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Washington County's

# SeniorTimes

August-October 2019 Edition

Contact the Office for the Aging at 518-746-2420 or 1-800-848-3303

## Time for the fair!

*Senior activities plentiful at Washington County Fair*

By Jared Stamm

The Washington County Fair is a fun time for everyone – including seniors.

The fair opens Monday, Aug. 19, and runs through Sunday, Aug. 25, and it offers

Senior Day on Wednesday,

**Wednesday, Aug. 21, is Senior Day at the fair**

Aug. 21, when admission for seniors 62 and older is only \$6.

Rebecca Breese, who does marketing for the fair, said: “We’re grateful for the support of our senior citizens through the years and like honoring them with this special day.”

Senior Day at the fair will begin at 9 a.m. with a garden tractor pull at the motorsports arena and then a series of youth judging activities including dairy showmanship, sheep, rabbits and more.



The Washington County Fair offers fun and excitement for all ages.

At 2 p.m., Nipper Knolls Equine Center will provide information on hippotherapy, the use of horseback riding for therapeutic or rehabilitative treatment. “Beyond therapy, the contact between horses and people has its own set of benefits, too,” Breese said.

Additional activities throughout the day will include milking parlor demonstrations from 2:30 to 6:30 p.m. in the ag center and National Barrel Horse Association barrel racing in the

horse arena at 5 p.m.

At 6 p.m., seniors will have a choice of events, including four-wheel-drive diesel truck and garden tractor pulls in the motorsports arena to a presentation on homestead farming in the County Bounty building and a rooster-crowing contest in the poultry barn.

Musical performances by the Adirondack Fiddlers at 10 a.m. and 1:30 p.m. and Bobby Dick at 6 and 8 p.m. are perennial favorites among senior fairgoers.

And, of course, the fair will include plenty of agriculture displays, dairy shows, horse and draft animal competitions and more.

But perhaps the best activity at the fair is the opportunity to catch up with neighbors and friends.

“The fair is a great place to grab a bucket of fries and some fresh lemonade and settle in for conversation while you watch the passing scene,” said Breese.

For complete fair information go to [washingtoncountyfair.com](http://washingtoncountyfair.com) and be sure to pick up a copy of this year’s fair guide.

Parking at the fair is free. Handicapped parking is available near the gates and courtesy rides will be offered to those who need them. Seniors can also request a ride at checkpoints through the fair. And Southern Adirondack Independent Living will provide wheelchairs on a first-come-first-served basis.

The gates and buildings close at 10 p.m., and the carnival closes at 11 p.m.

## Washington County Picnic was great success

Greetings!

The 2019 Washington County Annual Senior Picnic was another great success. We served approximately 320 meals! We were fortunate to have DJ Mike Dubray and Ginny Allen’s Line Dancers for our musical entertainment. We had great sponsorship from the Washington County Board of Supervisors and were visited by Supervisor Haff of Hartford, Supervisor O’Brien of Hampton, Supervisor Shaw of Easton, Supervisor Shay of White Creek, and Supervisor Hicks of Granville. Each of the town supervisors played an important role in the

picnic and their assistance in helping us serve lunch in a timely manner is greatly appreciated! In addition, we were visited by Assemblywoman Carrie Woerner and Congresswoman Elise Stefanik’s office. Assemblywoman Carrie Woerner even impressed us with her vocal talent!

This year’s Picnic theme was “Connect. Create. Contribute,” emphasizing the importance of connecting with others, being creative through activities, and how older adults contribute to

### Letter from the Director

their communities in many ways. This year, we had 16 teams competing against each other in our annual games. The teams truly dressed to impress, with several of them designing their own team shirts and attire. Each team was a success and gave it their all. The teams and their total points are as follows:

