, low sodium is always used	<b><i>Need to cancel or restart your meals?</i></b> <b><i>Call (518)746-2357</i></b> <i>For the safety of our Drivers please restrain your dog!!!</i>	Suggested Contribution is \$3.00 per meal. Visitors and guests under 60 yrs of age, \$5.00 per meal. The Nutrition Program is funded by participants' contributions, Washington Cty Board of Supervisors and NYS Office for the Aging.
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Please note: Our program is more liberal with diets on <b>holidays and birthdays</b> as is the position of the AND to improve quality of life. Should you have a concern please contact your RDN @ (518)488-8875	<b>MEAL SITES:</b> CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)499-2482	Lean Beef w/peppers over whole wheat pasta Carrot Coins Cauliflower Chilled pineapple 1	Savory Baked Chicken Breast w/LS mushroom gravy Fresh Baked Sweet Potato Collard Greens Tropical fruit 2	Lemon Scrod over Brown Rice Peas and Pearl Onions Apricots WW Dinner Roll in tray 3
American Goulash Broccoli Florets WW Dinner roll in tray Fresh Pear 6	Quiche Lorraine Brussel Sprouts Mixed Vegetables Mandarin Orange Fluff 7	Sloppy joe on a WW bun Carrots Asparagus Fruited Gelatin 8	Thank you Veterans! Honey Glazed Chicken Breast Baked Potato Sugar Snap Peas SF butterscotch pudding 9	<b>VETERANS DAY</b>  Program is <b>CLOSED</b> See you Monday :) 10
Pulled Chicken Breast and LS onion gravy over a homemade biscuit Steamed Spinach Mixed Veggies Granny Smith Apple 13	Potato Crusted Fish Hot Quinoa French Style Green Beans Blueberries and Whip 14	Asian Sweet and Sour Pork over brown rice Baby Carrots WW Dinner roll in tray Strawberries and mixed w/whip 15	Happy Thanksgiving!! Fresh Turkey w/stuffing and LS gravy, mashed potatoes, butternut squash, cranberry sauce, Apple pie bar 16	Tuna Salad on a bed of romaine Country Style Tomatoes Dijon Potato Salad Plum Oatmeal Choc Chip Cookie 17
LS Hot Dog w/meatsauce on a WW bun Brussel Sprouts Prince Edward Veggies Fresh Banana 20	Chicken Curry over brown rice Mixed Vegetables Cauliflower Cinnamon applesauce 21	Happy November Birthdays! Italian Lasagna Italian Blend Vegetables WW Dinner Roll in tray Birthday Brownie 22	<b>THANKSGIVING</b> 🍂 Program is <b>CLOSED</b> See you Monday :) 23	Program is <b>CLOSED</b> See you Monday :) 24
Macaroni and Cheese Baby Carrots Peas and Pearl Onions Nectarine 27	Oven Fried Chicken Parmesan over WW pasta Broccoli Florets WW Dinner Roll in tray Mixed Berries and whip 28	Cheeseburger on a WW bun Yellow Sweet Corn Warm Beets Clementine/Oat Cookie 29	Chefs Salad w/egg Veggie Mac Salad Pineapple and cherries WW Dinner Roll 30	







## WE ARE HIRING!

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- Pre-Voc Specialist - FT
- RN and LPN - FT

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A WWAARC completed application is required. Applications can be submitted on our website at [www.WWAARC.org](http://www.WWAARC.org) or contact [ApplyatWWA@caparcny.org](mailto:ApplyatWWA@caparcny.org). Visit our website for a complete list of openings.



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## WASHINGTON COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

## NOVEMBER 2023 'POP UP' LUNCHEONS

### What is a Pop-Up?

A Pop-Up Luncheon is a mobile meal site which provides a nutritious noon-time meal and a presentation or activity to all adults age 60 and older. These events are open to the public – membership is not required.

RSVP at least 24 hours in advance of the event  
Please call 518-746-2357

Suggested contribution for all events is \$3.00.

No one will be denied a meal for their inability or unwillingness to contribute.

We try to accommodate walk-ins on the day of the event. We cannot guarantee a meal as the number of meals available are determined by the reservation list.

November 9th at 12:00 PM  
Cambridge Library

21 W Main Street, Cambridge  
**Lunch and Presentation with  
Caregiver Support**

Lunch: Honey Glazed Chicken Breast, Baked Potato, Sugar Snap Peas, Butterscotch Pudding

November 14th at 12:00 PM  
Putnam Town Hall

14 Putnam Center Road, Putnam Station  
**Lunch and Craft Activity**

Lunch: Potato Crusted Fish, Hot Quinoa, French Style Green Beans, Blueberries and Whipped Cream

November 15th at 12:00 PM  
Pember Library

33 West Main Street, Granville  
**Lunch and Craft**

Lunch: Asian Sweet and Sour Pork, Over Brown Rice, Baby Carrots, Dinner Roll, Strawberry Blend with Whipped Cream

November 29th at 12:00 PM  
West Fort Ann Methodist Church

1011 Copeland Pond Road, Fort Ann  
**Lunch and Presentation with West Fort  
Ann Fire Company**

Lunch: Cheeseburger, Yellow Sweet Corn, Warm Beets, Clementine/ Oat Cookie



### Washington County Office for Aging Restaurant Dining Program Overview and Participating Restaurants

#### What is the Restaurant Dining Program?

The Senior Dining Program is a partnership between the Washington County Office for the Aging and Local Restaurants which offers Senior Citizens a unique opportunity to remain connected to their family, community and home by allowing them to eat what they want, when they want in local area restaurants. This innovative program seeks to increase Senior Citizens' opportunities for socialization and community activity; ensures nutritional

#### How Does It Work?

Restaurants agree to provide a meal that meets 1/3 of the recommended Nutrition Requirements. A typical meal is 3 oz. Meat, ½ cup of starch, 1 cup vegetables, 1 slice of bread, dessert/fruit and milk.

