



# FREE HEALTHCARE CLINIC

Hudson Falls • April 6-7

More information on pages 12 & 13.

2024 Rabies Clinic Schedule Page 14



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March 29, 2024

# 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

### Older Americans Act of 1965 updated

Greetings!

The Older Americans Act of 1965 was the first federal level initiative aimed at providing comprehensive services for older adults. It created the National Aging Network comprising the Administration on Aging on the federal level, State Units on Aging at the state level (like New York State Office for Aging), and Area Agencies on Aging at the local level (our Washington County Office for Aging). Recently action was taken at the federal level to update the OAA regulations. I would like to share with you information released by the Administration for Community Living around the updated OAA Regulations:

#### 2024 Final Rule to Update Older Americans Act Regulations

On February 6, 2024, ACL released a final rule to update the regulations for implementing its Older Americans Act (OAA) programs. The new regulations will take effect on March 15, 2024, but regulated entities have until October 1, 2025 to comply. ACL looks forward to



working with partners in the aging network to implement the final rule and will provide robust technical assistance and other resources to support states, tribes and tribal organizations, area agencies on aging, and others in the aging network in meeting its requirements.

Strengthening the system that helps millions age in place

Our world has changed dramatically in the 36 years that have passed since the last substantial update to the regulations for most of ACL's Older Americans Act Programs in 1988. The population of older adults has nearly doubled, and older adults are living longer than ever before. Their expectations for aging are different from those of earlier generations. Increased understanding of the impact of the social determinants of health is reshaping

health care, as non-medical services that help people avoid hospitalization and institutional care – like those provided through OAA programs – are increasingly being incorporated into health care service delivery models. In addition, the OAA has been amended by Congress seven times since 1988.

One important thing has not changed, however. Older adults overwhelmingly want to continue to live independently, in the community – and nearly 95 percent of them do, many with the support of ACL's OAA programs.

The 2024 final rule aligns regulations to the current statute, addresses issues that have emerged since the last update and clarifies a number of requirements. It aims to better support the national aging network that delivers OAA services and improve program implementation, with the ultimate goal of ensuring that the nation's growing population of older adults can continue to receive the services and supports they need to live – and

See DIRECTOR, pg. 3



## 2024 Total Solar Eclipse!

The April 8, 2024, eclipse will be a total solar eclipse. It will be the last total solar eclipse visible from the contiguous United States until 2044.

A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. People viewing the eclipse from locations where the Moon's shadow completely covers the Sun – known as the path of totality – will experience a total solar eclipse. The sky will darken, as if it were dawn or dusk. Weather permitting, people along the path of totality will see the Sun's corona, or outer atmosphere, which is usually obscured by the bright face of the Sun.

#### Eye Safety

Except during the brief total phase of a total solar eclipse, when the Moon completely blocks the Sun's bright face, it is not safe to look directly

See ECLIPSE, pg. 3

## New York State Office for Aging 2025 Senior of the Year Award

Nominations are due by November 8th 2024!! 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 on page 6 of 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.

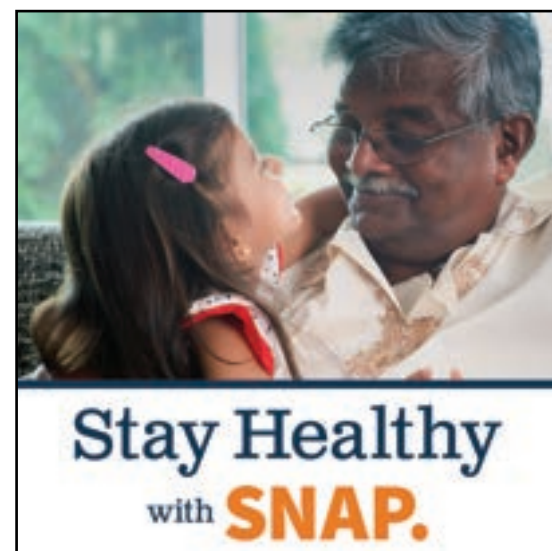
## April is Senior Hunger Awareness Month

April is Senior Hunger Awareness Month. SNAP helps more than 600,000 seniors in New York State stay healthy by improving their nutrition and food security. If you or a senior you know struggles with hunger, visit FoodHelpNY.org to find help with SNAP.

April is Senior Hunger Awareness Month. Today we highlight SNAP. Many seniors rely on SNAP to put food on the table. SNAP is like Social Security and Medicare — if you are eligible, you will get your benefit and have more to spend on food. If you struggle to get enough food, visit FoodHelpNY.org to learn how to get started with SNAP.

April is Senior Hunger Awareness Month – a time to raise awareness of senior hunger in our communities and spotlight solutions. SNAP helps more than 600,000 seniors in New York put food on the table, but many eligible seniors do not participate. If you or a senior you know struggles to afford food, visit FoodHelpNY.org to learn how to get started with SNAP.

Nearly 200,000 New York State seniors are eligible for – but not receiving – SNAP food assistance. During Senior Hunger Awareness Month, please join us in working to close this



gap. If you know or care for a senior who struggles to get enough to eat, let them know SNAP can help. Visit FoodHelpNY.org to learn more.

During Senior Hunger Awareness Month, we spotlight SNAP, which puts nutritious food

See SNAP, pg. 2



## 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 older adults 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 older adults' opportunities for socialization and community activity; ensures nutritional needs are met and provides for stronger bonds between local business and the older adults in their community.

### **How Does It Work?**

Similar to our Congregate Dining option the Restaurant Dining program encourages participants to enjoy a meal and an opportunity to socialize and connect within the community but with flexibility and choice. Restaurants agree to provide a meal to registered participants in exchange for a restaurant dining ticket. Restaurants can specify days or time of participation i.e. breakfast, lunch or dinner. Restaurants can limit menu choices. Participants will present a ticket to the wait staff prior to ordering. The ticket must be signed and dated by the registered participant 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 participant.

**Market 32**  
354 Broadway  
Fort Edward  
(518) 832-6236  
Daily 8am-7pm  
**Redeem at Food Service Cashier Only**

**Price Chopper**  
8648 NY 22  
Granville  
(518) 642-9755  
Daily 8am-8pm  
**Redeem at Food Service Cashier Only**

**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  
Breakfast/Lunch

**Sally's Hen House**  
3978 State Route 4, Hudson Falls  
(518) 746-0040  
7 Days - Breakfast Only

# ASK THE DIETITIAN

Written by, Kristin Stewart RDN, CDN

**Question submitted—***This question was asked at one of our congregate meal sites from an attendee. It is not the first time I have heard this particular question which is interesting, that is why I chose to address this in our ASK section this month.*

**“Why do you serve corn to this population, we can not digest it? People do not digest corn.”**

**My answer—**Corn is very nutritious and highly digestible. Those following a strict diabetes management diet are sometimes cautioned about corn because it is considered a starchy vegetable, meaning it has the capability to raise your blood sugar slightly more than non starchy vegetables. Does that mean they should not consume corn? No, all it means is they have to watch their portion size, as we all should be with anything we are consuming. Corn should be the least of someone's worries, the focus should be on the concentrated sweets they consume first 🙄.

**Corn includes fiber, vitamins and minerals. The fiber in corn provides certain health benefits, lowers risks of certain diseases and can help improve gut health. I think the confusion about digestibility comes to play because of what people see in their stool after consuming corn. We consume many foods with insoluble fibers that are excreted in our stool but corn is different because you can see it and identify it. What you are seeing is the outer shell, called cellulose. Our bodies break down and use the inner portion of the corn and excretes the outer portion, this is not harmful or uncommon in other foods, again, it is just odd because it is identifiable.**

Corn happens to be gluten free and a healthy alternative for those who suffer from celiac disease and/or gluten intolerance as a whole grain.