**Game Final Scores**  
Kingsbury/Ft. Edward Breakfast Club – 850  
Granville Mettowee Valley Buck-

a-Roos – 1,270  
Cambridge Forget Me Nots – 1,370  
Cambridge Team #1 – 1,330  
Cambridge Team #3 – 970  
Kingsbury/Ft. Edward Crazy Girls & Guys – 1,780  
Fort Ann Cardinal Pride – 1,830: **2<sup>nd</sup> place**  
Hartford Going to the Dogs – 1,865: **1<sup>st</sup> place**  
Hartford Stumble Bums – 1,540  
Hartford Hartville Hearts – 1,635  
Kingsbury/Ft. Edward Just in Timers – 1,635

See PICNIC, pg. 2

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# Picnic

Continued from front page

Hartford New Kids on the Block - 1,220

Argyle Ozzie's Gang - 1,445

Kingsbury/Ft. Edward The Blue Belles - 925

Greenwich The Green Witches - 1,495

Kingsbury/Ft. Edward Wild Ones - 1,730: **3rd place**

In case you were wondering, the total in the candy guessing game was 219! As a reminder, anyone can make up a team. All you need is a group of five individuals with a fun spirit!

We had several organizations and agencies represented this year. I would like to thank those individuals for helping us throughout the day and for providing us with a lot of very nice "give-away" items.

We are very thankful to local businesses and agencies that make a generous donation of either their time or goods. The Washington County Sheriff's Department provided us with great food, Maplewood Ice donated ten 20-lb bags of ice, Aubuchon Hardware donated the use of their barbecue grill, and the Washington County Fairgrounds donated the use of their facility, tables, sound sys-

tem, golf cart, staff and refrigeration.

A special thank you to the following agencies for providing our seniors with giveaways:

Blue Shield

CDPHP

Fidelis

Fort Hudson

HCR

MVP

Advocate Advisor's/Prime Health Choice

SUNY Plattsburgh's Alzheimer's Disease Caregiver Support Initiative

United Healthcare

Nascentia Health Care

Today's Options

We could not have made this day such a success without them.

This is a very busy day for all of my Office for Aging staff. Their dedication and commitment to making the day operate smoothly is commendable. I appreciate all that they do to make the Senior Picnic an enjoyable day for the residents of Washington County!

We hope to see all of you again next year, and for those of you that missed the picnic this year - mark your calendars for attending next year!

Sincerely,

**Gina Cantanucci-Mitchell**  
Executive Director



(Top) 1st place team: Hartford Going to the Dogs



(Right) 2nd place team: Fort Ann Cardinal Pride

(Below) 3rd place team: Kingsbury/Ft. Edward Wild Ones



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Funeral Director

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# Caregiver Corner: Meditate on it

By Jean-Marie Lundgren

Oh, what to do? Oh, what to do?!! If I do this then that will happen but if I do that then this is just not going to get fixed. Thoughts of possible scenarios running amuck and screaming like banshees through my head.

Often when struggling for a solution to a difficult problem, the situation becomes muddled in so many thoughts and actions that sometimes the actual problem can be lost.

Issues from the past and imagined issues from the future get mingled in and tangled worse than my daughter's hair in the morning.

I often must sit and empty all thoughts before I can begin again. I know and understand for many people that this is very difficult. I have the advantage of knowing how to meditate and can clear my head.

Meditation has been my lifesaver in many ways. It can help

clear out the banshees and quiet the screaming that comes with confusion and indecision.

Meditation is not hard if one follows some very simple steps.

Take a very deep breath so that the muscles of your stomach feel tight. Draw it deep so that your abdomen stretches. Then in one great whoosh let the air go, relax your shoulders and sit still. Do this three times with each time trying to take more air in than before.

Then sit with your feet flat on the floor and hands comfortable in your lap. Mentally picture your body, starting from the top and then relaxing each part as you take inventory. First the top of your head, then your forehead (yes, release the wrinkles), then your eyes, cheeks, your jaw line, your neck, and, well, you get the picture. We humans store a lot of stress in our shoulders and the middle of our back.

Imagine the stress and tightness slipping down and flowing out

the bottom of your feet. You will actually feel the muscles sigh. Once your body is relaxed, just breathe normally. You can close your eyes or not, your choice.

See if you can feel where the breath begins and where it goes in the body and where it goes as it is leaving the body.