- Restaurants can specify days of participation.
- Restaurants can limit menu choices.

Seniors will present a ticket to the wait staff prior to ordering. The ticket must be signed and dated by the senior presenting it and is good for a single meal. Tickets are available through the office for a recommended contribution of \$4.00. Gratuity is the responsibility of the senior.

#### Fort Ann Service Center

11300 State Route 149  
Fort Ann  
(518) 639-8343  
Mon-Fri 5am-9pm  
Sat & Sun 6am-9pm

Tickets may not be used by anyone under 60 or not registered.

Limited use of ONE ticket per day per registered participant.

#### Johnson's Cabin Grill

State Route 40  
Hartford  
(518) 632-9900  
Tues-Sun  
Breakfast/Lunch/Dinner

#### Cabin Café

3157 State Rte 4  
Hudson Falls  
(518) 409-4600  
Tues-Sun 7am-2pm

#### Market 32

354 Broadway  
Fort Edward  
(518) 832-6236  
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#### Price Chopper

8648 NY 22  
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#### Sally's Hen House

3978 State Route 4  
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**10/28 Bake Sale @ the Fall Festival, Lake George Wedding Barn**  
**10/29 1-4 pm Ft. Ann Central School District Trunk or Treat Party!**  
**11/4 Spaghetti Dinner @ Whitehall Elks Lodge**

**All proceeds to benefit our  
Adopt-A Family Program for Christmas!**





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24/7 Helpline: 800.272.3900  
[alz.org/northeasternny](http://alz.org/northeasternny)



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[www.glensfallshospital.org/services](http://www.glensfallshospital.org/services)



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or call (518) 793-1494  
Tricia Golden



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Web: [family@preventioncouncil.org](mailto:family@preventioncouncil.org)  
Facebook: [www.facebook.com/BrendaNortonFamilySupportNavigator/](https://www.facebook.com/BrendaNortonFamilySupportNavigator/)



LGBTQ+ CAREGIVER SUPPORT GROUP  
<https://www.lifespan-roch.org>



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Kristen Fleming  
(518) 564-2049.



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<https://www.saratogahospital.org/classes/community-education/support-groups>



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## About the New York State Office of the Aging

The mission of the New York State Office for the Aging (NYSOFA) is to help older New Yorkers be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented, and cost-effective policies, programs, and services that support and empower older adults and their families, in partnership with the network of public and private organizations that serve them.



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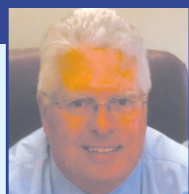
Stay connected to the  
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Visit the NYSOFA Facebook page

Follow @NYSAGING on Twitter

Visit [www.aging.ny.gov](http://www.aging.ny.gov)



Craig Fawcett  
[cfawcett@bcig1.com](mailto:cfawcett@bcig1.com)



Hannah Strong  
[hawcett@bcig1.com](mailto:hawcett@bcig1.com)



Jamie Clute  
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We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact [Medicare.gov](http://Medicare.gov) or 1-800-MEDICARE to get information on all your options.



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# #CaregiversConnect 2023 NFC Month Campaign



For National Family Caregivers Month 2023, the #CaregiversConnect campaign highlights the importance of connections—as a way to get information about your loved one's disease or condition, share experiences, get support, or form a closer bond with your loved one.

#CaregiversConnect when you're sitting in the waiting room of your loved one's oncologist's office and start comparing experiences with the caregiver sitting next to you. #CaregiversConnect at the support group for Alzheimer's caregivers at the community center.

#CaregiversConnect to information when you visit the website that your wife's cardiologist recommended. And #CaregiversConnect when you call your grandpa who lives several states away and is living with Parkinson's.

#CaregiversConnect raises awareness of your role as a family caregiver as you find out your co-worker is caring for a child with the same rare disease as your sister or the woman sitting next to you at church is also caring for parents who are aging.

When #CaregiversConnect, whether it's for support, to get information, or just to talk to someone who understands what you're going through, it can help you feel less isolated. You are not alone.

#CaregiversConnect on Twitter @CaregiverAction

#CaregiversConnect on Facebook/ CaregiverActionNetwork

Source: <https://www.caregiver-action.org/caregiversconnect>

November is

## National Family Caregivers Month

Thank a caregiver!

@caregiverdoc



National Family Caregivers Month 2023 is an annual observance dedicated to recognizing and honoring the selfless individuals who provide essential care and support to their loved ones who are ill, disabled, or elderly. This month-long campaign seeks to raise awareness about the challenges faced by family caregivers, celebrate their dedication, and provide resources and support to help them in their caregiving roles. National Family Caregivers Month also encourages communities and organizations to get involved and assist caregivers in various ways.