If you or someone you know have more questions about this topic or have a different nutrition related question or concern give the office a call and make an appointment with me at (518)746-2578. If you would like to see your question featured in this section, send one via email to [stewartjkk@gmail.com](mailto:stewartjkk@gmail.com), remember to include “ask the dietitian” in the subject :). Or ask me in person at any of the congregate sites.

*Check out the Washington County Office for the Aging Facebook and Website for more information on upcoming events/topics.*

# SNAP

Continued from front page

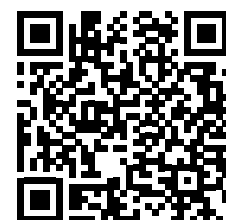
in reach of more than 600,000 New York State seniors. Using SNAP is easy, and special rules help more seniors apply and participate. To learn how to get started, visit [FoodHelpNY.org](http://FoodHelpNY.org)

Too many seniors in New York struggle to get enough to eat. During Senior Hunger Awareness Month, we celebrate the vital role SNAP plays in helping seniors afford a nutritious diet that supports a healthy lifestyle. Visit [SNAPandSeniorsNY.org](http://SNAPandSeniorsNY.org) learn more and find tools and resources to connect seniors to SNAP.

## 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)



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.

# Director

Continued from front page

thrive – in their own homes and communities.

## Key provisions of the 2024 Older Americans Act Final Rule

The updated regulations reinforce and clarify policies and expectations, promote appropriate stewardship of OAA resources, and incorporate lessons learned during the COVID-19 pandemic. For example, the final rule:

- Clarifies requirements for state and area plans on aging and details requirements for coordination among tribal, state and local programs.
- Improves consistency of definitions and operations between state and tribal OAA programs.
- Clarifies and strengthens provisions for meeting OAA requirements for prioritizing people with the greatest social and economic needs.
- Specifies the broad range of people who can receive services, how funds can be used, fiscal requirements, and other requirements that apply across programs.
- Clarifies required state and local agency policies and procedures. For example, the final rule establishes expectations regarding conflicts of interest.
- Requires state agencies to estab-

lish flexible and streamlined processes for area agencies to receive approval for contracts and commercial relationships.

- Includes guidance for the National Family Caregiver Support Program and the Native American Caregiver Support Program, which were authorized since the last update.

- Addresses emergency preparedness and response, incorporating lessons from the COVID-19 pandemic.

- Establishes expectations for legal assistance and activities to prevent elder abuse.

- Clarifies the role of the aging network in defending against the imposition of guardianship and in promoting alternatives.

- Updates definitions, modernizes requirements, and clarifies flexibilities within the OAA nutrition programs. For example, the rule allows for continuation of innovations developed during the pandemic, such as providing carry-out meals through the congregate meals program, in certain circumstances.

This overview has more details, and you can read or download the entire Final Rule on the Federal Register website.

(Source: Administration for Community Living website)

Sincerely,  
**Gina Cantanucci-Mitchell**  
Executive Director

# Eclipse

Continued from front page

at the Sun without specialized eye protection for solar viewing. Safe solar viewing glasses, or “eclipse glasses”, are *not* regular sunglasses.

Viewing any part of the bright Sun through a camera lens, binoculars, or a telescope without a special-purpose solar filter secured over the front of the optics will instantly cause severe eye injury.

For more information, visit: [go.nasa.gov/EclipseSafety](http://go.nasa.gov/EclipseSafety)

## Skin Safety

Even during the partial phases of a total solar eclipse, the Sun will be very bright. If you are watching an entire eclipse, you may be in direct sunlight for hours. Remember to

wear sunscreen, a hat, and protective clothing to prevent skin damage.

Find more Tips to Stay Safe in the Sun from the U.S. Food and Drug Administration.

## Travel Safety

With so many people traveling, please check local and national advisories well ahead of time. Travelers planning to see the eclipse should plan well in advance. They should anticipate heavy traffic and crowded locations. It is best to book lodging as soon as possible and to prepare to have difficulties driving on the day of the eclipse. Travelers should make sure to bring food and water and determine how to access a bathroom if they need wait out the traffic when they leave.

(Source: <https://science.nasa.gov/eclipses/media-resources/>)

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# SAVE THE DATE

## WARREN WASHINGTON COUNTIES BRAINSTORM IS BACK



Join Us in celebrating Brain Health, Mental Wellness and Recovery!

Chalk the Walk  
Wednesday, May 29th, 2024  
11:00AM - 1:00PM  
City Park  
Glens Falls, NY 12801

Friday, October 18th, 2024  
10:00AM - 2:00PM  
Salvation Army - 37 Broad Street  
Glens Falls, NY 12801

These events are aimed at providing resources and support for individuals in need, adults and youth alike.

If interested in joining either event as a sponsor or to table please contact Nick Ferranti of ADK EAP at [NFerranti@adkeap.com](mailto:NFerranti@adkeap.com) or Michele Morehouse of ASCEND at [mmorehouse@ascendmw.org](mailto:mmorehouse@ascendmw.org) or (518) 747-2284 ext. 229



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[kilmerfuneralhome.com](http://kilmerfuneralhome.com) | [mbkilmer@kilmerfuneralhome.com](mailto:mbkilmer@kilmerfuneralhome.com)

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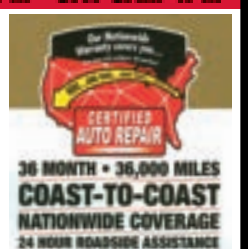
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# APRIL NUTRITION NEWS

Written by, Kristin Stewart RDN, CDN

Do you smell that? I do not know how to describe it as anything other than “clean.” The smell of the fresh spring air after a long winter in Upstate New York. 🌸 With the new scent comes our very first look into the fresh produce available at FARMERS MARKETS. Below you will find a discussion about what I consider two hidden gems in the fresh foods available to us for only a short time each Spring.

The first unsung hero with a surprising nutritional punch is FIDDLEHEADS...the name is pretty cool too. I believe I heard once that it received this name because the edible part resembles a fiddle 🎻.



*I think fiddleheads taste like a nutty broccoli, which I know sounds weird but it is very tasty. They are an excellent source of potassium and vitamin K, as well as fiber and pair well with any side dish like rice or pasta. It is important to never eat them raw or undercooked as this has been linked to food borne illness. Rinse them well and boil for 15 minutes, toss with oil and sauté with your side dish. It can be fun to get in the kitchen with something new and different you found at the local farmers market. Give it a try, what do you have to lose?!*

The next item that is not well known is GARLIC SCAPES. I once had no idea what these were until my friend Mike, who is an amazing gardener, introduced me to them. They are the shoots that grow out of the top of the garlic bulb and must be trimmed in order for the garlic to reach maturity.

If left alone they will flower and your garlic 🧄 bulb will be left small and tasteless. You can only find these for a short time in the spring at farmers markets so grab them, you will not be disappointed. They are tender stems and can be used anywhere you would use garlic or onion. They are also a good source of fiber and other minerals and man can they make any dish so flavorful!!

*Rinse them well and chop them up to be used in any recipe. I have heard some people use them in guacamole and pestos. Last year, I was gifted some pickled garlic scapes and they made such an awesome addition to a salad, but you would also catch me popping one in my mouth right from the jar 🥰🥰.*

*I enjoyed the pickled garlic scapes so much I grabbed a recipe that I liked just in case my friend Mike was to gift me some this spring, hopefully he reads this article 🙏.*

*The recipe I liked best after reviewing and tweaking was as follows, feel free to try it out:*

Ingredients: 2.5 cups of cider vinegar; 1/2 cup of water, 2 tsp of kosher salt, peppercorn to taste, 2 tablespoons of sugar. Procedure: Chop and Rinse scapes well, place in jars with room on top, mix all ingredients and bring to a gentle boil, pour hot liquid into jars leaving room on top, allow jars to cool. Once cool, refrigerate and let sit in the refrigerator for 1-2 weeks, then enjoy. Keep in refrigerator up to 1 month.