If something comes to mind, recognize it and let it go. The purpose here is to relax and let the body come to terms with the stress around it. If it helps repeat in your head, breathe in . . . breathe out. Do this slowly. This is your time to let go, unwind and push the pressures of things around you back. Thoughts will continue to come into your head . . . let them go as at this moment it is not their time to take up space . . . it is your time to find your space.

When you feel like returning to the world you will find that things do not seem so hectic.

In the beginning only five minutes may pass. And when

you have been doing this for some time, as many as 20 minutes have passed.

Now, take a piece of paper out and begin to break the issues apart to small pieces. Tackle one at a time. Things are usually a lot more simple if we do not let the larger world invade our thoughts and peace of mind.

Some things that had seemed insurmountable are not as large as you once thought. Solutions may even come more quickly to you.

If you would like to learn more about meditation and stress, Glens Falls Hospital has a free (YES FREE) class on Mondays. One class at 3:30 p.m. and one at 5:30 p.m. for anyone who would like to come. No questions asked and no charge at all. The meeting place is next to the gift store and across from the Bistro. I will see you there at 5:30. Come, de-stress and become mentally strong.

## Argyle seniors

The Argyle Club recently held its annual Strawberry Festival on July 4th. Thanks to the Brown family's hospitality, we will be traveling to Lake Bomoseen for a picnic lunch again this summer.

Several of our members have been enjoying the Office for the Aging's monthly Pop-Up Luncheons at the Presbyterian church.

Our future plans include our Club picnic at Summit Lake in August.

We are in desperate need of new members, so please consider joining us.

## Looking to give a very unique gift

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 who is a Washington County resident, 60 years of age or older and who 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 \$4 each, which is a suggested contribution.

For more details, please call Office for Aging at 518-746-2420.

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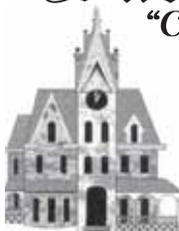
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# Hartford seniors enjoying a very busy summer

At our meeting on April 9, President Karen Harrington reminded everyone to have tickets purchased for the "Senior of the Year" dinner at Kingsbury Fire House by our next meeting.

At our meeting on April 23, Sheila Condelli brought lunch. President Harrington thanked Blanch Ross, Lettie Hayes and Ethel Tift for refreshments served. Marlene Goodsell was our 50/50 winner. Our meeting was closed and followed by the Lord's Prayer.

On April 23, President Harrington opened the meeting with the Pledge of Allegiance. The officers' reports were read and accepted. Karen thanked Sheila Condelli for a great lunch which consisted of sandwiches, salad and dessert. Tickets for the

"Senior of the Year" dinner on May 10 were finalized.

We had our "Senior of the Year" lunch on June 11 at Sweet Basil for Phil Hodge (which we were all in favor for). Frank Martindale was our 50/50 winner.

At our meeting on May 14, President Karen Harrington opened with the Pledge of Allegiance and officers' reports were read and accepted. For upcoming programs, Karen has spoken to Marge Randalls to come and talk about the cheese-making process. Also plans to take a trip to Lake Champlain were in the works. It was also discussed about a float for the upcoming Memorial Day Parade. All those interested in participating in the float met at Phil's

house to plan this year's float. We will be making a donation to the most improved senior for the last four years.

We had no meeting on June 11 as that was Phil's lunch for "Senior of the Year." The club presented Phil with a gift certificate for all he has done and continues to do for the club. We had a great turnout and great dinner. A good time was had by everyone.

Our meeting on June 25 was opened with the Pledge of Allegiance. Karen then asked that we observe a moment of silence in memory of Chris Jones. Chris was a good person who did so much for the community, helping others in need. The club sent a donation to the Methodist Church in memory of

Chris. We also had a Pop-Up event meal with Elizabeth Humiston from Washington County. Our guest was to be K-9 Brucha the Dog, which was unable to come. Karen passed out tickets for the Washington County Picnic which was held at the Washington County Fair Grounds in Greenwich on July 12.

We had 28 members attend the senior picnic. This year we had four teams for the games. One of our teams, "Going to the Dogs," won first place as a new team. We have some good programs coming up for the fall. Enjoy the rest of the summer!