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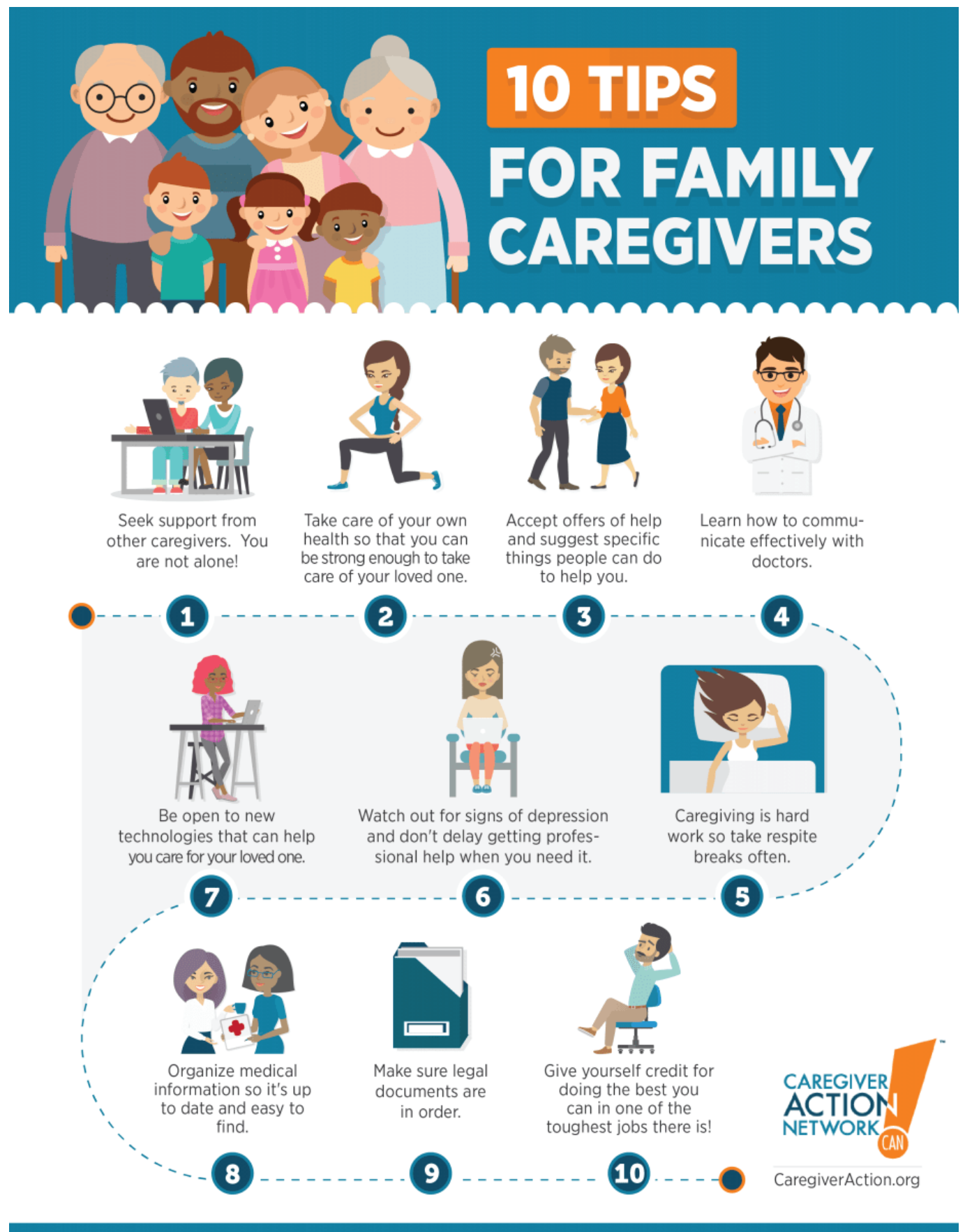
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# 10 Tips for Family Caregivers

1. **Seek support from other caregivers.** You are not alone!
2. **Take care of your own health** so that you can be strong enough to take care of your loved one.
3. **Accept offers of help** and suggest specific things people can do to help you.
4. **Learn how to communicate effectively** with doctors.
5. Caregiving is hard work so **take respite breaks** often.
6. Watch out for **signs of depression** and don't delay getting professional help when you need it.
7. Be open to **new technologies** that can help you care for your loved one.
8. **Organize medical information** so it's up to date and easy to find.
9. Make sure **legal documents are in order.**
10. **Give yourself credit for doing the best you can in one of the toughest jobs there is!**



Source: <https://www.caregiveraction.org/resources/10-tips-family-caregivers>



NY Connects is a trusted place where you can get the information and assistance you need to make informed decisions for the care you need. Long-term care can include many services that will help people of all ages remain independent in their daily lives. Finding those services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Washington County Office for Aging and Disabilities Resource Center, Home of NY Connects, at 800-848-3303, to discuss needed services.



# Conkling Center programs for November

**Thursday, Nov. 2nd 11am High Peaks Hospice.** W/ Sara Desimone. In honor of National Hospice Month, the Five Wishes Advanced Healthcare Planning will be presented.

**Thursday, Nov. 9th & Wednesday Nov. 22nd 10-11am Gentle Yoga.** ZOOM. W/Maureen. Breathing exercises and gentle yoga postures that can be done in a chair, and meditation.