If you or someone you know would like more information about this topic, or have a different nutrition related question in mind, please contact the Office for the Aging to set up an appointment. *Check out the Washington County Office for the Aging Facebook and Website for more information on upcoming events/topics.*

## 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

## 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 eating 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.

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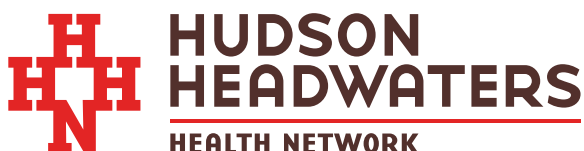
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beebesautobody@gmail.com

<b>WASHINGTON COUNTY NUTRITION PROGRAM</b> <b>APRIL 2024</b> <b>MENU IS SUBJECT TO CHANGE***** WITHOUT NOTICE</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>Need to cancel or restart your meals?</b> <b>Call(518)746-2357</b> <i>For the safety of our Drivers please restrain your dog!!!  Have questions/concerns? Call (518)746-2286</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>
<b>CHEFS DAY OFF 🙄</b> <b>JUST KIDDING, APRIL FOOLS!</b> <b>CHEFS CHOICE DAY!</b> 1	WHITE BREADED FISH ON A BUN BROCCOLI FLORETS YELLOW SWEET CORN PINEAPPLE AND CHERRIES 🍓 2	CHICKEN SALAD ON A BED OF ROMAINE/BEETS MIDDLE EASTERN QUINOA SALAD APRICOTS 3	<b>SPRING LUNCHEON MENU</b> <b>ENJOY ;)</b> 4	BEEF STROGANOFF ON WW PASTA ITALIAN BLEND VEGETABLES CARROT COINS CINNAMON APPLE SLICES 5
BEEF STEW NORMANDY BLEND VEGETABLES WW DINNER ROLL IN TRAY CLEMENTINE OATMEAL COOKIE 🍪 8	ITALIAN BAKED ZITI WITH LEAN GROUND BEEF AND WW PASTA MIXED VEGETABLES WW DINNER ROLL FRESH GRANNY SMITH APPLE 9	LIGHTLY BREADED POLLOCK OVER WHOLE GRAIN MIX BROCCOLI FLORETS BABY CARROTS FRUIT FLUFF 10	CHEFS SALAD W/EGG, TURKEY AND SWISS ON FRESH GREENS CUCUMBER/TOMATO SALAD FIG NEWTON COOKIES 🍪 11	VEGETABLE LASAGNA STEAMED SPINACH WW DINNER ROLL IN TRAY YOGURT MIXED BERRIES 🍓 12
THREE CHEESE QUICHE GREEN PEAS WW DINNER ROLL IN TRAY FRESH PEAR 🍏 15	CHEESEBURGER ON A WW BUN WARM BEETS MIXED VEGETABLES APRICOTS 16	<b>HAPPY APRIL BIRTHDAYS!</b> <b>ROAST BEEF W/LS ONION GRAVY</b> <b>BAKED POTATO</b> <b>ASPARAGUS</b> <b>BIRTHDAY SURPRISE!</b> 🎂 17	SWEET AND SOUR PORK OVER BROWN RICE SUGAR SNAP PEAS WW DINNER ROLL IN TRAY FRUITED GELATIN 18	CHICKEN CEASAR SALAD W/ FRESH GREENS VEGGIE MAC SALAD 3 BEAN SALAD FIG NEWTON COOKIES 19
<b>EARTH DAY 🌍</b> OVEN FRIED CHICKEN PARMESAN OVER WW PASTA BROCCOLI FLORETS WW DINNER ROLL IN TRAY FRESH DELICIOUS APPLE 🍏 22	MACARONI AND CHEESE CARROT COINS PEAS AND PEARL ONIONS CHILLED PINEAPPLE 🍓 23	ALBACORE TUNA ON A BED OF BABY SPINACH LEAVES POTATO SALAD/COLESLAW CROISSANT BERRIES AND CREAM 24	ASIAN CHICKEN WITH BROCCOLI OVER BROWN RICE ASIAN MEDLEY VEGETABLES WW DINNER ROLL IN TRAY MANDARIN ORANGES 25	PORK CHOP SUPREME FRESH SWEET MASHED POTATO CAULIFLOWER CINNAMON APPLESAUCE 26
ROSEMARY CHICKEN W/LS GRAVY OVER WW PASTA SOUTHERN COLLARD GREENS WW DINNER ROLL IN TRAY FRESH BANANA 🍌 29	BAKED HAM W/RAISIN SAUCE FRESH CUBED SWEET POTATO FRENCH STYLE GREEN BEAN ALMONDINE TROPICAL FRUIT 🍓 30	<b>ALLERGEN INFORMATION FOR MENU ITEMS IS AVAILABLE.</b> <b>ASK AN EMPLOYEE FOR DETAILS.</b>	MEAL SITES: CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)791-5082	Please note: Our program is more liberal with meals on <b>holidays and birthdays</b> as is the position of the AND to improve quality of life.

# 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**



# WASHINGTON COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

## MOBILE MEAL SITE 'POP UP' LUNCHEONS

### What is a Mobile Meal Site

Mobile Meal Sites follow the same model and our congregate sites of providing a nutritious noon-time meal and a presentation or activity to all adults age 60 and older.

**RSVP to 518-746-2357 at least 24 hours before the event**

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.

**April 9th  
12:00 PM**

Hartford Volunteer Firehouse  
8118 Route 40, Hartford  
**Presentation with RDN,  
Kristin Stewart on  
Cooking for One**  
Lunch: Italian Baked Ziti,  
Mixed Vegetables, Dinner  
Roll, Granny Smith Apple

**April 18th  
12:00 PM**

Granville Senior Center  
10 Morrison Ave, Granville  
**ADRC Presentation on  
File for Life**  
Lunch: Sweet and Sour Pork  
over Brown Rice, Sugar Snap  
Peas, Dinner Roll, Fruited  
Gelatin

**April 24th, 2024 at 12:00 PM**

Pember Library, 33 West Main Street, Granville  
**Activity: Crafts**  
Lunch: Albacore Tuna on a bed of Baby Spinach, Potato  
Salad, Cole Slaw. Croissant, Berries and Cream

## 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

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 8th, 2024!

**Thank you,  
Gina Cantanucci-Mitchell**

### 2025 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



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

## 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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3. Download it for free

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follow @NYSAGING on Twitter; or visit [www.aging.ny.gov](http://www.aging.ny.gov).

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# Why School Belonging Matters

By William J. Leever, PsyD

A sense of belonging in a classroom or school is a protective factor for children's mental health.

## What Goes Into School Belonging?

To feel a sense of belonging at school, children should believe that they're supported, respected, and accepted by their teachers and peers. They should feel connected to the school community and believe that their teachers care about them both as individuals and as learners.

## What are the Benefits?

Children who experience school belonging will benefit in many ways, such as:

- More likely to stay engaged in schoolwork
- Better academic performance
- Feeling happy and self-confident
- Less likely to experience loneliness, anxiety, and depression
- Less likely to engage in risky behaviors (like substance abuse or violence)

## 6 Ways Teachers Can Help

Teachers play a huge role in helping children foster a sense of school belonging. Research has shown that when teachers demonstrate that they're caring and supportive, children feel more connected to the school.

**1. Connect individually.** Taking time to work one-on-one or by discussing a child's personal interests helps. This can just be a quick greeting, remembering something that they mentioned in class or asking about something they've shared. We have classroom conversation starters that may help you get to know your students.

**2. Encourage peer connections.** Children who feel close with classmates feel more engaged at school and are more likely to believe that they belong. Grow stronger peer

relationships in your classroom by giving students opportunities to learn about each other during certain lessons and by letting students work together on some class activities.

**3. Empower students.** Students who have a say in how they spend parts of the school day are more likely to have a greater sense of school belonging, and they're less likely to be disruptive during class. Consider seeking student input while creating classroom rules or when deciding what topics to focus on during certain lessons.

