



## Washington County Nutrition Program August Menu

See page 4

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July 29, 2022

# Community CONNECTIONS

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

## Combating social isolation and loneliness

Washington County Office for Aging and Disabilities Resource Center provides a wide array of innovative programs and services. Each month we are going to do our best to highlight what each program is.

Summer is a time when some individuals can get out and about and enjoy the company of others. For some individuals, this is not a viable option, and they may experience social isolation and loneliness. Our staff our committed to assisting individuals experiencing social isolation.

We offer robotic companion pets as a method to reduce loneliness. Companion Pets are designed to

### Letter from the Executive Director

bring comfort, companionship, and fun to older loved ones. Our interactive cats and dogs are companion pets, and they are all about ease-of-care and convenience that pairs with technology for the best possible experience. Data has shown that robotic pets have a great impact on reducing loneliness. Coming soon we will offer companion birds called Walker Squawkers. It cannot be stressed enough that these are companion pets and are not to be confused with "children's toys".

We also offer voluntary Telephone Reassurance services to individuals under our In-Home Contact and Support program. If an individual is identified as being lonely or in need of a complimentary call, we can offer to have a staff member reach out to them via telephone on a weekly, bi-weekly, or monthly basis. This regularly scheduled telephone contact is purely a conversation with the individual to ask "how are you doing today" or to chat about the weather, their family and/or friends, their pets, or ask how they are staying active and healthy. Our staff members can also determine during these con-

versations if that individual needs any additional services or programs.

For a full explanation of our additional programs and services, we welcome you to check out our website located at <http://washingtoncountyny.gov/148/Office-for-Aging> and view our 2021 Annual Report. This Report details operations and highlights the impact aging and NY Connects services have on Washington County Communities.

Sincerely,  
Gina Cantanucci-Mitchell  
Executive Director



**JOY FOR ALL  
COMPANION PET GOLDEN PUP**

Feel the warmth and love of a companion pet, without the mess or excessive responsibility. Combining realistic features of owning a dog with convenience, the JOY FOR ALL Golden Pup Companion Pet provides loving interaction and inspires sincere care.



**LIKE DOGS BUT  
YOU'RE A  
CAT PERSON?**

See our interactive JOY FOR ALL Companion Pet Cats. Like a real cat, they purr and meow, lovingly nuzzle, and rolls over for tummy rubs. Available in Orange Tabby, Silver with White Mitts, and Tuxedo varieties.

## Protect yourself from unscrupulous contractors

By Rose Landau,  
Staff Attorney at the Legal Aid  
Society of Northeastern New York

We've probably all heard a story like this: A senior citizen pays a seemingly nice and professional contractor to have some kind of home repair done, like a paint job, a roof repair, or a kitchen remodeling. The contractor tells the senior what the work will cost, and they pay it. The contractor takes the money and just disappears. Or worse, the contractor comes and does a poor job, exacerbating an old problem or creating a new one, and then disappears.

How can you protect yourself from this happening to you? The first rule is that you should always be the one to initiate contact with contractors. If someone approaches you and says something like, "I happened to notice there's a hole in your roof. If you pay me \$5,000, I'll repair it for you," you should firmly tell this person that you're not interested. There is probably no hole in your roof. However, if you suspect that there is, you should call another contractor to come look at it and give their opinion.

If you decide that you want or need work done to your home, ask around with your local family and friends for recommendations. Stick to contractors who were honest with and did a good

job for someone you know. It will be worth it to have to wait a bit to get work done or pay a little more than you were hoping to if it means working with a contractor with a good reputation and ties to your community.

If you do not have local friends of family who can make a recommendation, you should at least run an internet search on the potential contractor. This may allow you to see how others reviewed their experience with the potential contractor and if they've ever been sued by a dissatisfied customer. If a google search for the name of the contractor and/or their business does not yield any results, that should give you pause. It is not illegal for someone to not have an internet presence, but it is unusual for someone who runs a legitimate business. You should at least ask a potential contractor about it if you do not find any websites, social media pages, or reviews online.

When negotiating with a contractor, be very wary of anyone who applies pressure. You have a right to pause and think about it before entering into an agreement, especially one that costs you a large sum of money. If anyone tries to make you feel otherwise, that is a big red flag. It is also a good idea to have someone with you when you speak with a potential contractor. Sadly, there are some people who see a lone senior citizen as a vulnerable tar-

get. These same people, however, will think twice about trying to take advantage of someone with family and/or friends looking out for them.

If you do decide to hire a contractor, get your agreement in writing. Even though oral agreements can constitute valid contracts, a written contract can go a long way in preventing and resolving disputes. There is no magic language that every contract must contain, nor does it need to be drafted by an attorney. However, it should clearly state exactly what the contractor is being hired to do, what time frame the work will be done in, and exactly how much you are going to pay and when.

Contractors may ask for a portion of the money upfront, and that by itself is not cause for concern. However, you should be very hesitant to pay the entire amount before any work is done. If a potential contractor presents you with a contract that contains language you do not understand, ask an attorney to look at it before you agree to anything. Again, be wary of pressure. A potential contractor may need to impose a reasonable deadline before moving on to look for other work, but anyone who puts a document in front of you and insists that you sign it right then and there is probably bad news.

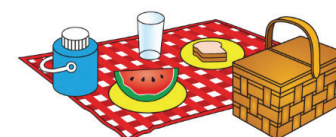
But what if it's too late and you

See PROTECT, pg. 10

## Nominations for senior of the year

Nominations are due by November 18th 2022!! 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 included 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.

## Annual Senior Picnic



Thursday, August 11  
See page 3 for more details.



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

## 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 house-keeping, 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, support group, social adult day care, personal emergency response services, respite, 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 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)
- Evidenced Based Programs- Savvy Caregiver and Tai Chi
- Farmer's Market Coupons
- Senior Times Newspaper
- Senior Events (i.e. Picnic, High

School Plays, Health & Wellness Expo, Senior of the Year Program, etc.)

■ NY Connects Services (Options Counseling and Information and Assistance for Long Term Care planning)

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

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

*Call us to schedule!*

**CALL US FIRST!**

## 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

## Washington County Community Connections Mailing Request

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: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

or

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

Please Return to:

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

## 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.



The first state aging services mobile app in the nation

1. Visit your app store
2. Search "NYS Aging"
3. Download it for free

Stay connected to the New York State Office for the Aging! Download the NYSOFA mobile app for iOS or Android; visit the NYSOFA Facebook page; follow @NYSAGING on Twitter; or visit [www.aging.ny.gov](http://www.aging.ny.gov).

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- FOREIGN/DOMESTIC



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And, helps make the service a celebration of a life lived.

Need more information? We welcome you to contact us at any one of our three locations or visit us on our website:

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

*M. B. Kilmer Funeral Home*  
 Locally owned for over 93 years



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 518-745-8116



Fort Edward  
 518-747-9266



Argyle  
 518-638-8216





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.

## 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.

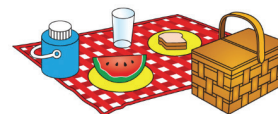
**Washington County Office for the Aging and Disabilities Resource Center**

✓ 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)



## SENIOR CENTER KINGSBURY FORT EDWARD ANNUAL SENIOR PICNIC



Place: Idle Hour Club, 30 Rogers Island, Fort Edward  
Thursday, August 11 2022 - 10:00 am to 2:00 pm

Cost \$5.00 – See Max McDonnell

Coffee & Donuts at 10:00 am

Lunch: Grilled Hot Dogs, Hamburgers, Sausage, Onions & Peppers, Potato Salad, Pasta Salad, Dessert

Door Prizes, 50/50 Raffle

**“Thank you to the Sponsors” and  
“Thank you to the Idle Hour Club and Staff”**



The Kingsbury/Fort Edward Senior Center's Nutrition Program, Transportation Services, and Recreation and Educational programs are brought to you in partnership with Washington County Office for Aging and supported by Federal, State and local funding.



## Your Good Health Is What Drives Us

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- Pediatric and Adolescent Medicine
- Women's Health: Gynecology



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Make an appointment: **HHHN.org**



**HUDSON HEADWATERS**  
HEALTH NETWORK





## 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 needs are met and provides for stronger bonds between local business and the seniors in their community.

### 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.

**Tickets may not be used by anyone under 60 or not registered. Limited use of ONE ticket per day per registered participant.**

<b>The Auction Barn</b> 4016 State Route 40 Argyle (518) 638-6003 Thurs-Sat 7am-8pm Sun 8am-Noon	<b>Fort Ann Service Center</b> 11300 State Route 149 Fort Ann (518) 639-8343 Mon-Fri 5am-9pm Sat & Sun 6am-9pm	<b>Market 32</b> 354 Broadway Fort Edward (518) 832-6236 Daily 8am-7pm <b>Redeem at Food Service Cashier Only</b>	<b>Price Chopper</b> 8648 NY 22 Granville (518) 642-9755 Daily 8am-8pm <b>Redeem at Food Service Cashier Only</b>
<b>Johnson's Cabin Grill</b> State Route 40 Hartford (518) 632-9900 Tues-Sun Breakfast/Lunch/Dinner	<b>Cabin Café</b> 3157 State Rte 4 Hudson Falls (518) 409-4600 Tues-Sun 7am-2pm	<b>Sally's Hen House</b> 3978 State Route 4 Hudson Falls (518) 746-0040 7 Days Breakfast & Lunch	<b>China Wok</b> 164 Broadway Whitehall (518) 499-0003 Mon-Fri 11am-3pm

## 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:

<input type="checkbox"/> Use where most needed	<input type="checkbox"/> Informational & Referral
<input type="checkbox"/> In-home Services	<input type="checkbox"/> Transportation
<input type="checkbox"/> Legal Services	<input type="checkbox"/> Senior Center Activities
<input type="checkbox"/> Home Delivered Meals	<input type="checkbox"/> Community Connections
<input type="checkbox"/> Caregiver Resources	

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

**Thank You!!**

### Discounted recreation opportunities through DEC.

[www.dec.ny.gov/outdoor/83411.html](http://www.dec.ny.gov/outdoor/83411.html)

### Advertise in the next edition!

Call 518-642-1234 or email  
advertising@nyvtmedia for more information.