**Thursday, Nov. 9th 1-3pm**

**Painting with Robin.** Autumn designs for your Thanksgiving table. Mason jar or wine glass. Fee of \$20 due by 11/3 No experience necessary.

**Tuesday, Nov. 14th & 28th 11-11:30am Core Cardio ZOOM.** W/Kasey. Get your body moving at-your-pace, focusing on core strengthening and cardio. Incorporate small weights or items found in your home.

*\*\*Exercise programs are sponsored by Highmark Northeastern New York and Neighbors NY*



**Thursday, Nov. 16th 1-2pm**

**Dining With Diabetes.**

Mackenzie Heisler, Nutrition & Food Educator/ Cornell Cooperative Extension. What foods to choose and how to balance your plate during the holidays, healthy tips for managing blood sugars and a few recipes you can save or try!

**Tuesday, Nov. 21st Chat with the Sheriff.** ZOOM. Sheriff Jim LaFarr welcomes ongoing community dialogue with any feedback, questions, and concerns.


**Tuesday, Nov. 28th 2-3pm Understanding and Responding to Dementia-Related Behaviors** ZOOM Lindsay Stanislawsky of the Alzheimer's Association NENY. Decode behavioral messages, identifying triggers & strategies for behavioral challenges.

**Virtual available, ask upon registration.**  
Email [tgolden@theconklingcenter.org](mailto:tgolden@theconklingcenter.org) or call 518-793-1494  
Please visit our website for further details [www.theconklingcenter.org](http://www.theconklingcenter.org)

## Weather emergencies and meal deliveries/ dining sites

Just a reminder that if severe weather conditions or other types of disasters occur, the Office for Aging and Disability Resource Center may need to cancel both meal site dining and home delivered meals services. Please seek out any of following radio and television stations or our NEW Facebook Page for information regarding cancellations:

- The Daily Gazette
- Post Star
- The Times Union
- Time Warner Cable News
- WFLY – Fly 92
- WGNA – Country 107.7
- WGY – 810
- WNYT TV
- WRGB TV
- WRVE – The River
- WTEN TV
- WYJB – B-95.5
- WXXA TV
- Facebook page



## NOVEMBER CALENDAR

Wed. Nov. 8		Wed. Nov. 8 we are at the ARCC Business Expo at the Queensbury Hotel 4:00 - 7:00. – Stop by and see us!
Thurs. Nov. 9	10:00 am	United Healthcare – Kelly Buell
Friday Nov 10		CLOSED FOR VETERANS DAY
Tues. Nov. 14	10:00 am	Aetna – Kelly Buell
Nov. 23 – 24		CLOSED FOR THANKSGIVING
Tues. Nov 28	1:30 pm	Paint With Patrice
Thurs. Nov. 30	10:00 am	United Healthcare – Kelly Buell

*Dates and times subject to change: check our Facebook page for updates or call ahead to confirm.*

### WEEKLY ACTIVITIES

Each Weekday	Noon	Washington County Nutrition Program
Mon – Friday	Daily	Board games and card games
Monday	9:00 am	Silver Sneakers Classic
First Monday	10:30 am	Shopping
Mon. & Wed	9:30 am	Bingo
Mon & Fri	9 am-Noon	Pickleball outdoors at Moran/Derby Park
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Third Tuesday	11:30 am	Nutrition program - Kristin Stewart (Nutrition Geek)
Wednesday	9:00 am	Silver Sneakers Chair Yoga
Thurs.	10-10:30	Cardio Drumming
Thursday	10:30 am	Ukulele Club/Orchestra - Lessons by Max McDonnell
Third Wed.	11:30 am	Lunch Tour
Thursday	10-11:30	Knitting with Sharon Karwoski
1 <sup>st</sup> & 3 <sup>rd</sup> Fri	10:30 am	Crafting Hour with Sue Donovan
Friday	9:00 am	Silver Sneakers Circuit
Friday	10:15 am	Pool League (See Helen or Nancy for more info)

### LOOKING AHEAD:

12/7/2023 - Senior Center Christmas Holiday Luncheon

12/14–15/2023 - Christmas/Holiday Sing-along with the Ukulele Orchestra

**SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.**  
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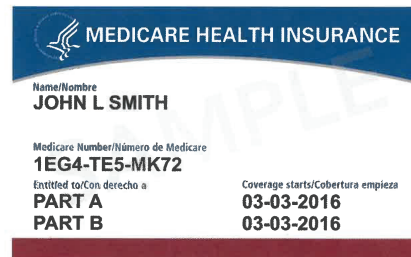


## MEDICARE CARD SCAMS ARE ON THE RISE

Scammers are calling, emailing and texting trying to convince beneficiaries that they can get a new Medicare card and all they need to do is give them their Medicare number.

### Scammers May Tell You:

- Medicare is issuing an updated or new card - a plastic one, metal one, one with a chip, or even a white and black COVID-19 card, and they need to verify your number.
- In order for them to send your new Medicare card, you need to verify your identity. This is the scammer's attempt to gain your personal or financial information.
- Your card is expiring, and you will be charged a fine if you do not get a new one. Your card is not expiring and the paper red, white and blue card is the only card issued by Medicare.