**4. Be aware of social dynamics.** Kids have a greater sense of school belonging when their teachers know who their friends are and which students need social support to avoid bullying or social isolation.

**5. Share positive expectations.** Let students know you believe that they'll succeed academically. When teachers expect them to excel, students are more likely to feel that they belong.

**6. Set clear expectations.** Outline acceptable classroom behaviors, explain the consequences of breaking rules, and then discipline students consistently, without playing favorites. The sense of fairness helps students feel connected to their school community.

## How Can Parents Help?

Parents can also bolster a sense of school belonging. Take an interest in their life at school by having conversations. You might ask:

- What are you learning at school?
- Who do you spend time with at school? What kinds of things do you do together?
- What do you like about your teacher?
- What do you wish your teacher knew about you?

You can also help your child grow connected to classmates by encouraging your children to participate in extracurricular activities with peers and helping them socialize with

friends after school. Parents can also print the school calendar and attend school events and activities, when possible, to show their kids they are interested in their school environ-

ment.

(Source: <https://www.onoursleeves.org/mental-wellness-tools-guides/belonging/why-school-belonging-matters>)

Spring 2024 session  
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**Rabies Clinic: Granville**  
**Saturday, April 20, 2024**  
**Granville Town Highway Garage**  
1300 Co Rt 24, Granville, NY 12832

**By Appointment ONLY**

You MUST Register Online for the clinic:  
<https://www.washingtoncountyny.gov/305/Rabies>  
Registration link will open on April 10th and will close on April 17th.  
(or sooner if appointments are filled before then.)

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



**Registration:** email  
[tgolden@theconklingcenter.org](mailto:tgolden@theconklingcenter.org)  
or call (518) 793-1494  
Tricia Golden



**Phone: (518) 792-3537**  
**Fax: (518) 792-0979**  
71 Glenwood Avenue  
Queensbury, NY 12884



Saratoga, Warren & Washington Counties:  
Phone: (518) 281-8389 -Brenda Norton  
Web: [family@preventioncouncil.org](mailto:family@preventioncouncil.org)  
Facebook: [www.facebook.com/BrendanNortonFamilySupportNavigator/](https://www.facebook.com/BrendanNortonFamilySupportNavigator/)



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To Register Contact:  
Kristen Fleming  
(518) 564-2049.



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## Powerful Tools for Caregivers!

By Alicia A Altizio

As Caregivers, people are often looking for innovative and healthy ways to deal with the stressors that accompany the responsibilities that come with being a caregiver. Since it began around 1998, Powerful Tools for Caregivers has been providing training and support to caregivers in over 30 states in both virtual and in-person formats. This training allows for open communication in an organized format, allowing caregivers to share experiences and ideas with other persons in a similar role. Many times, caregivers learn the most from those who are going through experiences like theirs.

Powerful Tools for Caregivers provides an evidence-based approach, with training in small group sizes, with short sessions occurring one day a week over a six week period. This focuses on topics including, but not limited to, “Challenges of Caregiving”, “Managing Self-Care”, “Using Positive Self-Talk”, “Good Communication” and “Listening to Our Emotions”. These classes are held by your local agency staff and have included many services providers in the area that are able to offer suggestions and potential linkages to other support programs. This training highlights the importance of the caregiver taking time to focus on themselves in order to be even more successful at providing care for their loved one! Additional reading materials and a supportive, judgement-free environment enhances the experience! Many people who have “graduated” from this program has expressed how much it has helped them!

Please feel free to reach out to Washington County Office for the Aging for more information and interest at (518) 746-2300. We would be happy to provide more information on how you may benefit from this training!



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

78 Oak Street, Hudson Falls, NY 12839

Tel. 518-747-9352

Email: maxmcdonnell@yahoo.com



**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
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Third Tuesday	11:30am	Nutrition program - Kristin Stewart (Nutrition Geek)
Wednesday	9:00 am	Silver Sneakers Chair Yoga
Wednesday	1:30 pm	Line Dancing with Gloria Calhoun
Thursday	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
1st & 3rd Fri	10:30 am	Crafting Hour with Sue Donovan
Friday	9:00 am	Silver Sneakers Circuit
Friday	10:15 am	Pool League

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

In addition to our regularly scheduled activities, we offer "Paint With Patrice" classes, special events, Medicare presentations by local agents and much more. For detailed information, you can see our monthly newsletter on our website and Facebook page.

**Website: seniorcenterkfe.com**

**Facebook: @seniorcenterkingsburyfortedward**

The Senior Center is open Monday through Friday, 8:30 am to 4:00 pm  
New members are always welcome.  
Transportation is available on the Senior Center bus.

**FAMILY RESOURCE DAY & OPIOID OVERDOSE PREVENTION**

**THURSDAY  
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**NARCAN CERTIFICATION**

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**EVENT SCHEDULE**

- 2-2:30PM** NARCAN TRAINING W/ KRISTA TROMBLEY
- 2:30-3PM** THE SCIENCE OF ADDICTION W/ JACOB COLOUMBE
- 3-3:30PM** FINDING SELF-CARE & LOSING THE GUILT W/ NICK DUBLY



DISCLAIMER: This event is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,000,000 with 0 percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov



**In order to continue giving our clients excellent support and service, we are putting a temporary pause on accepting new clients. We are happy to put you on a waiting list and will reach out to you when we are in a position to take on new clients.**

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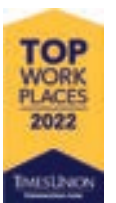


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# Conkling Center programs for April

April 2024 programs are in-person unless otherwise stated. Virtual is available upon request at registration. Email [tgolden@theconklingcenter.org](mailto:tgolden@theconklingcenter.org) or call 518-793-1494 to register.

**Thursday's April 11th & 25th 10-11am Gentle Yoga Zoom w/ Maureen.** Get your day off to a good start with breathing exercises, gentle

yoga postures that can be done in a chair, and meditation.



communities. This presentation will be specifically based

around the Medicare C&D enrollment program. canvas, and no experience necessary! Fee of \$15.00 includes all supplies needed due by 4/15. Join us for an afternoon of fun and creativity. Happy Spring!

**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 1-888-843-4364	National Runaway Safe Line 1-800-Runaway (786-2929)

**Tuesday's April 2nd, 16th, & 30th 10:30-11:00am Core Cardio Zoom/ Eden-The Gym 518** Get your body moving at your pace for a 30-minute workout focusing on core strengthening and cardio. Incorporating small weights with items you already have in your home.

**\*\*Exercise programs sponsored by Neighbors NY**

**Tuesday, April 2nd 12-2pm Guerrilla Gardening: Making seed Bombs for Monarchs!** Bring the grandchildren during school break and together make earth-friendly seed bombs to grow the plants that produce the food necessary for the Monarchs. Monarchs are on the red list of endangered species, and they need our help to make a comeback. Have fun while learning and working together to help the beloved butterfly. Fee of \$5.00 includes all supplies. Due by 3/29

**Thursday, April 4th 12-2pm Senior Social at Go Play with Your Food.** A board game tavern offering over 700 new and classic board and card games to choose from. Play, drink, eat, and meet new people. Let's have fun! Fee of \$5.00 Includes water/soda by 3/18.

**Tuesday, April 9th 11am-12pm Southern Adirondack Independent Living (SAIL) w/Cam Cardinale, Director of Community Relations.** Learn more about the thirteen different programs that SAIL has to offer to our

around the Medicare C&D enrollment program.

**Tuesday, April 9th 2-3pm Upstate NY Genealogy w/ Lisa Dougherty.** This program has limited seating for direct, personalized help. Have specific questions about your photos or documents? Bring them with you and share your stories! Lisa will guide you through basic steps to get started, then offer interactive searching tips based on your own family.