<b>WASHINGTON COUNTY NUTRITION PROGRAM</b> <b>AUGUST 2022</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-2 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>Cancellations and Restarts: (518)746-2357</b> <b>Questions and Comments: (518)746-2420</b> <b>1-800-848-3303</b> <i>For the safety of our Drivers please restrain your dog!!!</i>	<b>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>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Pulled Chicken w/LS gravy over homemade biscuit Broccoli Florets/Carrots Fresh Banana 🍌 1	Italian Ziti w/lean meat sauce Cauliflower Mixed Veggies Apricots 2	Meatloaf w/LS gravy Mashed Potato Green Peas Raspberries and Cream 3	Fish Florentine Oven Brown Potatoes w/Parsley Steamed Spinach Chilled Pineapple 🍍 4	Chefs salad made w/turkey/cheese and egg Country Style Tomatoes Veggie Mac Fig Newtons 5
Boneless Chicken breast and Broccoli w/Asian brown sauce over brown rice Oriental blend veggies WW Roll in tray/Fresh Pear 8	Turkey and Cheddar on a classic sub roll 3 Bean Salad Country Style Tomatoes Clementine/Oatmeal Raisin Cookie 9	Veal and peppers over whole wheat noodles Mixed Veggies WW Dinner Roll in tray Fresh Macintosh Apple 10	Asian Heart Healthy Beef Teriyaki over Brown Rice California Blend Brussel Sprouts Sliced Peach 11	Tuna Salad on a bed of spinach Marinated cucumbers Fresh Potato Salad WW Dinner Roll Fresh Orange 12
Sante fe Chicken Breast over brown rice Yellow Sweet Corn/Fiesta Blend veggies Fresh Peach 15	Lightly Breaded Pollock over Greek lemon brown rice Steamed Spinach Carrot Coins Chilled Pineapple and Cherries 16	Cheeseburger on a WW bun Broccoli Florets Mixed Veggies Fruit Salad made in house 17	<b>Happy August Birthdays!!!!</b> Macaroni and Cheese Carrot Coins Brussel Sprouts Birthday Brownie 18	Chicken Caesar with Fresh Greens Country Style Tomatoes Middle Eastern Quinoa Salad Oatmeal Raisin Cookie 19
Southern Barbecue Chicken Leg Sweet mashed potatoes Asparagus Fresh Macintosh Apple 22	American Goulash Sugar Snap Peas Normandy Blend Fruited jello 23	Hot Dog w/meat sauce on a WW bun Yellow Sweet Corn California Blend Veggies Strawberries and Cream 24	Roast Pork Loin w/LS gravy Oven brown potatoes Collard Greens Chocolate Oatmeal Cookie Clementine 25	Roast Beef and Swiss on WW bun Homemade Coleslaw 3 Bean Salad Fresh Banana 26
Asian Style Sweet and Sour Pork over brown rice Oriental blend/Carrot Coins Fresh Orange 29	Italian WW spaghetti made w/lean ground beef Green Peas WW Dinner Roll in tray Strawberries and Cream 30	Chicken Patty on WW bun Sweet Cubed Potato Lima Beans Fruit Salad made in house 31	<b>MEAL SITES:</b> CAMBRIDGE: (518)677-8592 KINGSBURY: (518)747-9352 WHITEHALL: (518)499-2482	<i>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</i>



## Looking for help with summer utility bills?



**NYS and utility programs can help protect your services and pay your bill.**

To learn more, visit [www.dps.ny.gov/summer](http://www.dps.ny.gov/summer).  
Use the QR code below or call 1-800-342-3377.



Department of Public Service



## AFFORDABLE CONNECTIVITY PROGRAM

### WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

### The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

### WHO IS ELIGIBLE?

A household is eligible if one member of the household meets at least one of the criteria below:

- Has an income that is at or below 200% of the Federal Poverty Guide lines;
- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline;
- Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations;
- Is approved to receive benefits under the free and reduced-price school lunch program or the school break fast program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income program.

### TWO STEPS TO ENROLL

**1**

Go to [ACPBenefit.org](http://ACPBenefit.org) to submit an application or print out a mail-in application.

**2**

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

### LEARN MORE

Call 877-384-2575, or  
Visit [fcc.gov/acp](http://fcc.gov/acp)



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Office for Aging and  
Disabilities Resource  
Center  
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# Conkling Center programs for July

## Zoom and In-Person Programs

**Zoom from anywhere!**  
**Pre-Registration is easy:**  
**email [tgolden@theconklingcenter.org](mailto:tgolden@theconklingcenter.org) or**  
**call 518-793-1494**  
**If you need help with zoom, let us know!**

**Tuesday, August 2nd at 10 am**  
**Making Charm Bracelets**

Instructor Sandi Rhodes will supply us with the materials needed to make bracelets of all colors and design. Charms range from animals, nature, music, sports, and much more! Program Fee.

**Thursday, August 4th & 18th at 10am**  
**Gentle Yoga for Gentle Yoga for Seniors**

**\*\*Sponsored by Instructor Maureen Reilly will help you get your day off to a good start with breathing exercises, gentle yoga postures that can be done in a chair, and meditation.**

**Tuesdays, August 9th & 23rd at 11 am**  
**30 Minute Core/Cardio**

**\*\*Sponsored by Instructor Felicia Rennick will get your body moving – at your pace – for a 30-minute workout focusing on core strengthening and cardio.**

**Tuesday, August 9th at 2pm**  
**The Pines at Glens Falls Center for Nursing and Rehabilitation**

Presenter Jennifer Haskins will share how The Pines services or programs may benefit you or a loved one. Thursday, August 11th at 1pm Hyde House Tour Join us on a guided tour through the historic Hyde House and the permanent collection on view. This is a docent-led tour, which means you will have the opportunity to learn fascinating details about the collection and current exhibitions from the trained tour guide.

**Tuesday, August 16th at 2pm**  
**How to Identify Financial Tricks and Scams**

Presenter Kym Hance of Herzog Law will discuss how older adults are at risk of being financially cheated or misled by strangers or someone you know. Safeguard your finances, learn how to protect yourself and stop financial scams. Learn where to turn, and what to do, if this is happening to you or someone you know.

**Tuesday, August 23rd at 2pm**  
**Understanding Alzheimer's and Dementia**

Presenter by Lindsay Stanislawsky of the Alzheimer's Assn. will teach us the basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

**Wednesday, August 24th at 5:30pm**  
**Traveling Paints**

Instructor Michele returns to help you paint your very own masterpiece! Michele will supply you with everything needed for step-by-step instruction. Spaces are limited. Painting T.B.A. Program Fee.

**Thursday, August 25th at 2pm**  
**Feeder Canal and Historic Coal Silos**

Presenter Jeannie Williams, Executive Director of the Feeder Canal Alliance invites us to visit Old Canal-side Historic Coal Silos from the early 1900's. Discover how canal locks, industrial archaeology and towpaths are finding new uses. Visitors will then re-gather at the Five Combination Locks for a view of our local past and our future. Coal silos are located at 72 Maple St., H.F.

Watch the Chronicle, the third Thursday of each month and check our website and Facebook page for additional programming in 2022.

## NUTRITION NEWS

Kristin Stewart RDN, CDN

### No Added Sugar? Reduced Sugar? Sugar Free? What does all this mean?

There are so many claims on food packages these days....sugar free, gluten free, cholesterol free, hormone free, antibiotic free, free range, calorie free, fat free, natural, organic, healthy, high fiber, light (lite)...I could literally go on and on. For the purpose of this article we are going to focus on sugar free, reduced sugar and no added sugar, however if you have a question about any of the others I mentioned you know how to get ahold of me, I would be happy to discuss.

Many people in the older adult population suffer from pre-diabetes and diabetes, so a topic of interest is sugar. Together during counseling sessions we talk about counting carbohydrates, complex carbohydrates and simple carbohydrates (sugars) and how to identify them in foods. Food packages often include statements about health benefits and it can be difficult to make sense of it all.

**Sugar Free**-according to the FDA this claim can be used if the product contains less than 0.5 grams of sugar, both natural and added in ONE serving. The important thing to understand is the serving size determines whether claims can be used, so if you are consuming 4 servings of a product that contains 0.5 grams of sugar in one serving you would actually be consuming 2 grams of sugar in a product that states it is sugar free....tricky huh?

**No Added Sugar**-according to the FDA this claim can be used if there was not any sugar or ingredient containing sugar added during processing. It does not mean it doesn't contain sugar naturally. Products with these claims often have low calorie sweeteners added during processing because technically this is not sugar but still adds sweetness.