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WASHINGTON COUNTY  
VOLUNTARY REGISTRATION FOR SPECIAL POPULATIONS EMERGENCY RESPONSE

**DO YOU HAVE A SPECIAL NEED IN CASE OF AN EMERGENCY?**  
Pursuant to NYS Executive Law §23-a, the Washington County Office for the Aging and Emergency Services are compiling a VOLUNTARY registry of persons who would need assistance during evacuations and sheltering because of physical or mental disabling condition. This information will be used to make various response agencies aware of those with special needs.

**Information provided WILL BE KEPT CONFIDENTIAL to the extent allowed by law. Registrations will remain in the system for one year, after which the registration will have to be renewed by simply notifying Washington County CARES of any changes in status and their desire to remain in the database**

(Please Print)  
Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Home Phone# ( ) \_\_\_\_\_ Cell Phone# ( ) \_\_\_\_\_

911 Location Address (No PO BOX) \_\_\_\_\_ APT # \_\_\_\_\_

Town or Village \_\_\_\_\_ Zip \_\_\_\_\_ Church Aff. \_\_\_\_\_

Please fill out if you go out of state for a period of time or go to workshops/facilities. This will prevent sending someone to rescue you when you are not at home. Time during such situations is valuable.

(Please Print)  
State / Workshop / Facility etc. \_\_\_\_\_

Starting Hour \_\_\_\_\_ Ending Hour \_\_\_\_\_

Starting Date \_\_\_\_\_ Ending Date \_\_\_\_\_

Please fill out local contact person information below. This could be a family member, neighbor, caregiver etc..

Local Contact Person  
Name \_\_\_\_\_ Relationship \_\_\_\_\_

Home Phone # \_\_\_\_\_ Work Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Please check all disability/equipment information that pertains to you below.

☐ Blind ☐ Hearing Impaired ☐ Physical ☐ Developmental ☐ Medical

☐ Speech Impaired ☐ Dialysis ☐ Wheelchair ☐ Oxygen ☐ Service Animal

☐ Other (please indicate) \_\_\_\_\_

Check Box If you are NON-Ambulatory ☐ Check Box If you currently have any type of medical alert service ☐

I hereby consent to have my name placed in the Washington County emergency registry of person's with disabling conditions. The undersigned understands that registration does not guarantee that Washington County, or any other agency, will provide assistance. In accordance with state law, Washington County is not liable for any claim based upon the good faith failure to exercise or performance or the good faith failure to exercise or perform a function or duty on the part of any officer or employee in carrying out a local disaster preparedness plan. By my signature hereon, I waive any and all claims against Washington County arising from use of this registry pursuant to law. I further understand that Washington County will rely upon the information given by me in this registration and agree to provide updated information as soon as it becomes available. I hereby consent and pre-authorize emergency response personnel to enter my home during search and rescue operations if necessary to assure my safety and welfare during an emergency or natural disaster.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please return to: Washington County Office for the Aging  
Aging & Disabilities Resource Center  
383 Broadway  
Fort Edward, NY 12828

Submitting Agency: ☐ Self ☐ Spouse  
☐ Public Health ☐ Veterans ☐ Social Services  
☐ Office for Aging ☐ Other \_\_\_\_\_  
please indicate

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-Mary White

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**[beebeautobody@gmail.com](mailto:beebeautobody@gmail.com)**

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**518-499-1212 • 1-800-772-2625**

**VISA MasterCard DISCOVER**



## Protecting Yourself from Marketing Violations



During Medicare's Open Enrollment Period (OEP), you will likely experience more marketing from private Medicare plans, like Medicare Advantage Plans and Part D plans. Companies try to reach consumers in various ways, like television commercials, radio ads, events, mailings, phone calls, and texts. The government has rules, though, to protect you from aggressive or misleading marketing. Knowing the rules can help you make the best choices for yourself during OEP.

### Watch out for people who:



**Ask for your Medicare number, Social Security number, or bank information, especially before you decide to enroll.** Someone can use this information to enroll you in a plan without your permission.



**Say they represent Medicare.** Plans are never allowed to state they represent or are endorsed by Medicare or any other government agency. They cannot use the Medicare name or logo on their marketing materials in a way that implies this.



**Send you unsolicited text messages or phone calls.**



**Pressure you to enroll in their plan.** You can use the entire Open Enrollment Period to make your decisions. You will not receive extra benefits for signing up early.



**Offer you gifts to enroll in their plan.** Gifts must be given to everyone at an event regardless of their enrollment choice, and cannot be worth more than \$15.

### Report potential marketing violations to your Senior Medicare Patrol (SMP) or State Health Insurance Assistance Program (SHIP).

Contact information for your local SMP and SHIP are on the last page of this document.

### New this year!

Plans must provide you with the option to opt out of communications about Medicare products. It must be done annually and in writing. Also, before enrolling you, plan representatives must explain the plan's effect on your current coverage. For example, if you have a Medigap, a plan representative must explain how you will lose that Medigap if you enroll in Medicare Advantage.

### Who to contact for more information:

- 1-800-MEDICARE (633-4227):** Contact Medicare to request disenrollment if you were enrolled in a plan without your consent or based on misleading information.
- State Health Insurance Assistance Program (SHIP):** Contact your local SHIP to report any marketing violations or to request help correcting an unwanted enrollment.
- Senior Medicare Patrol (SMP):** Call your local SMP to report potential Medicare fraud, errors, and abuse, including marketing violations.