**Tuesday, April 19th 2-3pm Effective Communication Strategies w/Lindsay Stanislowsky of the ALZ. Assoc. NENY.** Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect. Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

**Thursday, April 18th 1-3pm Springtime Painting w/Robin.** Choose from a few Spring options. A bunny in flowers, poppy flowers, or maybe a hanging basket! All on

**Thursday, April 25th 12-2pm.** Lunch at Seasoned with Chef Dynia Marino and the 2024 culinary students from SUNY Adirondack. Seasoned is a full-service fine-dining restaurant in downtown Glens Falls. Students learn the ins and outs of the restaurant and hospitality industries by working in all roles-hostess, waitstaff, bartender, etc. In the kitchen and classrooms, they learn the art of creating delectable cuisine. While watching the live stream from the kitchen, we will watch as they cook our traditional American pre-fixed three course lunch that includes: water (tap), fountain soda, tea, and coffee. There will be 3-4 options to choose from. Gluten free and vegan options will be available. All options on the menu are fresh, and we will know them a week or two beforehand. Lunch fee of \$20.28 (includes tax) due to The Conkling Center by 4/19. Tip not included. Tips may be given by check or cash. At the end of the year all tips are used to take the students out for a meal and used as scholarships.

**Tuesday, April 30th 2-3pm Tour of PACE w/Sarah Mija and Linda Spokane.** A Program of All-inclusive Care for the Elderly (PACE). Community-based program that provides 24-hour coordinated care for eligible older adults who want to stay in their homes for as long as possible. Located at 38 Larose St., Glens Falls.

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# What Makes a High-Quality Child Care Program?

The New York State Office of Children and Family Services wants to hear from you about what represents quality in child care!

We are seeking input from parents, child care providers and anyone else interested in helping to improve child care across the state.

Please take our survey now and tell us about:

- Your experiences with child care services
- How you search for child care services
- What influences your decisions about child care
- What reflects a quality child care program



The survey will be open **March – May 2024**. Scan the QR code to find the survey.



The Domestic Violence Project

# Domestic and dating violence is not always physical violence

<b>ISOLATION FROM FAMILY &amp; FRIENDS</b> Pushing you to stop contact with loved ones. Making you feel bad about going out or making you stay home. Not allowing you to participate in community activities.	<b>STALKING</b> Constantly texting or calling. Sending unwanted gifts, cards, or emails. Monitoring your socials and private messages without your knowledge.	<b>VERBAL, EMOTIONAL, PSYCHOLOGICAL</b> Insulting you, calling you names, criticizing you, embarrassing you. Telling you that you are the reason they use violence. Threatening to expose you or photos of you.
--	--	--

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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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 518-677-3234

## Finalización de las apelaciones de atención médica

Si está recibiendo atención en un hospital o en un entorno no hospitalario y le dicen que su Medicare ya no pagará por su atención, tiene derecho a una apelación rápida si cree que la atención continua es médicamente necesaria. Hay procesos separados para las apelaciones hospitalarias y no hospitalarias. La atención no hospitalaria incluye la atención de un centro de enfermería especializada (SNF, por sus siglas en inglés), un centro de rehabilitación integral para pacientes ambulatorios (CORF, por sus siglas en inglés), un hospicio o una agencia de atención médica en el hogar. Puede apelar siguiendo las instrucciones de los avisos que reciba.



Si la apelación ante el BFCC-QIO tiene éxito, su atención seguirá estando cubierta, incluso durante el tiempo que estuvo apelando. Si la BFCC-QIO decide que su atención debe terminar, puede presentar una segunda apelación dentro del plazo que figura en su aviso de denegación de la BFCC-QIO.

Hay cinco niveles de apelación en total. El momento y la agencia involucrados dependen del tipo de atención que esté terminando y de si tiene Medicare Original o un plan Medicare Advantage.

### Consejos para presentar apelaciones de Medicare por atención que está terminando

- Siga las instrucciones de los avisos que reciba.
- Respete los plazos importantes.
- Guarde copias originales de la información.
- Tome notas minuciosas mientras apela.
- Solicite una carta de su médico o proveedor de atención médica en apoyo de su atención continua para fortalecer su apelación.
- Póngase en contacto con el Programa Estatal de Asistencia de Seguro de Salud (SHIP, por sus siglas en inglés) local para obtener más orientación sobre las apelaciones.



Póngase en contacto con el Programa Estatal de Asistencia de Seguro de Salud (SHIP, por sus siglas en inglés) local para obtener más información. La información de contacto de su SHIP local se encuentra en la última página de este documento.

### Fraude, errores y abuso de SNF Medicare

El fraude a Medicare puede ocurrir cuando un proveedor o centro factura por servicios que usted no recibió o que no eran médicamente necesarios. Ejemplos de posibles fraudes en centros de enfermería especializada (SNF, por sus siglas en inglés):

- Enterarse de que se le cobró a Medicare por:
  - o Servicios que su médico no consideró médicamente necesarios
  - o Servicios que nunca recibiste
  - o Servicios más caros que los que recibiste
  - o Una mayor cantidad de servicios de los que recibiste
  - o Servicios de SNF para fechas posteriores a su liberación del SNF
- Verse obligado a permanecer en un SNF hasta que sus beneficios hayan expirado, a pesar de que su condición haya mejorado y desee hacer la transición a los servicios de atención médica en el hogar.

Puede detener el fraude de SNF de la siguiente manera:

- Leer sus estados de cuenta de Medicare para comparar los servicios que recibió con los servicios que se le cobraron a Medicare.
- Informar cualquier cargo en sus estados de cuenta de Medicare que no sea exacto a su Patrulla de Medicare para Personas Mayores (SMP) local.
- Trabajar con su médico para inscribirse en los servicios de SNF.
- No aceptar regalos o dinero a cambio de elegir un SNF.
- Firmar formularios solo una vez que los haya entendido.
- Denunciar un posible fraude a la Patrulla de Medicare para Personas Mayores (SMP, por sus siglas en inglés) local.
- Presentar quejas sobre la calidad de la atención al BFCC-QIO (visite [www.qioprogram.org](http://www.qioprogram.org) para encontrar su BFCC-QIO).



Póngase en contacto con su Patrulla de Medicare para Personas Mayores (SMP, por sus siglas en inglés) local para denunciar fraudes, errores o abusos de Medicare. La información de contacto de su SMP local se encuentra en la última página de este documento.

### Finalización de las apelaciones de atención médica

Información de contacto local de SHIP	Información de contacto local de SMP
<b>SHIP sin cargo:</b> 1-800-701-0501	<b>SMP sin cargo:</b> 1-800-701-0501
<b>Correo electrónico de SHIP:</b> OfficeForTheAging@washingtoncountyny.gov	<b>Correo electrónico de SHIP:</b> OfficeForTheAging@washingtoncountyny.gov
<b>Sitio web de SHIP:</b> <a href="http://www.washingtoncountny.gov/148/Office-For-Aging">www.washingtoncountny.gov/148/Office-For-Aging</a>	<b>Sitio web de SHIP:</b> <a href="http://www.washingtoncountny.gov/148/Office-For-Aging">www.washingtoncountny.gov/148/Office-For-Aging</a>
<b>Para encontrar un SHIP en otro estado:</b> Llame al 877-839-2675 (y diga "Medicare" cuando se le solicite) o visite <a href="http://www.shiphelp.org">www.shiphelp.org</a>	<b>Para encontrar un SMP en otro estado:</b> Llame al 877-808-2468 o visite <a href="http://www.smpresource.org">www.smpresource.org</a>

Centro de Asistencia Técnica de SHIP: 877-839-2675 | [www.shiphelp.org](http://www.shiphelp.org) | [info@shiphelp.org](mailto:info@shiphelp.org)  
 Centro de recursos de SMP: 877-808-2468 | [www.smpresource.org](http://www.smpresource.org) | [info@smpresource.org](mailto:info@smpresource.org)  
 © Centro de Derechos de Medicare 2024 | [www.medicareinteractive.org](http://www.medicareinteractive.org) |

*El Centro de Derechos de Medicare es el autor de partes del contenido de estos materiales, pero no es responsable de ningún contenido que no sea de su autoría el Centro de Derechos de Medicare. Este documento fue respaldado, en parte, por las subvenciones números 90SATC0002 y 90MPRC0002 de la Administración para la Vida Comunitaria (ACL), Departamento de Salud y Servicios Humanos, Washington, D.C. 20201. Se alienta a los concesionarios que emprendan proyectos bajo el patrocinio del gobierno a que expresen libremente sus hallazgos y conclusiones. Por lo tanto, los puntos de vista u opiniones no representan necesariamente la política oficial de la Administración para la Vida Comunitaria.*

## HUDSON FALLS, NY

### SERVICIOS DISPONIBLES:

- DENTAL**  
Empastes, Limpiezas, Extracciones, Radiografía
- VISION**  
Exámenes de la vista, Lentes hechos al momento
- MEDICAL**  
Exámenes físicos, Consultas de prescripción médica, Exámenes de Salud Femenina y más!