**Reduced Sugar**-according to the FDA this claim can be used if the product has at least 25% less sugars than the regular version of the product 🙄. So one can conclude that if you are looking at a reduced sugar cookie, just because they are reduced sugar (meaning less sugar than the regular version cookie) does not necessarily mean it would be a healthy option for you, especially if you are trying to manage Diabetes.

In conclusion...packaging claims are meant to entice you, even excite you, about their product. Do not be fooled. Look at the ingredient list and nutrition facts label closely to really know what a food contains. If you need assistance learning how to navigate this, that is what I am here for 😊

*As always, if you or someone you know would like more information about this topic or any other nutrition related concern please give me a call at (518)488-8875. Check Washington County Office for the Aging Facebook page and website for more information throughout the month as well as nutrition education and pop up schedules :).*



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# Tips for a Healthy Summer

Follow these tips to help prevent chronic disease and have a #HealthySummer.



1

## Move More, Sit Less!

Get at least **150 minutes** of aerobic physical activity every week.



TIP

Physical activity has immediate benefits for your health: better sleep and reduced anxiety are two.

2

## Wear Sunscreen & Insect Repellent

Use shade, wide-brimmed hats, clothing that covers, and broad-spectrum sunscreen with at least SPF 15 for sun protection.

Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks.



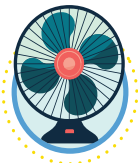
TIP

If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.

3

## Keep Cool in Extreme Heat

Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions.



Stay cool.



Stay hydrated.



Stay informed.

4

## Eat a Healthy Diet

Delicious fruits and veggies make any summer meal healthier.



TIP

Healthy eating supports muscles, strengthens bones, and boosts immunity.

5

## Rethink Your Drink!

Drink fluoridated water instead of sugary or alcoholic drinks to reduce calories and stay safe.



TIP

Add slices of fruit to water for a refreshing, low-calorie drink.

6

## Don't Use Tobacco

You can quit tobacco today! Find the [free quitting support](#) that's right for you.



Call 1-800-QUIT-NOW.



Download the QuitSTART App.



Access smokefree tools and tips.

For more about how to prevent chronic disease and maintain a healthy lifestyle, follow @CDCChronic on Twitter or visit [www.cdc.gov/chronicdisease](http://www.cdc.gov/chronicdisease).



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

**BE STRONG ENOUGH TO STAND ALONE ♥ SMART ENOUGH TO KNOW WHEN YOU NEED HELP ♥ & BRAVE ENOUGH TO ASK FOR IT ♥**

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

## Hartford Senior Citizens always looking for new members

The Hartford Senior Citizens welcome new members and yearly dues are \$6 per person. Meetings are generally held on the 2nd and 4th Tuesday of each month at the Hartford Firehouse at 12:30 PM. We also invite individuals age 50 and over to attend our events as a guest. If interested please call Debbie White at (518) 796-4516 or E-mail debo-rawwhite527@yahoo.com for further information.

### Hartford Seniors August 2022 Event Calendar

#### Karaoke and Sing Along

Tuesday, August 9 meeting at 12:30 will be followed by entertainment with Krystal's DJ Service. Guest seniors are invited to come sing for us! Refreshments will be served.

#### Group Breakfast

Thursday, August 18 at 8:30 AM at the Granville Family Diner. A large table in the back room allows for good group conversation and budget friendly senior breakfast specials helps to stretch the senior dollar.

#### Hee Haw!

Tuesday, August 23 meeting at 12:30 will be followed by a comedy presentation of jokes by Sandy Wheeler aka Minnie Pearl. Sweet treats and coffee will be provided.

### Community Connections is published by



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**news@nyvtmedia.com**



# American Red Cross blood drive to be held August 2

The American Red Cross is facing a national blood crisis – its worst blood shortage in over a decade, posing a concerning risk to patient care. Doctors have been forced to make difficult decisions about who receives blood transfusions and who will need to wait until more products become available. Blood and platelet donations are critically needed to help prevent further delays in vital medical treatments.

**Please schedule your blood donation today!**



## Tuesday, August 2nd

Appointments are every 15 minutes beginning at 9 am and last appointments are at 2pm

Municipal Building Basement Training Rooms

To Schedule an Appointment Visit <https://www.redcross.org/give-blood.html> and put in zip code 12828.

(You will have to hit “load more results” until you find the Washington County Building event on August 2nd.)

OR Call 1-800-RED CROSS (1-800-733-2767)

OR Use the Red Cross App

<https://www.redcrossblood.org/blood-donor-app.html>

# Preparing an emergency plan for your unique needs

Disasters such as hurricanes, floods, fires and other emergency situations are all too common these days. In fact, about 4 out of 5 Americans live in counties hit by weather events since 2007, according to disaster declaration data from the Federal Emergency Management Agency (FEMA). That illustrates how these events can impact nearly everyone and the importance of having a plan.

This is particularly true for older people and people with disabilities. Health issues, mobility concerns and use of assistive devices can create additional challenges during emergencies. However, there are simple steps everyone can take to prepare now for what may come later.

■ **Discuss your plan.** Talk about preparedness with friends, neighbors and family members. Contact your city or county emergency management office as well as service providers, such as meals programs. Discussing the topic can help you create a support network, find local resources for preparation and identify contents for a custom emergency kit.

■ **Create a contact list.** Make a list of people and places you can turn to for support in an emergency, including people you may need to help or notify of your safety. Include phone numbers, email addresses and physical addresses. Also include insurance providers, health care professionals and medical supply companies. Keep one copy on hand and put another copy in a watertight container in your emergency kit.

■ **Prep for power outages.** Ask your health care providers about how to prepare for power outages, especially if you depend on medical devices that use electricity, such as oxygen, dialysis or a power wheelchair. Write down your plan, along with information about your devices, and keep a copy in your emergency kit.

■ **Make a list of all medications and medical supplies.** Keep a list of your medicines, including dosages and allergies, along with other essential supplies like extra eyeglasses, hearing-aid batteries and at least a week’s supply of all prescription medicines in your emergency kit.

■ **Plan for transportation.** Have a plan in place in case you need to evacuate or get to health care services during an emergency. Know what equipment you need and how you will transport it. Perhaps a neighbor or family member can include you in their evacuation plans. Set this up beforehand and plan

how to coordinate in the event of a disaster.

■ **Plan for pets and service animals.** Include food, medications and other supplies your pets may need in your emergency kit, too.

■ **Pack the essentials.** In addition to your medical information and needs, don’t forget essentials such as non-perishable food, water, a weather radio, a flashlight, extra batteries, blankets, cash, extra clothing and personal hygiene items. Keep your emergency kit in an easy-to-access location.

Learn more about preparedness at <https://acl.gov/EmergencyPreparedness>.

## August Calendar

Thurs Aug 4	11:30 am	Wellcare by Fidelis Care
Thurs Aug 4	12:30	Ukulele Orchestra performs at the Moreau Community Center
Wed Aug 10	12:45 pm	The OQB’s music group perform at the Senior Center
Thurs Aug 11	10 - 2	Senior Center picnic at Idle Hour Club
Tues Aug 16	2:00 pm	Ukulele Orchestra performs at The Oaks
Thurs Aug 18	11:30 am	United Healthcare Ice Cream Social
Tues Aug 23	1:30-3:30	Paint with Patrice
Wed Aug 24	11 am	Sandy Wheeler – Minnie Pearl at the Senior Center

### STANDING EVENTS

Each Weekday	Noon	Washington County Nutrition Program
Mon – Friday	Daily	Board games and card games
Monday	9:00 am	Silver Sneakers Classic by Dale LaPoint
First Monday	10:30 am	Shopping
Mon. & Wed	9:30 am	Bingo
Tues. & Thurs.	9:00 am	OsteoBusters by Marcia McCormack
Tuesday	10:30 am	Ukulele Club/Orchestra - Lessons by Max McDonnell
Third Tuesday	11:30 am	Nutrition program - Kristin Stewart (Nutrition Geek)
First Wed	10:30 am	Shopping trip to Freihofer’s Baking Co. in Queensbury
Wed	10 am - noon	Pickleball at Moreau Rec (info call Meleah Vanier at 518 229-3299)
Wednesday	9:00 am	Silver Sneakers Chair Yoga by Dale LaPoint
Wednesday	10:30 am	Free food Wednesdays – thanks to Comfort Food Community
Third Wed.	11:30 am	Lunch Tour
Thursday	10-10:30	Cardio Drumming
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 by Dale LaPoint
Friday	9 am – 11 am	Pickleball at Moran-Derby Park (Meleah Vanier at 518 229-3299)
Friday	10:15 am	Pool League (See Helen or Nancy for more info)

### PLAN AHEAD – SAVE THE DATES:

Moby Dick Fish Fry Fundraiser, curbside takeout only	9/25/2022
Halloween Pizza Party	10/28/2022
National Game and Puzzle Week (game and puzzle social)	11/22-23/2022
Christmas/Holiday Sing-along with the Ukulele Orchestra	12/15–16/2022
Senior Center Christmas Holiday Luncheon	12/8/2022

## SENIOR CENTER KINGSBURY FORT EDWARD AREA, INC.

78 Oak Street, Hudson Falls, NY 12839

Tel: 518-747-9352 / Website: [www.seniorcenterkfe.com](http://www.seniorcenterkfe.com)

Email: [maxmcdonnell@yahoo.com](mailto:maxmcdonnell@yahoo.com) / Facebook: [@seniorcenterkingsburyfortedward](https://www.facebook.com/seniorcenterkingsburyfortedward)

## Fort Ann Traveling Cardinals

The Fort Ann Traveling Cardinals meet at 12 noon on the 2nd and 4th Wednesday of every month at the Fort Ann Firehouse on Route 149 in Fort Ann. To join the dues is \$10 a year, and all 55 years and older are welcome to join.