Local SHIP contact information	Local SMP contact information
<b>SHIP toll-free: 1-800-701-0501</b>	<b>SMP toll-free: 1-800-701-0501</b>
<b>SHIP email:</b> <a href="mailto:OfficeForTheAging@washingtoncountyny.gov">OfficeForTheAging@washingtoncountyny.gov</a>	<b>SMP email:</b> <a href="mailto:OfficeForTheAging@washingtoncountyny.gov">OfficeForTheAging@washingtoncountyny.gov</a>
<b>SHIP website:</b> <a href="http://www.washingtoncounty.gov/148/Office-For-">www.washingtoncounty.gov/148/Office-For-</a>	<b>SHIP website:</b> <a href="http://www.washingtoncounty.gov/148/Office-For-">www.washingtoncounty.gov/148/Office-For-</a>
<b>To find a SHIP in another state:</b> Call 877-839-2675 (and say "Medicare" when prompted) or visit <a href="http://www.shiphelp.org">www.shiphelp.org</a>	<b>To find an SMP in another state:</b> Call 877-808-2468 or visit <a href="http://www.smpresource.org">www.smpresource.org</a>
SHIP Technical Assistance Center: 877-839-2675   <a href="http://www.shiphelp.org">www.shiphelp.org</a>   <a href="mailto:info@shiphelp.org">info@shiphelp.org</a> SMP Resource Center: 877-808-2468   <a href="http://www.smpresource.org">www.smpresource.org</a>   <a href="mailto:info@smpresource.org">info@smpresource.org</a> © 2023 Medicare Rights Center   <a href="http://www.medicareinteractive.org">www.medicareinteractive.org</a>	
<i>The Medicare Rights Center is the author of portions of the content in these materials but is not responsible for any content not authored by the Medicare Rights Center. This document was supported, in part, by grant numbers 90SATC0002 and 90MPRC0002 from the Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.</i>	

✓ Plans can	✗ Plans cannot
<ul style="list-style-type: none"> <li>✓ Send you mail</li> <li>✓ Have educational exhibits at public events</li> <li>✓ Call or email you about other health plans and products, as long as you are already a plan member and haven't asked them not to call or email</li> <li>✓ Schedule an appointment to discuss plan options with you, but <ul style="list-style-type: none"> <li>• Before the appointment, you must formally decide which topics will be discussed</li> <li>• The appointment must occur 48 hours or more after it is scheduled (unless you walk into their office or it's the very end of OEP)</li> <li>• The plan agent must stick to the topics you have agreed on in advance</li> <li>• The plan agent may not use your appointment or the time before or after to market or sell plans to other people in your building or neighborhood</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✗ Call, send text messages, or leave voicemail messages, unless you are already a plan member or you gave the plan permission</li> <li>✗ Email you or call you (even if you are a plan member) if you opt out of this communication</li> <li>✗ Ask for your personal information or try to sell you a plan at an educational exhibit</li> <li>✗ Approach you in public areas, such as a parking lot, hallways, or sidewalks</li> <li>✗ Give you prizes or gifts worth over \$15 <ul style="list-style-type: none"> <li>• Cannot be in the form of cash</li> <li>• Cannot require enrollment or an appointment to get the gift</li> </ul> </li> <li>✗ Conduct promotional activities worth over \$15 per expected event attendee (for example, a raffle prize at an event for 10 people must be valued at or below \$150)</li> <li>✗ Provide full meals at sales / marketing events</li> </ul>



### Tips for avoiding unwanted enrollment:

Never provide your Medicare information to anyone but your trusted health care providers. Confirm everything that a plan agent tells you before making a final decision about a plan. Ask for everything in writing. Call your doctors to make sure they are in network for the plan you want to join. You can also call your local SHIP for unbiased answers to coverage questions.

*We want to hear from you!*

Do you have a question, comment or feedback for us?

Please complete the form below and return it to our office at  
**Office for Aging and Disabilities Resource Center**  
**383 Broadway, Fort Edward, NY 12828**

Your details: (optional)

Name :

Address:

Phone #:

Email :

Feedback Type: ☐ Request ☐ Comment ☐ Question ☐ Other

Details: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



LIVE on Facebook under Washington County, NY Office  
for Aging and Disabilities Resource Center  
Please "Like Us" and "Share"



## Call Us First!

### Washington County Office for Aging and Disabilities Resource Center

Washington County Office for Aging and Disability Resource Center (ADRC) is a collaborative effort between the Department of Social Services and the Office for the Aging, providing unbiased information and access to home and community based services for aging and disabled populations under the NY Connects Program.

#### Services Offered

- \* In-Home Personal Care Assistance for Non-Medicaid Individuals Over 60 and Medicaid individuals of all ages (to include, but not limited to, light housekeeping, escort to appointments, meal preparation, shopping, dressing, bathing, personal care and other instrumental activities of daily living)
- \* Consumer Directed Personal Care Assistance Program for non-Medicaid and Medicaid individuals.
- \* Caregiver Support Services (to include: in-home personal care assistance (as described above), companionship, social adult day care, personal emergency response services, respite, caregiver training, etc.)
- \* Health Insurance Information, Counseling, and Assistance (HIICAP)
- \* Adult Protective Services (Guardianship, Representative Payee and Investigations)
- \* Home Delivered Meals
- \* Senior Dining Site Program
- \* Nutrition Counseling by a Registered Dietitian
- \* Nutrition Education
- \* Restaurant Dining Program
- \* Transportation
- \* Personal Emergency Response Services (Medical Alert)
- \* Legal Assistance
- \* Social and Medical Adult Day Care Services
- \* Senior Center Recreation and Education
- \* Services for the Blind and Visually Impaired
- \* Emergency Planning
- \* In-Home Contact & Support (Telephone Reassurance/Friendly Calling and Resources for Social Isolation and Loneliness)
- \* Evidenced Based Programs- Tai Chi for Arthritis
- \* Farmer's Market Coupons
- \* Community Connections- Monthly Supplement Inside the Free Press Newspaper
- \* Senior Events (i.e. Picnic, Health & Wellness Expo, Senior of the Year Program, etc.)
- \* NY Connects Services (Person Centered Counseling and Information, Assistance and Referral for Long Term Care planning)