**Del 6 y 7 de abril de 2024**

Hudson Falls High School  
80 E. Labarge Street,  
Hudson Falls, NY 12839



CLINICA DE SALUD GRATUITA. NO SE REQUIERE IDENTIFICACIÓN. SE LE ATENDERÁ POR ORDEN DE LLEGADA. PARA MÁS INFORMACIÓN: [RAMUSA.ORG](http://RAMUSA.ORG) | 865.579.1530

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

# REMOTE AREA MEDICAL



Providing free, quality healthcare to those in need

## FREE CLINIC

### HUDSON FALLS, NY

**April 6-7, 2024**

Hudson Falls High School  
80 E. Labarge Street,  
Hudson Falls, NY 12839

#### SERVICES AVAILABLE:

- DENTAL**  
Cleanings, Fillings, Extractions, X-rays
- VISION**  
Complete Eye Exams, Eye Health Evaluations,  
Prescription Glasses Made on Site
- MEDICAL**  
Physical Exams, RX Consultations, Women's Health,  
General Exams, & More!



**FREE, FIRST COME, FIRST SERVED, NO ID REQUIRED!**  
**FOR MORE INFO: RAMUSA.ORG | 865.579.1530**

## 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:

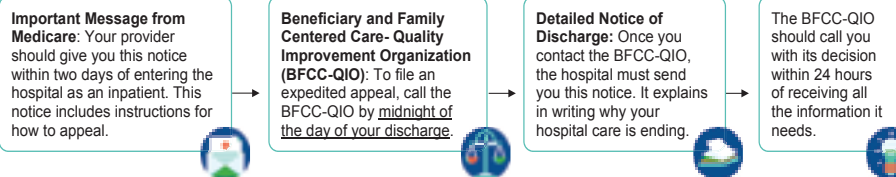
**Washington County Office for Aging and Disabilities Resource Center**  
383 Broadway  
Fort Edward, NY 12828



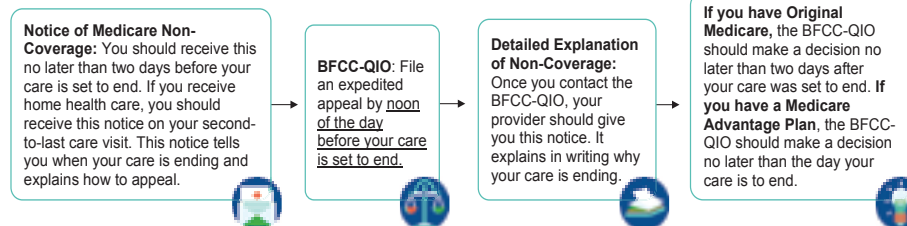
## Ending Care Appeals

If you are receiving care in a hospital or non-hospital setting and are told that your Medicare will no longer pay for your care, you have the right to a fast appeal if you feel that continued care is medically necessary. There are separate processes for hospital and non-hospital appeals. Non-hospital care includes care from a skilled nursing facility (SNF), Comprehensive Outpatient Rehabilitation Facility (CORF), hospice, or home health agency. You can appeal by following the instructions on the notices you receive.

#### Hospital Discharge Appeal



#### Non-Hospital Discharge



If the appeal to the BFCC-QIO is successful, your care will continue to be covered, including for the time you were appealing. If the BFCC-QIO decides that your care should end, you can file a second appeal within the timeframe on your BFCC-QIO denial notice.

There are five levels of appeal in total. The timing and agency involved depends on which type of care is ending and whether you have Original Medicare or a Medicare Advantage Plan.

#### Tips for filing Medicare appeals for care that is ending

- Follow instructions on the notices you receive.
- Stick to important deadlines.
- Keep original copies of information.
- Take thorough notes while appealing.
- Request a letter from your doctor or health care provider in support of your continued care to strengthen your appeal.
- Contact your local State Health Insurance Assistance Program (SHIP) for more guidance on appeals.



Contact your local State Health Insurance Assistance Program (SHIP) for more information. Contact information for your local SHIP is on the last page of this document.

Medicare fraud can occur when a provider or facility bills for services you did not receive or were not medically necessary. Examples of potential skilled nursing facility (SNF) fraud:

- Learning that your Medicare was charged for:
  - Services that your doctor did not deem medically necessary
  - Services that you never received
  - More expensive services than what you received
  - A greater quantity of services than what you received
  - SNF services for dates after you were released from the SNF
- Being forced to stay in a SNF until your benefits have expired, even though your condition has improved, and you wish to transition to home health care services.

You can stop SNF fraud by:

- Reading your Medicare statements to compare the services you received with the services Medicare was charged.
- Reporting any charges on your Medicare statements that are not accurate to your local Senior Medicare Patrol (SMP).
- Working with your doctor to enroll in SNF services.
- Not accepting gifts or money in return for choosing a SNF.
- Signing forms only once you have understood them.
- Reporting potential fraud to your local Senior Medicare Patrol (SMP).
- Reporting quality-of-care complaints to the BFCC-QIO (visit [www.qioprogram.org](http://www.qioprogram.org) to find your BFCC-QIO).



Contact your local Senior Medicare Patrol (SMP) to report Medicare fraud, errors, or abuse. Contact information for your local SMP is on the last page of this document.

Local SHIP contact information	Local SMP contact information
<b>SHIP toll-free:</b> 1-800-701-0501	<b>SMP toll-free:</b> 1-800-701-0501
<b>SHIP email:</b> <a href="mailto:OfficeForTheAging@washingtoncountynv.gov">OfficeForTheAging@washingtoncountynv.gov</a>	<b>SHIP email:</b> <a href="mailto:OfficeForTheAging@washingtoncountynv.gov">OfficeForTheAging@washingtoncountynv.gov</a>
<b>SHIP website:</b> <a href="http://www.washingtoncounty.gov/148/Office-For-Aging">www.washingtoncounty.gov/148/Office-For-Aging</a>	<b>SHIP website:</b> <a href="http://www.washingtoncounty.gov/148/Office-For-Aging">www.washingtoncounty.gov/148/Office-For-Aging</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 | [www.shiphelp.org](http://www.shiphelp.org) | [info@shiphelp.org](mailto:info@shiphelp.org)  
SMP Resource Center: 877-808-2468 | [www.smpresource.org](http://www.smpresource.org) | [info@smpresource.org](mailto:info@smpresource.org)  
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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.

**Washington County Public Health**  
Prevent. Promote. Protect.

**Washington County Public Health**  
415 Lower Main Street  
Hudson Falls, NY 12839  
518-746-2400

## 2024 Rabies Clinic Schedule

Vaccinate Your Pets!

**All Clinics are By Appointment. Registration Required. No Walk-ins.**  
Pre-Register Here: <https://washingtoncountyny.gov/305/rabies> Or use QR Code:  
Note: The link is **only** open during the registration dates listed for each clinic.  
If the clinic fills up before registration end date, registration will be closed.