The 3rd Wednesday of every month the Seniors meet for breakfast at different restaurants in the area.

On August 4th we will be going to the Lake George Dinner Theater. On August 10th we will be having our annual picnic at the West Fort Ann Firehouse.

Last May we went to Lancaster, PA to the Sight and Sound Millennium Theater see the play David. We enjoy spending time in Pennsylvania with the Amish.

In October we will be celebrating our 50th year as a Senior group at the Queensbury Hotel.

The 1st Saturday in December we are planning a Basket Raffle at the Fort Ann Firehouse.

If you have any questions, please call Barbara Palmer at 518-639-5217



# Protect

Continued from front page

already know or fear that you've been cheated by a contractor (or someone pretending to be one)? You can use the court system to sue for the money you paid for any work that was never done or not done adequately. If the contractor caused any damage, you may also be able to sue for whatever money you spent or can prove that you will need to spend repairing that damage.

There are also non-legal actions you can take that may not get you your money back or get the work done but would at least prevent the contractor from victimizing anyone else. One is to file a complaint with the Better Business Bureau. This can be done

online at <https://www.bbb.org/consumer-complaints/file-a-complaint/get-started>. Similarly, you could give a poor review on Yelp at <https://www.yelp.com/writeareview>. Finally, you could file a complaint with the Attorney General's Consumer Frauds division. This would be done online at <https://formsnym.ag.ny.gov/OAGOnlineSubmissionForm/faces/OAGCFCHome>, and you would select the Albany office. The Attorney General's office will not sue on your behalf, but they will investigate.

First, however, you should clearly communicate to the disappeared contractor that you are going to file a lawsuit and/or a complaint if you do not hear from them before a certain date. If you call them, you should also use some kind of written communication like a text message, email, or certified

letter. This might get their attention, and if it doesn't, you'll be able to prove that you tried to resolve this yourself.

If you're going to file a lawsuit, the first thing to determine is which court to file in. You may be able to file in small claims court in the town where you live. As the name implies, you can only use small claims court if you are suing for under a certain amount of money. If you live in a city such as Glens Falls, the limit is \$5,000. If you live in a town or village (which is everywhere in Washington and Hamilton Counties and everywhere in Warren County outside of Glens Falls), the limit is \$3,000. If you qualify for small claims court, you should use it. It is inexpensive and designed to be navigated without help from a lawyer.

To file a suit in small claims court, you should contact your local court to

ask for the form. Each court uses a slightly different form, but they will all require that you provide the name and street address (not a PO box) for the defendant (person you're suing) and a brief description of the events that led up to this lawsuit. Then you will bring the form and the court fee, which will be between \$10 and \$20, to the town clerk to file. The clerk will then serve the defendant, which means they will provide the defendant with written notice of what you are suing them for and for how much and when the small claims court trial will take place. The clerk will, of course, also notify you of when the trial will take place.

At your trial, you will want to bring any evidence that supports your claim that the contractor owes you money for work that was never done and/or damage they caused to your property. This would include photos, written agreements, letters, itemized bills, canceled checks, receipts or invoices, proof of payments, etc. If you have audio or visual evidence--for example an audio recording of a conversation or security camera video proving a contractor never showed up--you can bring that too, but you should inquire with the court about format requirements.

At your trial, you will have a chance to tell the person deciding your case, either a judge or an arbiter, your side of the story through testimony and any evidence you have. You can but are not required to bring witnesses to testify. The defendant will be allowed to ask questions of any witnesses you bring. If the defendant attends the hearing, they will have the same opportunity to bring witnesses, and you will have the opportunity to ask questions of the defendant and any witnesses that they bring. You should ask the defendant about any assets that they have, because this will prevent them from getting rid of those assets and help you collect a judgment if you win. If the defendant does not attend and the judge believes that you have provided enough evidence, you will win a default judgment.

If you win, you will receive a Notice of Judgement from the court. The judgment will be valid for twenty years, and it accumulates interest at a rate of 9% per year. It will be up to you to collect the judgment. You should start by calling or writing to the defendant, who is now called a debtor, to request a payment. If that doesn't work, you will need to hire an enforcement officer, who would be a sheriff, a town or village constable, or local police officer. You will have to pay the enforcement officer, but if it comes to that, the enforcement officer may also be able to collect a fee from the debtor in addition to the judgment.

If you lose and your case was decided by a judge, you can appeal the decision to county court. This is also where you will start if you are suing for more than the limit in small claims court. Contractors scamming or taking advantage of senior citizens is, unfortunately, a common occurrence. But remember, you are not powerless in preventing this from happening or fighting back when it does! If you have questions about a contract or representing yourself in small claims court, please call the Legal Aid Society of Northeastern New York at 518-587-5188.

*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 18th, 2022!*

*Thank you,  
Gina Cantanucci-Mitchell*

## 2023 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.



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## Hidden Gems Resource Fair: What Your Community Can Do For You!

September 16 • 2pm- 6pm

FORT EDWARD YACHT BASIN

159 BROADWAY, FORT EDWARD, NY 12828

Rain Date September 30th 2pm-6pm

Drop by to learn more about the resources your community has to offer! These resources include, but are not limited to, health insurance assistance, advocacy, food assistance, aging, long term care options, LGBTQ+ support, disability services, employment, and more!

Food, giveaways, and additional vendors will be at the event. We hope to see you there!

THIS EVENT IS BROUGHT TO YOU BY:



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## ETHICAL CONSIDERATIONS FOR RECOVERY COACHES®

Recovery Coach Academy

Recovery Coaches play an important role in the recovery process by creating connections with those they serve in deeply meaningful ways. Through these connections, which may include the sharing of personal stories and elements of their own recovery journey, Coaches mentor and inspire those looking for, or are in recovery, with a great deal of success. With such responsibility comes the need for clear boundaries – both personally and professionally. This 16-hour training focuses of the ethical challenges Recovery Coaches face while providing a framework for creating good boundaries that allow for the same level of connection without causing harm.

### PARTICIPANTS WHO COMPLETE THIS TRAINING WILL:

- Define ethics and recognize the role ethics play when providing Recovery Coach Services
- Understand the decision-making process
- Learn the importance of staying in your lane as a Recovery Coach
- Develop guidelines for making ethical decisions
- Apply and practice the concepts presented

This training provides 16 CEUs/Contact Hours.

**Join trainer Katrina Fox, CRPA**

August 10, 2022 – August 12, 2022

9am-3pm (1-hour Lunch)

Capital District Recovery Center- 45 Colvin Ave. Albany, NY

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To register or for more information contact 518-321-2891 or  
CRPAtraining@pyhit.org

Deadline to register August 1, 2022



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Craig Fawcett  
cfawcett@bcig1.com



Hannah Strong  
hfawcett@bcig1.com



Jamie Clute  
jfreeman@bcig1.com





**Are you in need of Childcare Assistance? Income Eligibility levels are increasing effective 8/1/22 and new Market Rates for providers went into effect on 6/1/22. Read on for more information or contact the Washington County Department of Social Services at 518-746-2300.**

#### Child Care Assistance Program Eligibility Levels

The 200% Income Eligibility Levels for childcare assistance have increased effective June 1, 2022 and will be in place until July 31, 2022. Commencing August 1, 2022, the income eligibility threshold for childcare assistance will increase to 300%.

#### State Income Standards

The income threshold for childcare assistance, funded by the CCBG, used for determining initial eligibility and continuing eligibility at the 12-month redetermination for childcare assistance, is based on a percentage of the state income standards. State income standards are established using poverty guidelines that are updated periodically in the Federal Register [87 Fed. Reg. 3315] by the U.S. Department of Health and Human Services, under the authority of 42 U.S.C. § 9902(2). This information is used to update each district's Welfare Management System services matrix.

#### State Median Income

For childcare assistance eligibility, the federal Child Care and Development Block Grant Act of 2014 requires that a family's income not exceed 85% of the state median income (SMI). As such, a family will be found ineligible or no longer eligible for childcare assistance, funded by the CCBG, if their income exceeds this amount at determination or during the 12-month eligibility period. SMI is defined in 18 NYCRR Part 415.1(ae) as the most recent SMI data published by the U.S. Census Bureau for a family of the same size, updated for a family size of four and adjusted for family size. According to the 2016-20 American Community Survey 5-Year Estimates published by the U.S. Census Bureau in Table B19119, Median Family Income in the Past 12 Months, the median income for a family of four in New York is \$109,716. Using the SMI for a family of four, the New York State Office of Children and Family Services (OCFS) has calculated the median income for a family size of one to 20 utilizing the recommended formula provided by the Administration for Children and Families for the Low-Income Home Energy Assistance Program (LIHEAP).

#### State Income Standards

The following are the annual income standards to be used, effective June 1, 2022, to determine eligibility for childcare services funded by the CCBG, between June 1, 2022, and May 31, 2023. As indicated in 22-OCFS-INF-04, Notification of Changes to the Child Care Assistance Program as a Result of the State Fiscal Year 2023 Enacted Budget, the 200% SIS is to be used from June 1, 2022, through July 31, 2022, until the 300% SIS becomes effective on August 1, 2022.