We offer Language Translation Services for those who speak a language other than English, Interpretation Services, TTY/TDD services and CapTel.

*We welcome opportunities to speak with groups and appreciate invitations to share our information at events.*

#### Senior Dining Locations

- Cambridge Senior Center  
(518) 677-8592
- Hudson Falls/Ft Edward Senior Center  
(518) 747-9352
- Whitehall - American Legion  
(518) 499-2482 or  
(518) 746-2357



383 Broadway - Fort Edward, NY 12828

TELEPHONE: (518) 746-2420 or 1-800-848-3303

FAX: (518) 746-2418 or 746-2571

[www.co.washington.ny.us/148/office-for-the-aging](http://www.co.washington.ny.us/148/office-for-the-aging)



NY Connects

Your Link to Long Term Services and Supports



### Important Telephone Numbers

Washington County Office for Aging and Disabilities  
Resource Center  
518-746-2420 or 1-800-848-3303

NY Connects, Choices for Long Term Services  
and Supports 1-800-342-9871

#### Washington County

Adult Protective Services Hotline 844-697-3505  
County Clerk (518) 746-2170  
L.E.A.P - formally EOC (518) 746-2390  
Fraud Line for Wash. Co. 1-800-771-7755

Free Tax Assistance 1-800-211-5128

HEAP (Heating Assistance) (518) 746-2236  
Motor Vehicles (518) 746-2162  
Office for the Aging (ADRC) (518) 746-2420  
Public Health (518) 746-2400  
Real Property Tax Service (518) 746-2130  
SNAP (Food Stamps) (518) 746-2300  
Social Services (518) 746-2300  
Veteran's Services (518) 746-2470  
Wash. Co. Cornell Coop. Ext. (518) 746-2560  
USDA Rural Development (518) 692-9940

#### Service Organizations

Alzheimer's Association (518) 867-4999  
American Red Cross (518) 792-6545  
Glens Falls Assoc. for the Blind (518) 792-3421  
High Peaks Hospice (518) 743-1692  
Community Hospice (518) 581-0800  
HUD - Sec 8 Housing (518) 372-8846  
Lifeline/GFH Medical Alert Serv. (518) 409-8100  
Mental Health/Community Serv. (518) 792-7143  
RSVP - Retired Senior & Vol. Prog. (518) 743-9158  
Saratoga Office for the Aging (518) 884-4100  
So. Adk. Independent Living (518) 792-3537  
The Conkling Center (518) 793-1494  
Tri-County United Way (518) 793-3136  
US Social Security - Queensbury Office 877-405-4875  
Warren Co. Office for the Aging (518) 761-6347  
Legal Aide Society of Northeastern NY (518) 587-5188

#### Senior Dining Sites

Cambridge Site (518) 677-8592  
Hudson Falls Site (518) 747-9352  
Whitehall Site (518) 499-2482

#### Senior Citizen Clubs of Washington County

Max McDonnell, President (518) 747-9352

#### Food Pantries

Argyle UP Church (518) 638-8072  
Cambridge Food Pantry (518) 677-7152  
Community Action (518) 793-0636  
Cornerstone Soup Kitchen (518) 747-6814  
Cornerstone Food Pantry (Ft. Ann) (518) 681-1351  
Cossayuna Mobile Food Pantry (518) 692-3082  
Family Serv. Assoc. (518) 793-0797  
Fort Edward Food Pantry (518) 747-5939  
Granville Area Food Pantry (518) 642-1853  
Greenwich Food Pantry (518) 692-3082  
Hartford Food Pantry (518) 469-3162  
Hoosick Area Church Assoc. (518) 686-5163  
Hudson Falls United Methodist (518) 747-6832  
Kingsbury Seventh Day Adventist (518) 747-2871  
Moreau Comm. Ctr. (518) 792-6007  
Open Door Mission (518) 792-5900  
SAFER - Schuylerville (518) 507-6043  
Salem Bancroft Public Library (518) 854-7463  
Salem Food Pantry (518) 222-5638  
Salvation Army (518) 792-1960  
St. Mary's Church (518) 792-0989 x110  
Washington Cty. Social Serv. (518) 746-2300  
Washington Cty. L.E.A.P (518) 746-2390  
Whitehall Food Pantry (518) 499-2039



NY Connects  
Your Link to Long Term  
Services and Supports

Updated 10/4/23

## Washington County Community Connections

**Please help us keep our mailing list for  
Community Connections updated by making  
the necessary changes if needed.**

           Add to Mailing List

           Remove From Mailing List

           Change My Information On Mailing List

**Please Print**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Old Address:** \_\_\_\_\_

**Please Return to:**

**Washington County Office for Aging and  
Disabilities Resource Center  
383 Broadway  
Fort Edward, NY 12828**

*Do you know a Washington County resident 60 years of age or older who has performed admirable community service and civic achievement who deserves commendable recognition, here is your opportunity to honor them!*

*Complete and submit this nomination form along with a summary of the individual's noteworthy history and send it to our office. If you need assistance completing the form, please call our office and someone will be able to assist you. We will be accepting nomination forms from now until November 10th, 2023!*

*Thank you,  
Gina Cantanucci-Mitchell*

### 2024 New York State Office for Aging's Older New Yorkers Day Nomination Form

Washington County Office for Aging and Disabilities Resource Center  
is accepting nominations NOW!