Clinic Date:	Location:	Time:
<b>Saturday, March 23</b> Registration dates: 3/13/24 - 3/20/24	Whitehall Town Highway Garage Route 4, Whitehall, NY 12887	9:30 AM – 12:30 PM
<b>Saturday, April 20</b> Registration dates: 4/10/24 - 4/17/24	Granville Town Highway Garage 1300 Co Rd 24, Granville, NY 12832	9:30 AM – 12:30 PM
<b>Saturday, May 18</b> Registration dates: 5/8/24 - 5/15/24	Argyle Town Highway Garage 5062 Rt 40, Argyle NY, 12809	9:30 AM – 12:30 PM
<b>Saturday, June 15</b> Registration dates: 6/5/24 - 6/12/24	Washington Cty DPW Municipal Complex 399 Broadway Bldg #203 Fort Edward, NY 12828	9:30 AM – 12:30 PM
<b>Saturday, September 14</b> Registration dates: 9/4/24 - 9/11/24	Fort Ann Highway Garage 11249 NY-149, Fort Ann, NY 12827	9:30 AM – 12:30 PM
<b>Saturday, October 5</b> Registration dates: 9/25/24-10/2/24	Cambridge DPW Garage 6 Memorial Drive, Cambridge NY 12816	9:30 AM – 12:30 PM
<b>Saturday, November 2</b> Registration dates: 10/23/24 - 10/30/24	Kingsbury Highway Garage 437 Vaughn Rd, Hudson Falls NY 12839	9:30 AM – 12:30 PM

All Dogs & Cats should be vaccinated against rabies at 3 months of age and re-vaccinated one year later, then every 3 years.  
Ferrets should be vaccinated against rabies at 3 months of age and re-vaccinated yearly.  
Pets must remain in vehicle until vaccine given. All pets need to be on a leash or in a carrier.  
Vaccines are administered in accordance with National Association of State Public Health Veterinarians (NASPHV).  
All Clinics are free, (donations are accepted.) **Pre-Registration Required. No walk-ins.** rabiesclinic24(g)

# Drive-Thru Rabies Clinic, Granville - BY APPOINTMENT ONLY

Washington County Public Health will hold a "Drive-Thru" Rabies Clinic By Appointment Only on Saturday, April 20, 2024 at the Granville Town Highway Garage, 1033 County Rt 24, Granville, NY 12832. There is no charge for the vaccination, however donations are accepted.

You MUST register for the clinic using Public Health's online scheduling system. Appointments will be scheduled by going to the Public Health Rabies webpage during the designated registration dates listed on the schedule. You will find a red "Rabies Clinic Registration" button, which will take you click on to be taken to the registration system.

Registration for the Granville clinic will open on Wednesday, April 10th and will end on Wednesday, April 17th, or when the clinic appointments are filled, whichever comes first. Appointments will need to be made for each pet being vaccinated.

People will get confirmation of appointment time, date and location in their email at the end of registration. They will also get an e-mail reminder 24 hours before to the Clinic date.

If someone does not have the internet or has questions about appointments, they can call Washington County Public Health at 518-746-2400.

The following month's rabies clinic will be held on Saturday, May 18th

at the Argyle Town Highway Garage and the registration link will open Wednesday, May 8th.

Check the 2024 Rabies Clinic Schedule for future dates and locations.

**Keep the following in mind if you attend the Rabies Clinics:**

- \*Clinic is By Appointment ONLY.
- \*Do not arrive earlier than 5 minutes before your scheduled appointment time.
- \*Have pets relieve themselves before arriving to clinic.
- \*Proof of their previous vaccination will need to be provided prior to clinic.

(Tags do not count as proof of vaccination, you need the paperwork.)

Note: You can still register if you don't have the paperwork, however, your vaccination will be marked as a 1 year vaccination until you send proof of the previous vaccination. Once proof of previous vaccination is produced, the vaccination will be changed to a 3 year vaccination.

\*Leave pets in your vehicle until it is their turn for vaccination.

\*All pets must be on a leash or in a carrier.

\*All Dogs and Cats should be vaccinated against rabies @ 3 months of age and re-vaccinated one year later, then every three years thereafter.

\*Ferrets should be vaccinated against rabies @ 3 months of age and re-vaccinated yearly thereafter.

\*All Clinics are Free and open to the public. (Donations are accepted.)

## 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	<b>Senior Dining Sites</b>	
County Clerk	(518) 746-2170	Cambridge Site	(518) 677-8592
L.E.A.P - formally EOC	(518) 746-2390	Hudson Falls Site	(518) 747-9352
Fraud Line for Wash. Co.	1-800-771-7755	Whitehall Site	(518) 499-2482
Free Tax Assistance	1-800-211-5128	<b>Senior Citizen Clubs of Washington County</b>	
HEAP (Heating Assistance)	(518) 746-2236	Max McDonnell, President	(518) 747-9352
Motor Vehicles	(518) 746-2162	<b>Food Pantries</b>	
Office for the Aging (ADRC)	(518) 746-2420	Argyle UP Church	(518) 638-8072
Public Health	(518) 746-2400	Cambridge Food Pantry	(518) 677-7152
Real Property Tax Service	(518) 746-2130	Community Action	(518) 793-0636
SNAP (Food Stamps)	(518) 746-2300	Cornerstone Soup Kitchen	(518) 747-6814
Social Services	(518) 746-2300	Cornerstone Food Pantry (Ft. Ann)	(518)681-1351
Veteran's Services	(518) 746-2470	Cossayuna Mobile Food Pantry	(518) 692-3082
Wash. Co. Cornell Coop. Ext.	(518) 746-2560	Family Serv. Assoc.	(518) 793-0797
USDA Rural Development	(518) 692-9940	Fort Edward Food Pantry	(518) 747-5939
		Granville Area Food Pantry	(518) 642-1853
		Greenwich Food Pantry	(518) 692-3082
<b>Service Organizations</b>		Hartford Food Pantry	(518) 469-3162
Alzheimer's Association	(518) 867-4999	Hoosick Area Church Assoc.	(518) 686-5163
American Red Cross	(518) 792-6545	Hudson Falls United Methodist	(518) 747-6832
Glens Falls Assoc. for the Blind	(518) 792-3421	Kingsbury Seventh Day Adventist	(518)747-2871
High Peaks Hospice	(518) 743-1692	Moreau Comm. Ctr.	(518) 792-6007
Community Hospice	(518) 581-0800	Open Door Mission	(518) 792-5900
HUD - Sec 8 Housing	(518) 372-8846	SAFER - Schuylerville	(518) 507-6043
Lifeline/GFH Medical Alert Serv.	(518) 409-8100	Salem Bancroft Public Library	(518) 854-7463
Mental Health/Community Serv.	(518) 792-7143	Salem Food Pantry	(518) 222-5638
RSVP -Retired Senior & Vol. Prog.	(518) 743-9158	Salvation Army	(518) 792-1960
Saratoga Office for the Aging	(518) 884-4100	St. Mary's Church	(518) 792-0989 x110
So. Adk. Independent Living	(518) 792-3537	Washington Cty. Social Serv.	(518) 746-2300
The Conkling Center	(518) 793-1494	Washington Cty. L.E.A.P	(518) 746-2390
Tri-County United Way	(518) 793-3136	Whitehall Food Pantry	(518) 499-2039
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		

Updated 10/4/23




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





## Home Repair Scams

### Here's how they work:



Someone knocks on your door or calls you. They say they can fix your leaky roof, put in new windows, or install the latest energy-efficient solar panels. They might find you after a flood, windstorm, or other natural disaster. They pressure you to act quickly and might ask you to pay in cash or offer to get you financing.

But here's what happens next: they run off with your money and never make the repairs. Or they do shoddy repairs that make things worse. Maybe they got you to sign a bad financing agreement that puts your house at risk.

### Here's what to do:

- 1. Stop. Check it out.** Before making home repairs, ask for recommendations from people you trust and check that the companies have licenses and insurance. Get three written estimates. Don't start work until you have reviewed and signed a written contract. And don't pay by cash or wire transfer.
- 2. Pass on this information on to a friend.** You may see through these scams. But chances are, you know someone who could use a friendly reminder.