Family Size	New York State Income Standard (SIS)	200% SIS (Until 7/31/22)	300% SIS (Starting 8/1/22)
1	\$13,590	\$27,180	\$40,770
2	\$18,310	\$36,620	\$54,930
3	\$23,030	\$46,060	\$69,090
4	\$27,750	\$55,500	\$83,250
5	\$32,470	\$64,940	\$97,410
6	\$37,190	\$74,380	\$111,570
7	\$41,910	\$83,820	\$125,730
8	\$46,630	\$93,260	\$139,890
9	\$51,350	\$102,700	\$154,050
10	\$56,070	\$112,140	\$168,210
11	\$60,790	\$121,580	\$182,370
12	\$65,510	\$131,020	\$196,530
13	\$70,230	\$140,460	\$210,690
14	\$74,950	\$149,900	\$224,850
15	\$79,670	\$159,340	\$239,010
16	\$84,390	\$168,780	\$253,170
17	\$89,110	\$178,220	\$267,330
18	\$93,830	\$187,660	\$281,490
19	\$98,550	\$197,100	\$295,650
20	\$103,270	\$206,540	\$309,810

Each Additional Person	\$4,720	\$9,440	\$14,160
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#### State Median Income (SMI)

The SMI and 85% of the SMI levels for each family size, valid June 1, 2022, through May 31, 2023, are shown below.

Family Size	SMI for New York	85% SMI for New York
1	\$57,052.32	\$48,494.47
2	\$74,606.88	\$63,415.85
3	\$92,161.44	\$78,337.22
4	\$109,716.00	\$93,258.60
5	\$127,270.56	\$108,179.98
6	\$144,825.12	\$123,101.35
7	\$148,116.60	\$125,899.11
8	\$151,408.08	\$128,696.87
9	\$154,699.56	\$131,494.63
10	\$157,991.04	\$134,292.38
11	\$161,282.52	\$137,090.14
12	\$164,574.00	\$139,887.90
13	\$167,865.48	\$142,685.66
14	\$171,156.96	\$145,483.42
15	\$174,448.44	\$148,281.17
16	\$177,739.92	\$151,078.93
17	\$181,031.40	\$153,876.69
18	\$184,322.88	\$156,674.45
19	\$187,614.36	\$159,472.21
20	\$190,905.84	\$162,269.96

# Children's Health Home Care Management Services available

#### Greetings Community Providers:

The WAIT House is pleased to announce the implementation of Children's Health Home Care Management Services, a contract with Adirondack Health Institute (AHI). With this contract, WAIT House Care Management Services will provide various care management services to eligible members (ages birth to 21) who are NYS Medicaid enrollees.

#### What does Care Management Mean?

Children's Care Management services will consist of a comprehensive assessment and care planning, care coordination, health promotions, transitional services, member and caregiver(s) support services, and referrals to community and social support services.

- Care Management will meet face-to-face with members and caregiver(s) throughout the months and have on-going collaboration with collateral contacts as needed.

- Care Management will coordinate the member's care through effective communication with other providers and identify goals and services being provided to the member.

- Care Management will advocate on the member's behalf to ensure that the member is receiving care and services to their ultimate benefit.

- Care Management will assist with



linking the member and caregiver(s) to community resources; medical, mental health, educational, employment, housing, food, clothing, transportation, etc.

- Care Management will assist with educating the member and caregiver(s) on meaningful activities to improve their overall physical, social and mental health needs.

Children's Health Home Care Management services via The WAIT House will be available throughout 6 counties; Warren, Washington, Saratoga, Hamilton, Clinton and Essex. If you feel that you have an individual in need of Care Management services or would like additional information, please feel free to contact me directly at 518 798-4384 ext 101.

The WAIT House looks forward to working in collaboration with you and supporting the needs of our community.

**Tanya Vasak**  
Health Homes Care Management  
Operations Manager

## YOUTH MENTAL HEALTH FIRST AID TRAINING

**WHO SHOULD TAKE IT**

- TEACHERS • SCHOOL STAFF
- COACHES • CAMP COUNSELORS • YOUTH GROUP LEADERS • PARENTS • PEOPLE WHO WORK WITH YOUTH

**WHY YOUTH MENTAL HEALTH FIRST AID?**

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (ages 6-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**WHAT THIS COURSE COVERS**

- Common signs and symptoms of mental health challenges in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactive disorder (ADHD)
- Common signs and symptoms of substance use
- How to interact with a child or adolescent experiencing a mental health challenge or crisis
- How to connect the person with help
- Expanded content on trauma, addiction and self-care and the impact of social media and bullying

**IN-PERSON.** First Aiders will receive their training as a 8-hour Instructor led in-person course. Their earned certification will last for 3 years.

**LUNCH INCLUDED**

**WHEN: August 16th, 2022**  
**WHERE: Council for Prevention**  
214 Main Street  
Second Floor  
Hudson Falls, NY

**TIME: 8:30am-4:30pm**

**SIGN UP BY AUGUST 10TH, 2022**  
[HTTPS://FORMS.GLE/GMZVO6INTUWFM6AS7](https://forms.gle/GMZVO6INTUWFM6AS7)

**COUNCIL FOR PREVENTION**  
214 Main Street  
Second Floor  
Hudson Falls, NY 12839  
(518)746-1527

[www.CouncilForPrevention.org](http://www.CouncilForPrevention.org) @CouncilForPrevention

[Find help and hope](https://www.mentalhealthfirstaid.org/)  
1-877-8-HOPENY  
Available 24 hours 7 days

[USA MENTAL HEALTH FIRST AID](https://www.mentalhealthfirstaid.org/)

[NATIONAL SUICIDE PREVENTION LIFELINE](https://www.mentalhealthfirstaid.org/)  
1-800-273-TALK (8258)





Calling all Washington County residents!

We need your input – let your voices be heard by completing the  
**2022 Washington County Needs Assessment**  
 so that LEAP can continue to provide premier services and support to  
 you, your family, and county-wide community!



What services and/or resources do you use?



What services and/or resources do you need?



What do you see as current county-wide  
 challenges or opportunities?

Survey conducted by LEAP.

<https://www.surveymonkey.com/r/2022Family-LEAPClientSurveyEnglish>

Paper surveys will be available at the LEAP  
 Career & Family Services office at the county  
 building at **383 Broadway, Fort Edward, NY  
 12828**, as well as at all five Head Start locations  
 in Hudson Falls Whitehall, Cambridge, and  
 Granville!

Surveys are anonymous.

Stewart's Gift Cards will be available while supplies last as a  
 "thanks for the help" to any participants who stop by or mail  
 their surveys to us!



NYS DOMESTIC AND SEXUAL VIOLENCE HOTLINE

**800.942.6906**

**WHEN YOUR HOME  
 ISN'T SAFE**

**TEXT. CALL. CHAT.**

844.997.2121

800.942.6906

OPDV.NY.GOV



TEXT CONFIDENTIALLY  
 WITH A DV/SA  
 ADVOCATE



ACCESS REMOTE  
 COUNSELING THROUGH  
 YOUR LOCAL DV/SA  
 PROGRAM.



CHAT PRIVATELY WITH  
 DV/SA ADVOCATE ON A  
 SECURE WEBSITE

**ALL AVAILABLE 24 HOURS/DAY, 7 DAYS/WEEK**

**FOR YOUR SAFETY**

- Call 911 if you are in immediate danger and the police will respond.
- Seek treatment at a hospital emergency department if needed. Hospitals are open and a safe place to go for medical care.
- Add NYS resource info (above) in your cell phone under a fake contact name to avoid suspicion.
- Create a code word for friends and family that will tell them you need help.
- Know the areas in your home with a lock on the door.
- Prepare a go-bag with important documents, medication and extra clothing.
- Tell your family and friends where you will flee if you need to leave urgently.
- Talk with your children about safety so they have a sense of acceptable situations.
- Advocates are available to help you days, evenings and weekends.

[opdv.ny.gov](http://opdv.ny.gov)



Office for the  
 Prevention of  
 Domestic Violence



Department  
 of Health



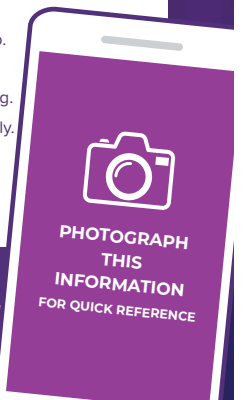
Office of Children  
 and Family Services



Office of  
 Victim Services



Division of Criminal  
 Justice Services



**SHINE A LIGHT ON  
 PROBLEM GAMBLING**



**FUN  
 RUN**



**SHENENTAH CREEK PARK, BALLSTON SPA  
 376 EASTLINE RD. (PAVILLION A)**

**REGISTER HERE**

**Family-Friendly  
 Event  
 Music**



**Community  
 resources  
 Games**

[HTTPS://WWW.EVENTBRITE.COM/E/SHINE-A-LIGHT-ON-  
 PROBLEM-GAMBLING-RECOVERY-ONE-MILE-FUN-RUNWALK-  
 TICKETS-334860766567](https://www.eventbrite.com/e/shine-a-light-on-problem-gambling-recovery-one-mile-fun-runwalk-tickets-334860766567)



**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](mailto:justin@gogograndparent.com)



NEW YORK  
 STATE OF  
 OPPORTUNITY.