*Submitted by  
Armand Harrington*

# Queen Anne Seniors had a great time at picnic

Happy summer from Queen Anne Seniors. We hope everyone had a safe, fun summer.

We had a great time at the Washington County Senior picnic on July 12. Pat and Tony Cantanucci each won a door prize and Joyce LaChaunce won \$140 in the 50-50 drawing. Also

our team, Cardinals' Pride, got second place in the senior games. Go Cardinals! We were able to rent a school bus from Fort Ann Central School again this year. We really appreciate the Board of Education and the superintendent letting us do this. Many of our members do

not like to drive so far, so it's a convenience for us. Special thanks to Shelley Gregorio for helping our president accomplish this.

On July 17 we had our monthly breakfast at the Cabins Café on Route 4 in Hudson Falls. This is a really nice place to eat. It is very clean; the food is good as is the friendly service.

We will be having our Queen Anne Seniors picnic on Aug. 14 at the West Fort Ann firehouse. In September we will have only one meeting rather than our usual two as we have a "Castles of NY" trip planned during our

first meeting time. During the fall we hope to have a flu shot clinic in conjunction with Hannaford Pharmacies. We also hope to collect items for the Fort Ann Central School backpack program and for the Fort Ann food pantry. We usually also have a bake sale in October when Walkers' has its Fall Festival.

We are looking forward to all the fall and holiday (Thanksgiving and Christmas) activities.

*Submitted by Sally Walker,  
Queen Anne Seniors*

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# Kingsbury seniors planning August fundraiser

By Max McDonnell, Director

Although we survived a rainy spring and above normal temperatures for summer, we have enjoyed our Senior Center's activities.

Trips: May – Shopping Seniors Day at the Kingsbury Firehouse; Wood Theater Senior Production "Young At Heart" (Member Sandy Wheeler performing); Lunch Tour at Adirondack Bar and Grill; Queensbury Shirt Factory and Baptist Thrift Shop, both in Glens Falls; Memorial Day Parade and American Legion for Lunch in Hudson Falls

June – Shopping; Saratoga Casino; Peppermill Restaurant in South Glens Falls

July – Shopping; Washington

County Senior Picnic, Fairgrounds, Easton (we had five teams competing in the games and one of our teams, "Wild Ones" took 3rd place); Rivers Casino in Schenectady; Lunch Tour at the Recovery Sports Grill in Queensbury; Family Golf Celebration at Cabin Cafe Mini Golf, Hudson Falls

Presentations: May – United Healthcare Medicare Solutions by Kelly Buell; Blood Pressure Clinic (Interim Health Care); Fort Hudson Health by Beth Bruno and Helen Loveland; Alzheimer's Assoc. by Lindsay Stanislowsky

June – United Healthcare by Kelly Buell; Blood Pressure Clinic (Interim Health Care); Nutrition Program by Kristin

Stewart; Washington County ADRC Program Elder Abuse Awareness Month with Jodie Smith; CDPHP with Mary Jo Murray; Fort Hudson Health Certified Home Health Agency July – Blood Pressure Clinic (Interim Health Care); Fort Hudson Health Care Management; Alzheimer's Assoc. by Lindsay Stanislowsky; United Healthcare Meet and Greet with Coffee and Donuts

Activities – Ice Cream Social by United Healthcare; Salad Bar Days by Craig, Washington County Nutrition; Pop-up Picnics in Putnam with Craig driving; Older American Days Celebration & BBQ Lunch; Quarterly Birthday Celebrations; Writing Workshops with Linda

Buerkley; Craft Session with Linda Buerkley; Ukulele Club/Orchestra with Max McDonnell giving lessons (12-14 participants); Knitting with Sharon; Pool League; Pinochle; Bingo; Board Games; Bunco; Osteo Busters; Silver Sneakers; Tai Chi; Zumba; Exercise with Marilyn; Line Dancing with Jan Young

We had a fundraiser in May with Jim Allen and Company doing the chicken barbecue for us. We will have another one on August 25.