## SUNYADIRONDACK Healthcare Pathways

SUNY Adirondack is proud to announce Healthcare Pathways, a new program funded by a State University of New York (SUNY) Future of Work Centers grant. This allows SUNY Adirondack to develop career pathways and support individuals pursuing training and education for careers in health care.

### PROGRAM INFORMATION

Support is available for participants in non-credit training or degree programs, including those pursuing careers such as:

- certified nurse aide (CNA)
- home health aide (HHA)
- personal care aide (PCA)
- those studying Health Education, Nursing or related fields at SUNY Adirondack

This program allows SUNY Adirondack the flexibility to offer financial support in the way of books, uniforms, gas cards and technology, as well as access to emergency funds so students can overcome barriers to complete their education or employment retention.

CONTACT US BY EMAIL FOR MORE INFORMATION AT [healthcarepathways@sunyacc.edu](mailto:healthcarepathways@sunyacc.edu)

Learn more at [www.sunyacc.edu/health-care-programs](http://www.sunyacc.edu/health-care-programs)



## DONNA P. JOHNSON Physical Therapy PC



Continuing to serve our New York and Vermont patients in two convenient locations

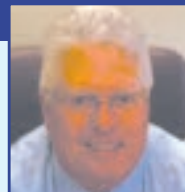
Providing over 30 years of experience in all orthopedic, work and sports injuries, balance training, vestibular rehab and more!

- Walk-in service is always available for care or consult
  - No referral necessary
  - Call or email us for a consult
  - Covered by most insurances

28 Fourth Street  
Fair Haven, VT  
(802) 265-4055

153 Main Street  
Poultney, VT  
(802) 884-8213

[www.DonnaJohnsonPT.com](http://www.DonnaJohnsonPT.com)



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Jamie Clute  
[jfreeman@bcig1.com](mailto:jfreeman@bcig1.com)



## BCI Benefit Consultants Insurance Group, LLC

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### MEDICARE & SENIOR HEALTH PLAN?

Call to discuss enrollment opportunities at any time!

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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 or 1-800-MEDICARE to get information on all your options.



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# Tai Chi for Arthritis and Falls Prevention program

Washington County Public Health, in collaboration with the Office for the Aging & Disability Resource Center, is once again offering the “Tai Chi for Arthritis and Falls Prevention” program to Washington County residents.

Tai Chi is an ancient Chinese practice of slow, continuous, whole-body movements, strung together in a “form.” Like dance, the movements are learned and followed one after another, in a particular order. Tai Chi incorporates principles such as, slow, continuous movements, upright posture, weight transfer-ence, imagining resistance, opening the joints and freeing the mind.

Tai Chi has been shown to increase strength, flexibility, sense of wellbeing, and balance. It has also shown to decrease pain in joints, stress, high blood pressure, falls and fall risks.

There are many types of Tai Chi, however medical studies have shown that practicing “Tai Chi for Arthritis” in particular reduces pain significantly, prevents falls for the elderly, and improves many aspects of health. For these reasons, Arthritis Foundations around the world have supported the program, including the American Arthritis Foundation. Also, the CDC (Center of Disease Control and Prevention) recommends “Tai Chi for Arthritis” on their official guide for falls prevention!

Feedback from previous students in Washington County include,

“My balance is better, arthritis improved. I’m amazed how a few moves can so change how one feels.”

“I am delighted to have much better balance and my legs are stronger.”

“This has helped with overall

strength and balance. It has also loosened up some joints.”

“I feel more confident in my daily activities-less worried about falling.”

Students will attend class twice a week for 8 Weeks beginning in May. Students can choose from either:

**Mondays and Wednesdays,**  
9:30am-10:30am, beginning Monday, May 6th at the Fort Ann Volunteer Fire Department, 11289 NY-149, Fort Ann, NY 12827.

**OR**  
**Tuesdays and Thursdays,**  
9:30am-10:30am, beginning Tuesday, May 7th at the Middle Falls Fire Department, 1034 State Route 29, Greenwich, NY, 12834.

You must register with Public Health before classes begin. Call 518-746-2400 ext. 3478 to register. Please leave your name and a phone number where you can be reached for a call back and registration confirma-

tion. (Must be a Washington County Resident.)

The Tai Chi for Arthritis and Falls Prevention classes are Free, however the ADRC may send a contribution letter out after classes are over. \*Contributions are voluntary and confidential – if you cannot make the full amount, any amount goes a long way toward supporting our programs. Your contributions are re-invested back into the program. You will not be denied service because

of an inability or unwillingness to contribute.

**About Tai Chi for Arthritis Classes:**

- Classes are taught by Board Certified Tai Chi for Arthritis Instructors.

- Classes are held 2 times a week, for 8 weeks.

- Students are expected to practice on their own and will be given handouts to support what is covered in class.

- Classes are tailored to all abilities; any ability levels are welcome!

- Step-by -Step instruction makes it EASY to learn!

## Queen Anne Seniors announces Hannaford Community Bag Program

During the Month of April, Queen Anne Seniors has been selected to receive \$1 for every reusable Community Bag Purchased at Hannaford!

We are so excited the store leadership at HANNAFORD’S KINGSBURY LOCATION selected our organization to receive a \$1 donation from every purchase of the \$2.50 community Bag. This is a great way to broaden awareness and help our cause.

The Community Bag Program facilitates community support with the goal of making a difference where shoppers live and work. Over \$2.2 million has been donated to more than 6,000 nonprofit organizations since the program launched in October 2015.



Let’s get started! Share the news with friends and family. Call, send emails, and post on social media. The more people who purchase the Community Bag in APRIL the greater the donation we will receive from Hannaford!

To learn more about this program, please visit [Hannaford.2givelocal.com](http://Hannaford.2givelocal.com).



LIVE on Facebook under Washington County, NY Office for Aging and Disabilities Resource Center

**Please “Like Us” and “Share”**

## Tai Chi for Arthritis & Falls Prevention

### Fort Ann & Greenwich

**What is Tai Chi?**

Tai Chi is an ancient Chinese practice of slow, continuous, whole body movements, strung together in a “form.” Like dance, the movements are learned and followed one after another, in a specific order.

Registration Required

To Register or Ask Questions call:  
Washington County Public Health  
(518) 746-2400 ext 3478

Classes are 9:30am-10:30am

Choose From:

Mondays & Wednesdays

(Starting May 6th)

Fort Ann Fire Department

11289 NY-149, Fort Ann, NY 12827

OR

Tuesdays & Thursdays

(Starting May 7th)

Middle Falls Fire Dept

1034 State Route 29, Greenwich, NY

Please leave your name and a phone number where you can be reached for a call back for registration confirmation.


**About Tai Chi for Arthritis Classes:**

- ◆ For Washington County residents.
- ◆ Classes are taught by Board Certified Tai Chi Instructors.
- ◆ Students meet 2 times a week, for 8 weeks. The form is learned in order, so it is important to come to as many classes as possible.
- ◆ Students will be expected to practice on their own and will be given handouts to support what is covered in class.
- ◆ Classes are tailored to your abilities, all ability levels are welcome!
- ◆ Classes are Free, however the ADRC may send a contribution letter out after classes are over. \*Contributions are voluntary and confidential – if you cannot make the full amount, any contribution goes a long way toward supporting our programs. Your contributions are re-invested back into the program. You will not be denied service because of an inability or unwillingness to contribute.

Great for beginners! Step-by -Step instruction makes it EASY to learn!

**What are the Benefits?**

- Increase strength, balance, posture, flexibility, sense of wellbeing
- Reduce risks of falls
- Improved mind, body and spirit
- Reduce stress and joint pain



This program is offered as part of the NYS Department of Health Older Adult Fall Prevention Program, the Federal Older Americans Act, and the Washington County Board of Supervisors. Classes are brought to you by Washington County Public Health, Washington County Aging & Disability Resource Center and our location hosts.