**Office for  
 the Aging**





This is the second part of a three part series brought to you by the Washington County Office for Aging and Disabilities Resource Center....Home of NY Connects. Check out next month's edition of Community Connections for the final part.



# OPERATION: CONVERSATION

## Operation Conversation

What is Operation: Conversation? It's a check-in on kids' mental health. When we start simple habits of conversations, we can learn about concerns or problems kids are dealing with, help them problem solve, and build their confidence for life's difficult moments.

Together, we can start important conversations - and keep them going.

### How to Start a Conversation With Kids

Kids are constantly going through a variety of emotions. How do you continue to know what they are going through? How do you build relationships so that they come to you?

By starting conversations – and keeping them going. Having conversations is crucial to healthy growth and development. And the more you practice, the more you can build your confidence to tackle life's tough subjects with your kids, such as mental health concerns, racism and tragedy. Our resources can guide you in getting started and giving advice, along with how to talk about difficult topics.

## CLINICA GRATUITA Remote Area Medical - RAM®

### Greenwich, NY

17 al 18 de septiembre de 2022

Washington County Fairgrounds  
392 Old Schuylerville Road, Greenwich, NY 12834

**SERVICIOS DENTALES  
GRATUITOS**  
Empastes/Rellenos  
Limpiezas  
Extracciones



**SERVICIOS DE VISION  
GRATUITOS**  
Exámenes de Ojos  
Exámenes de Glaucoma  
Anteojos Hechos en Sitio



**SERVICIOS MÉDICOS  
GRATUITOS**  
Medicina General  
Salud de Mujeres  
¡Y Más!



### IDENTIFICACIÓN NO REQUERIDA – PACIENTES SERÁN SERVIDOS EN ORDEN DE LLEGADA

Las puertas del estacionamiento abren a no más tardar de la media noche (12:00 am).  
Las puertas de la clínica abren a las 6:00 am.



Estamos siguiendo las recomendaciones del CDC  
para limpiar y desinfectar para el COVID-19

Por favor asegúrese de chequear  
RAMUSA.ORG para información adicional



### WASHINGTON COUNTY FAIRGROUNDS

## WASHINGTON COUNTY FAIR AUGUST 22ND-28TH

Visit Our Website for Up to Date Information on all of our Events  
[www.washingtoncountyfairgrounds.com](http://www.washingtoncountyfairgrounds.com)

## Step 2: Keeping the Conversation Going



Ariana Hoet, PhD (she/her)

Starting the conversation with your kids about their thoughts, feelings and experiences may be the easy part.

Now that they're talking, you may be thinking, "What do I say? How do I react?"

These are important questions because our goal is to **keep them talking** and to create an environment where they will know they can **keep coming back** to us with any future problems or worries. So, we have to make talking to the adults rewarding and pleasant!

### How to Keep Kids Talking

- **Notice your body language.** As your child starts sharing, check in with yourself. If you are starting to feel upset, angry, or overwhelmed, pause and breathe. Remember this moment is about them, not how you are feeling (that can come later). Use body language that reflects openness and interest, such as nodding and eye contact.
- **Don't ask a lot of questions.** You may have 100 thoughts a minute when your child is sharing something you did not know about or are concerned with. **Remember: pause and let them guide the conversation.** Asking a lot of questions can cause children to shut down or feel defensive. If the conversation gets stuck, you can try questions or statements such as:
  - "And then what happened?" or
  - "Tell me more about that..."
- **Try reflective listening.** Focus on what they are telling you instead of what you want to say next. Then repeat back what you just heard your child say (called reflective listening). This skill takes practice!
  - For example: "**It sounds like** you are feeling angry because you can't go out with friends" or "**I hear you saying** school has been stressful recently."
  - This allows your child to know you are truly listening, to clarify if that is incorrect, and to continue adding to the conversation without you having to ask questions.
- As much as we wish this was different, children do not have to share anything with us if they do not want to. So, when they do open up, thank them for choosing to do so!
  - Praise can help them feel good about sharing and then they are more likely to do it again in the future.

#### SAY THIS

"Thank you. That had to be hard to tell me, but you did still did."

"That was brave of you to share. Thank you."

This helps you sound curious.

#### NOT THAT

"Why didn't you tell me sooner?"

Remember, if this conversation goes well, they are more likely to tell you sooner the next time a difficult situation comes up.

- Normalize emotions and do not judge or dismiss what your child is sharing. You can talk about situations in which you have felt the same or discuss role models who have gone through difficult situations. Statements such as "anyone in your situation would feel that way too..." can be confirming and relieving for children to hear.
  - Avoid statements such as "There is no reason to feel that way."
  - Also try not to place blame with statements like, "If you had not done that, you wouldn't..."
- **Take breaks.** For difficult conversations, strong emotions may happen. Give yourself or your child a break, if needed. No one should feel forced to talk if they are feeling overwhelmed. Sometimes having a silly code word that shows a break is needed can help lighten the mood and remind everyone involved to pause. Pick a determined amount of time for the break and return to the conversation.

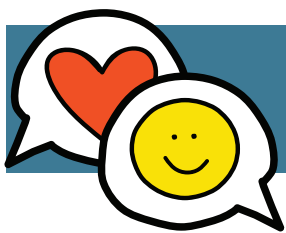
Now that you know how to **start the conversation** and keep the conversation going, it's time for the tough part: sharing your questions, concerns, and advice while having your children be open to it and maintain a good relationship. [View our tips on how to get kids to listen.](#)

#### See the Our On Our Sleeves Keeping the Conversation Going Tip Sheet

Once kids start talking about their thoughts, feelings and experiences, what do you say? How do you react? Check out the downloadable tip sheet for a quick reference guide.

For more information check out the website for "On Our Sleeves: The Movement for Children's Mental Health" at [OnOurSleeves.org](http://OnOurSleeves.org).





## Continue The Conversation

<b>Notice your body language.</b> <ul style="list-style-type: none"><li>• <i>Reflect openness and interest.</i></li></ul>	<b>Examples</b> Nodding, eye contact	<b>Versus</b> Looking at phone
<b>Don't ask a lot of questions.</b> <ul style="list-style-type: none"><li>• <i>Asking a lot of questions can cause children to shut down or feel defensive.</i></li><li>• <i>Let them guide the conversation.</i></li><li>• <i>When stuck, try statements or questions that keep the conversation going.</i></li></ul>	<b>Examples</b> "Tell me more about that..." "And then what happened?"	
<b>Try reflective listening.</b> <ul style="list-style-type: none"><li>• <i>Focus on what they are telling you instead of what you want to say next.</i></li><li>• <i>Try saying back what you just heard.</i></li></ul>	<b>Examples</b> "It sounds like you are feeling angry because you can't go out with friends." "I hear you saying school has been stressful recently."	
<b>Praise.</b> <ul style="list-style-type: none"><li>• <i>Thank them for opening up.</i></li></ul>	<b>Examples</b> "Thank you. That had to be hard to tell me, but you still did it." "Even though this was hard for me to hear, I'm grateful you shared."	<b>Versus</b> "Why didn't you tell me sooner?!" "Have you been lying to me?"
<b>Validate.</b> <ul style="list-style-type: none"><li>• <i>Normalize emotions.</i></li><li>• <i>Do not judge or dismiss.</i></li></ul>	<b>Examples</b> "It makes sense you feel that way" "Anyone in your situation would feel that way too.."	<b>Versus</b> "There's no reason to feel ____" "You're just a kid, that doesn't matter." "If you hadn't done that, you wouldn't ..."

For more resources, visit [OnOurSleeves.org](https://www.onoursleeves.org)

**ON OUR SLEEVES**  
The Movement for Children's Mental Health

# July was Americans with Disabilities Month!

July 26, 2022 was the 32nd birthday of the Americans with Disabilities Act (ADA)! The Americans with Disabilities Act (ADA) of 1990 was the first time there was codified federal legislation to provide comprehensive civil rights protections to individuals with disabilities in the areas of employment, state and local government services, public accommodations, transportation, and telecommunications.

New York State has 3,725,215 adults with disabilities. This is equal to about 25 percent; approximately 1 in 4 adults have a disability. As individuals age, the chances of acquiring a disability increase. Many older adults don't identify as having a disability but based on functional impairment do qualify for protection under the ADA.

The following are examples of areas in which someone may have a disability:

**Mobility:** Serious difficulty walking or climbing stairs

**Cognition:** Serious difficulty concentrating, remembering, or making decisions

**Independent living:** Serious difficulty doing errands alone, such as vis-

iting a doctor's office

**Hearing:** Deafness or serious difficulty hearing

**Vision:** Blind or serious difficulty seeing, even when wearing glasses

**Self-care:** Difficulty dressing or bathing

There are resources to help if you or someone you know needs assistance due to a disability.

**TRAID Centers:** You can borrow equipment from IPADS to commodes and everything in between for FREE for individuals to try out, borrow in an emergency and for short and long term loans the same way you borrow a library book. <https://www.justicecenter.ny.gov/traid-program>

The Equipment Loan Fund is a loan that can be used to purchase equipment that will improve the quality of your daily life. The Equipment Loan Fund allows you to borrow up to \$4,000, with an interest rate of 4%, and can be used to purchase wheelchairs, wheelchair van lifts, ramps, and adaptive equipment. This is a New York State Program open to anyone with any kind of disability. [https://ocfs.ny.gov/programs/nyscb/programs/equipment-](https://ocfs.ny.gov/programs/nyscb/programs/equipment-loan-fund.php)

[loan-fund.php](https://ocfs.ny.gov/programs/nyscb/programs/equipment-loan-fund.php)

### Did you know?

You cannot be charged a surcharge for costs of measures necessary to ensure nondiscrimination based on your disability (e.g., provision of a sign language interpreter).