Take time to nominate an older adult with commendable civic service!

Nominee \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_



**Along with this nomination form, it is important for you to submit a detailed summary of the accomplishments which highlights why the nominee deserves to receive recognition. You are welcome to attach as many separate pages to this form as needed to capture an individual's accomplishments. Voting takes place by the members of the Washington County OFA Advisory Council and votes are based on the summary you provide that shares the individuals accomplishments. The information you offer will determine whether or not your individual receives the award from New York State!**

Nominator \_\_\_\_\_

Phone # \_\_\_\_\_

Please submit your nomination(s) to:

Washington County ADRC  
Attn: Mindy Dudley  
383 Broadway  
Fort Edward, NY 12828



Office for  
the Aging

For more information please contact us at (518) 746-2420.





## MEAL SITE MANAGER P/T (Office for the Aging)

Washington County Office for the Aging is accepting applications for a **Meal Site Manager PT**. This is a year-round part-time position that requires flexibility in scheduling. Duties involve responsibility for overseeing the service of food and the maintenance of cleanliness at dining sites. The Meal Site Manager must be committed to promoting, encouraging, and organizing activities that address the physical, social, and emotional well-being of older adults and their families. Acts as the liaison between the older adults they serve and the Washington County Office for Aging. Works under the general direction of the Nutrition Services Coordinator but works independently a great amount of time within the community. Performs related duties as required.

### MINIMUM QUALIFICATIONS:

Possession of a valid Driver's License;  
Preferably, experience in food service delivery and/or experience in a paid or volunteer program involving direct service to older adults; or any equivalent combination of training and experience.

**RATE OF PAY:** \$15.27/hour (no benefits included)

Job Description and Employment Application can be found online at:  
[www.WashingtonCountyNY.gov](http://www.WashingtonCountyNY.gov) > Employment Opportunities

Interested candidates should submit a completed application to:

**Washington County Office for the Aging**  
383 Broadway, Fort Edward NY 12828  
Or by email to: [elizabeth.cassella@dfa.state.ny.us](mailto:elizabeth.cassella@dfa.state.ny.us)

Applications will be accepted until position is filled.  
Washington County is an equal opportunity employer.



## WASHINGTON COUNTY Office for Aging (Per Diem)

Washington County Office for Aging is currently accepting applications for an **Aging Services Aide** on a per diem basis. Primary duty of the position is the delivery of meals for Washington County's Meals-on-Wheels program. Applicants must possess a valid NYS Drivers' License.

**Rate of Pay:** \$15.27/hour (no benefits included with position)

Application may be found at:

[www.WashingtonCountyNY.gov](http://www.WashingtonCountyNY.gov) > Employment Opportunities

Applications should be submitted BY MAIL OR EMAIL to:

Washington County Office for Aging  
383 Broadway, Fort Edward, NY 12828  
Email: [Elizabeth.cassella@WashingtonCountyNY.gov](mailto:Elizabeth.cassella@WashingtonCountyNY.gov)

Applications will be accepted until position is filled.  
This position is Civil Service Non-Competitive.  
Washington County is an equal opportunity employer.

## Need a unique gift?

Having trouble finding a gift for someone? Why not give the gift of a delicious meal at one of our local Washington County restaurants?

If you know of a family member, neighbor or close friend that is a Washington County resident, 60 years of age or older, that enjoys eat-

ing out at local restaurants, the Washington County Restaurant Dining program may be your answer! Dining Tickets are available year-round at the Office for Aging. The tickets are a suggested contribution of \$4.00 each. For more details, please call Office for Aging at 518-746-2420.



## Capital Campaign Tractor Raffle

**SALEM FARM SUPPLY**

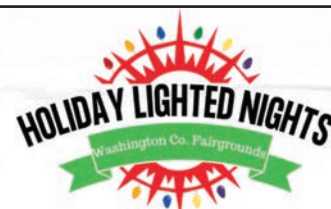


Drawing will be on December 13th, 2023

Special Thanks to Salem Farm Supply for Helping to Make This Possible!  
Your generosity helps us make an impact that will be experienced for years.  
Each raffle ticket purchase will go towards the Capital Campaign - Showbarn Building Project!



SCAN ME



## Drive-Thru Holiday Light Experience

AT THE  
WASHINGTON COUNTY FAIRGROUNDS

**Nov 24th - Dec. 30**



Visit with  
Santa!



Bring cans of soup  
for the  
Comfort Food  
Community!



Wagon Rides  
Ride through  
the lights in our  
Wagon!



Find the Perfect  
Gift at our  
Holiday Market!

**Don't Forget the Snacks Available All Season Long!**  
\*Visit Our Website for More Information



SCAN ME