Government programs, when viewed in their entirety, must be equally accessible. (e.g., if a swim program is offered, it needs to be offered in a place that is accessible to individuals with disabilities including, for example, a lift to enter the pool)

You can request an accommodation to policies to ensure participation (e.g., ordinary business is for an entity to contact you by telephone, but due to being hearing impaired, this presents an obstacle, so you request all communication be in writing such as via email)

If you have any questions about your rights under the Americans with Disabilities Act, you can contact the regional resource technical assistance center at: <https://www.northeastada.org> and by phone: 1-800-949-4232

Health disparities exist for individuals with disabilities. "Adults with dis-

abilities are more likely to be obese, smoke, have high blood pressure, and be physically inactive. These are all preventable factors that can increase the risk for chronic diseases such as heart disease, stroke, diabetes, and some cancers, which are also more common among adults with disabilities." (<https://www.cdc.gov/ncbddd/disabilityandhealth/features/disability-health-data.html>)

There are many programs targeted at eliminating health disparities:

Some insurance entities sponsor programs such as Silver Sneakers, a program providing health and fitness benefits for adults 65 and older. It includes live online fitness classes, on-demand videos, and access to thousands of gyms across the country. (<https://tools.silversneakers.com/Eligibility/CheckEligibility>)

Many Area Agencies on Aging host Evidence Based Programming to assist individuals in making health lifestyle changes. Some examples include: Tai Chi for Arthritis, Chronic Disease Self Management and Walk with Ease, etc. Please contact your local Office for the Aging for more information!



## Get local help with your Medicare questions.



I'm **Kelly Buell**, a licensed sales agent in Upstate New York. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. **I know the ins and outs of Medicare**, and I'm ready to answer your questions and help you find a plan that fits your needs.

### Take advantage of my knowledge and experience to:

- Take the confusion out of Medicare
- Get help comparing plans
- Receive one-on-one service
- Make enrolling in a plan easier

I look forward to helping you explore your Medicare options so you can enroll in a plan with confidence.

**It's time to take advantage.**



**Kelly Buell**  
Licensed Sales Agent  
**518-429-1030**, TTY 711  
[goldensolutions@cheerful.com](mailto:goldensolutions@cheerful.com)  
[www.goldensolutionsny.com](http://www.goldensolutionsny.com)

By calling this number, you agree to speak with an independent health insurance agent about Medicare Advantage products. Neither Medicare nor Medicaid has neither reviewed nor endorsed this information. This is an advertisement.



We Need You To  
**Drive**

### 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](mailto:justin@gogograndparent.com)



Office for  
the Aging



Community Health  
Access to Addiction &  
Mental Healthcare Project

Office of  
Mental  
Health

Office of Addiction  
Services and  
Supports

# Medicare coverage of behavioral health care

**Behavioral health care** includes services and programs to help treat mental health conditions (such as depression or anxiety) and substance use disorders.

### What mental health services does Medicare cover?

#### If you have Original Medicare

- **Part A** covers inpatient services that you receive in either a psychiatric hospital or a general hospital
- **Part B** covers:
  - Outpatient services, such as group therapy, substance use disorder treatment (including medication-assisted treatment received at an opioid treatment program), prescription drugs that you cannot administer yourself, an annual depression screening that you receive in a primary care setting, and other medically necessary services
  - Partial hospitalization for mental health and substance use disorder treatment if you meet coverage requirements

If you have a **Medicare Advantage Plan**, your plan must cover the same inpatient and outpatient mental health and addiction recovery services as Original Medicare, but it may impose different rules, restrictions, and costs. If you need more information about the costs and coverage rules, or if you are experiencing problems, contact your Medicare Advantage Plan.

**Part D prescription drug plans** cover drugs on the plan's formulary, or list of covered drugs. While Part D plans are not required to cover all drugs, they are required to cover all antidepressant, anticonvulsant, and antipsychotic medications (with limited exceptions).

**If you think you need mental health care or addiction recovery services, start by contacting your doctor to learn which services are available. Ask your doctor if they can recommend providers.**

### What addiction recovery services does Medicare cover?

Medicare covers treatment for alcoholism and substance use disorder in both inpatient and outpatient settings if:

- Your provider states that the services are medically necessary
- You receive services from a Medicare-approved provider or facility
- And, your provider sets up your plan of care

Examples of covered services include psychotherapy, opioid treatment program (OTP) services, including medication-assisted treatment, Structured Assessment and Brief Intervention (SBIRT) services provided in a doctor's office or outpatient hospital, and certain outpatient prescription drugs.

Note: Part D plans cannot cover methadone or similarly administered medications to treat substance use disorder, but they can cover methadone for other conditions, such as pain. OTPs can provide methadone for substance use disorder treatment.

### Who can I contact for help?

The following organizations can help you find resources or access needed care.

#### National

- National Alliance on Mental Illness (NAMI): 800-950-6264
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- National Suicide Prevention Lifeline: 800-273-8255

#### New York State

- NAMI New York: 800-950-3228
- Community Health Access to Addiction and Mental Healthcare Project (CHAMP): 888-614-5400

#### New York City

- NYC Well: 800-692-9355, press 2

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Helpline: 800-333-4114

[www.medicareinteractive.org](http://www.medicareinteractive.org)



# What is a Pop-Up Event?

A Pop-Up Event is a Mobile Meal Site in which the Nutrition Program provides a Congregate Meal Site experience to various locations throughout Washington County to reach older adults who may not be linked or familiar with services provided at the ADRC. The goal of these events is to provide a nutritious meal, an opportunity for socialization and a presentation that educates or promotes a healthy lifestyle for older adults.

**Upcoming Pop-Up Events**

## Caregiver Support Presentation

Caregiver Support SUNY Plattsburgh will discuss their two programs: the Alzheimer's Disease Caregiver Support Initiative and the Caregiver Wellness and Respite Center. Proudfit Hall at the Bancroft Library, Salem Wednesday, August

10, 2022 at 12:00 PM  
Lunch will be served.

## Caregiver Support Presentation

Caregiver Support SUNY Plattsburgh will discuss their two programs: the Alzheimer's Disease Caregiver Support Initiative and the Caregiver Wellness and Respite Center. Cambridge Public Library Thursday, August 18, 2022 at 12:00 PM Lunch will be served All Events are Open to the Public - Targeting Individuals Age 60 and Older and are a Suggested Contribution of \$3.00

Pop Up events require a reservation at least on day in advance.

Please contact Stacey at 518-746-2283 to reserve your spot.

Please check our Facebook and website as we update events regularly.

# First Responders Group

**Who:** Do you feel like you could benefit from a supportive and educational group specific for first responders in recovery? This includes, veterans, EMS, fire fighters, and police officers. Share in the camaraderie with those who have served and continued to serve in the community and for our country.

**What:** This will be a group that provides educational support for those who struggle with symptoms of mental health and addiction.

**Where:** Clinic-Based Group, Baywood Center, 551 Bay Road, Queensbury

**When:** Every Thursday from 5:00 pm-6:00pm

**How:** Talk to your counselor or the facilitator, Patrick Wright, for more details, 518-798-4221 ext.105 or email patrick.wright@pyhit.org

# Subscribe!

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[www.nyvtmedia.com/subscriptions](http://www.nyvtmedia.com/subscriptions)

## Washington County Sheriff's Office

"A Minute with Sheriff Murphy"

### How do *Unwanted Calls* work?

- When answering the phone, you hear a recorded message or a live person, who is either attempting to gather personal information or trying to sell you something.
- Your caller ID can register that the person is calling from a local number, government agency, or from someone you personally know. Scammers use technology to make their calls look like they came from a number that they didn't come from.
- Be cautious with trusting your caller ID, as it can easily be changed.
- If you get scam calls or robocalls, you can report them to the Federal Trade Commission.
  - Call: 1-877-FTC-HELP
  - Online: [ReportFraud.ftc.gov](http://ReportFraud.ftc.gov)



## Caregiver and Adult Support Groups:

Conferences, Forums, Seminars, Virtual Support, Webinars, Workshops and More



Bereavement counseling for anyone experiencing the death of a loved one

<http://hospicegriefservices.com>



LGBTQ+ Caregiver Support Group

<http://www.lifespan-roch.org>



Brendan Norton- call or text  
(518) 281-8389

Email: [family@preventioncouncil.org](mailto:family@preventioncouncil.org)  
[www.facebook.com/BrendanNortonFamilySupportNavigator/](https://www.facebook.com/BrendanNortonFamilySupportNavigator/)



Community Wellness and Support Groups

Phone: (518) 580-2450  
[www.saratogahospital.org/classes](http://www.saratogahospital.org/classes)



Community Services and Healthy Living

Phone: (518) 926-1000  
[www.glensfallshospital.org/services](http://www.glensfallshospital.org/services)



Join from Anywhere!!  
Registration is Required

Registration email:  
[kharvish@theconklincenter.org](mailto:kharvish@theconklincenter.org)  
Or Call: (518) 793-1494



To register contact:  
Kristen Osterhoudt  
Phone: (518) 832-4992  
[Kflem004@plattsburgh.edu](mailto:Kflem004@plattsburgh.edu)



24/7 Help Line: 800-272-3900  
Free Educational Material and Support Group information  
[alz.org/northeasternny](http://alz.org/northeasternny)  
Local Contact: Sierra Snoddy  
Phone: (518) 675-7214  
Email: [ssnoddy@alz.org](mailto:ssnoddy@alz.org)



Family Caregiving™

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



Phone: (518) 792-3537  
Fax: (518) 792-0979  
71 Glenwood Avenue  
Queensbury, NY 12804

Most Insurance Providers have a listing of:

Local Support Groups, Educational Material, and Local Resources.

Or contact your local NYConnects Office

Washington County NYConnects  
Phone: (518) 746-2420



**Contact:** Brandy Richards, Team Leader  
**Email:** [brichards@nyproblemgambling.org](mailto:brichards@nyproblemgambling.org)

**Phone:** 518-903-0020

FOR IMMEDIATE RELEASE

### **Shine a Light on Problem Gambling – Fun Run/Walk Awareness Event**

On Saturday, **September 17, 2022**, from 10:30 am to 2 pm, the New York Council on Problem Gambling (NYCPG) in partnership with its affiliate program, the Northeast Problem Gambling Resource Center (NE PGRC) will be hosting our first ever **“Shine a Light on Problem Gambling Recovery” One Mile Fun Run/Walk and Awareness Event**, in honor of Recovery Month and all NYS families who may be negatively impacted by gambling disorder. The event will be held rain or shine at the Shenantaha Creek Park (Pavilion A) in Ballston Spa/Malta.

Our primary goal for this family friendly, fun run is to raise community awareness of problem gambling in NYS, along with co-occurring addiction and mental health concerns. We aim to shine a light on this hidden addiction (gambling) and proudly support those in recovery by sharing stories of hope. By educating others that help is available and running/walking together, we can encourage a healthier lifestyle to show others the many “pathways” to wellness. There will be information tables about community resources, music, games, and fun for the whole family. All are welcome to join us.

To register for this free event visit: <https://www.eventbrite.com/e/shine-a-light-on-problem-gambling-recovery-one-mile-fun-runwalk-tickets-334860766567?fbclid=IwAR3oqW7NlLzNFLslkdNpw7AqghlvRSZQfajw8fB8hDsSGWJDZf0-a3HoqeQ>  
or visit our Facebook page at [www.Facebook.org/NortheastPGRC](http://www.Facebook.org/NortheastPGRC)

We believe that recovery is for everyone because it benefits everyone – every person, every family, and every community.

If you or a loved one is concerned about someone’s gambling behavior, please know that there are resources available. The Northeast Problem Gambling Resource Center offers support and services to anyone impacted by problem gambling. Our services are confidential and financial assistance is available. For more information call 518-801-1491 or visit [www.NYProblemGamblingHELP.org](http://www.NYProblemGamblingHELP.org).

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#### **About the Northeast Problem Gambling Resource Center:**

The Northeast Problem Gambling Resource Center (PGRC) is a program of the New York Council on Problem Gambling dedicated to addressing the issue of problem gambling within New York State. The vision of the PGRC is the positive transformation of lives harmed by problem gambling. The PGRC focuses efforts on increasing public awareness of problem gambling; connecting clients with treatment, recovery, and support services; and promoting healthy lifestyles which foster freedom from problem gambling. Visit [www.NYProblemGamblingHELP.org](http://www.NYProblemGamblingHELP.org) to learn more about the PGRC network.

---

**NYProblemGamblingHELP.org**



# SAVE THE DATE



# BRAIN STORM

**CELEBRATING BRAIN HEALTH, WELLNESS, AND RECOVERY**

**CHALK THE WALK**  
SPREADING HOPE & AWARENESS  
BY BEAUTIFYING YOUR SIDEWALKS  
AUGUST 9TH-SEPTEMBER 9TH



**MAIN EVENT**  
FRIDAY, SEPTEMBER 9TH  
10:00AM-2:00PM  
CRANDALL PARK, GLENS FALLS

*More information coming soon!*



**JOIN US FOR BREAKFAST!**  
Second Sunday of each month.  
8:00am -11:00am  
Adults \$10.00  
Children 12 & Under- \$6.00  
Scrambled eggs, pancakes, bacon, sausage, home fries, hash, sausage gravy & biscuits, toast, orange juice and coffee.

**BINGO IS BACK WEDNESDAYS!**  
**HALL RENTAL AVAILABLE!**

## Attention Veterans!

**If you are not yet a member...**  
Join today and find out what benefits, programs and assistance are available to you!

Anyone who has served federal active duty in the United States Armed Forces and have been honorably discharged or are still serving - you are eligible for membership in The American Legion!

## ALL FIRST TIME VETERANS

**If you would like to join The American Legion Fair Haven Post 49 your first year membership is free.**

*Please note: Spouses of military personnel, men or women, can join the auxiliary. If you are the son of a veteran you are eligible to join the Sons of the American Legion*

**FOR MORE INFORMATION CALL:**  
American Legion Post 49  
72 South Main Street, Fair Haven, VT  
**802-265-7983**

# Outpatient Mental Health Fraud

**Outpatient mental health care can be an important benefit to a beneficiary.**

Medicare covers outpatient mental health services in settings such as a doctor's office or other health care provider's office, a hospital outpatient department, or a community mental health center.



Medicare only covers visits when their health care provider agrees to accept the Medicare-approved amount as full payment for any covered service provided.


**Medicare Part B helps pay for outpatient mental health services, including:**

- **One depression screening per year.** The screening must be done in a primary care clinic or doctor's office that can provide follow-up treatment and referrals.
- **Individual and group psychotherapy** with a doctor or other licensed mental health professional (such as psychiatrist, clinical psychologist, nurse practitioner, or clinical social worker) allowed by the state where services are being received.
- **Family counseling** if the main purpose is to help with your treatment.
- **Psychiatric evaluation, medication management, and diagnostic tests.**
- **Treatment of opioid use disorder, inappropriate alcohol and drug use.**

**CALL the NYS Senior Medicare Patrol at 1-800-333-4374**




This project was supported, in part by grant number 90MPPG0010-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201



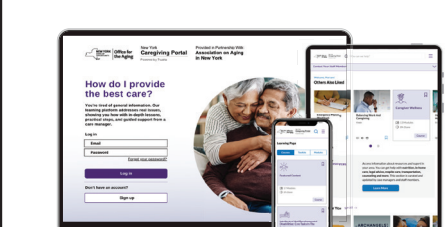
Office for the Aging

New York  
**Caregiving Portal**  
Powered by Truanta

Provided in Partnership With:  
**Association on Aging in New York**

## Access free training and resources to help you build skills and confidence to provide care at home.


New York's new online Caregiver Portal is designed for families. Articles, videos, tip-sheets, and professional level training offers something for everyone. Our learning portal helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



**"This was wonderful. My husband and I danced and we had a good time singing these oldies but goodies. I will highly recommend these to anyone who's husband or wife has Alzheimer's."**


- Pat from "Alzheimer's Music Connect"

Thousands of family caregivers across North America need support. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



**Sign up for FREE today!**  
[NewYork-Caregivers.com](https://www.NewYork-Caregivers.com)

Scan me with your camera to visit!



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# What is Foster Care?

## How do I become a foster parent?

- You must be at least 21 years of age
- Be in reasonably sound physical and mental health
- Be financially sound enough to provide a stable home
- Provide a child with a bed and place to store their belongings in your home
- Attend Group Preparation and Selection for Foster Parenting trainings which uses the Model Approach to Partnerships in Parenting
- Successfully pass a background check through the State of New York
- Work in conjunction with DSS staff for the safety and permanency of a child in need of a home
- Complete documentation to become certified
- Renew certification yearly



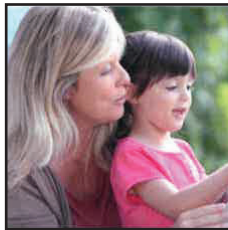
Please contact Naomi Palmer, HOPE  
Caseworker at (518) 746-2300 Ext. 3380

## Characteristics found in Successful Foster Parents

- Are tolerant and open minded
- Are flexible, supportive and encouraging
- Can understand a child's feelings
- Are able to work as a team
- Have good communication skills but also are a good listener
- Are patient
- Have both the physical room and emotional room for a child in need
- Are able to accept the temporary nature of the child's placement
- Have a very healthy sense of humor

## Strengths as related to the Twelve Skills for Successful Fostering and Adopting

1. Know your own family
2. Communicate effectively
3. Know the children
4. Build on strengths; meet needs
5. Work in partnership
6. Be loss and attachment experts
7. Manage behaviors
8. Build connections
9. Build self-esteem
10. Assure health and safety
11. Assess impact
12. Make an informed decision



## What does a foster parent do?

- Provides a safe and nurturing home to children
- Transports children to visits and appointments
- Ensures that children attend an educational program and follow the child's academic progress
- Ensures the child takes prescribed medication
- Advocates for the child at school and home
- Attends any trainings that may benefit the foster child

**Now's the time!!!**

**Become a Foster Parent. Take the time to make a difference in a child's life.**



Tammy L. Delorme, Commissioner  
Tracy Hudson, Director of HOPE  
Michele Smith, Supervisor of HOPE  
Jason Ward, Supervisor Foster Care

Washington County Department of Social Services  
383 Broadway Fort Edward NY 12828 • Main Number 518-746-2300  
Foster Care HOPE Caseworker (518) 746-2300 ext. 3380