Feel free to join us. Call to reserve a meal 24 hours in advance at 518-747-9352. The center is located at 78 Oak St., Hudson Falls, New York.

# Mettowee Valley Seniors learn about K-9 unit

One of the highlights of our spring meeting was a demonstration of the K-9 unit led by Deputy Earl and Brucha (the K-9 dog). Brucha's response to commands was amazing. He captured the hearts of everyone.

At our first meeting, veterans were honored. Two of our members were veterans – Marty Oser served in the Navy and Kathy Tatko served in the Army. We all agreed the ceremonies regarding E-Day were a moving experience.

A moment of silence was observed for our deceased member, Marian Barnes.

The Craft Group has made 20 cute bears to be distributed by

the Granville Police and Rescue Squad. This group is always planning community gift projects.

Election of officers was held with these results: President – Carol McGivern; Vice-President – Lois Warner; Secretary – Helen Hayward; Treasurer – Violet Williams; two new Directors - Sheila Condelli and Kathy Morse.

Everyone enjoyed Violet William's Senior of the Year dinner at Sweet Basil.

Charlene Brill led interested members in the techniques of Chair Yoga. It appealed to everyone. It's a non-evasive form of Yoga. She explained the moves

to make and their beneficial effects. She encouraged everyone emphasizing we should go at our own pace and ability. We are looking forward to classes soon.

A moment of silence was observed for our deceased member, Linda Beckwith.

A tasty picnic lunch was enjoyed by everyone. Our president, Carol McGivern, was the "Chef" of the day, assisted by Lois Warner, our vice president. Members provided salads, condiments, chips and dips and desserts. The village staff and workers were invited as guests in appreciation for their help to us during the year.

The Buck-a-Roos represented

us at the annual picnic at the Washington County Fair Grounds. The Buck-a-Roos were Val Baez, Nancy Fifield, Carol McGivern, Kathy Morse and Violet Williams, with Marty Oser as alternate. Yea Team! The picnic was a great success. Three members won prizes: Irene Demeur, Kim Grimaldi and Marty Morse.

As always our meetings begin with the Pledge of Allegiance and close with The Lord's Prayer.

*Submitted by Pat Oathout  
Helen Hayward will be the Senior Times "reporter" from now on.*

## Free Medicare event Oct. 4

The Office for Aging and Disability Resource Center will be holding a FREE Medicare information day at the Kingsbury Fire House on Friday, Oct. 4, from 10 a.m. to 3 p.m. This free informational event is designed to give you answers about your current Medicare plan or if you are looking at Medicare for the first time. Certified Health Insurance Counselors will be available to run free comparison reports on all the available Medicare Plans. This is the best place to be at for "no pressure" information before Medicare open enrollment. Several Medicare insurance companies will also be on-site to answer any questions you may have.

# Important dates to remember

**September 9, 2019 – OFA Advisory Council Meeting @ 10 a.m. Located at the Cambridge Senior Center. Reservations needed for lunch. Please call our office for details**

**September 18, 2019 – Long Term Care Council Meeting @ 10 a.m. Located at the Glen at Highland Meadows. Public Welcome**

**October 4, 2019 – Fall Festival! FREE EVENT located at the Kingsbury Firehouse on 3715 Burgoyne Avenue from 10 a.m. to 3 p.m. Several workshops, entertainment, vendors selling local products, and a takeout meal will be available. Also, learn about Medicare Options – a great opportunity to speak with various Medicare insurance agencies about a plan that is best for you. Call our office for details at 518-746-2420**

**October 10, 2019 – OFA Public Hearing and Washington County Senior Council Fall Luncheon, @ 10 a.m. located at the American Legion located in Hudson Falls. Call our office or a Senior Club for tickets and details. Reservations needed for lunch.**

**November 22, 2019 – Deadline to submit nominations for the New York State**

**Office for Aging Senior of the Year recognition**

**December 2, 2019 – OFA Advisory Council Meeting @ 10 a.m. Located at Washington County Sheriff's**

**Department. Public welcome, reservations needed**

**As always, please call Office for Aging at 518-746-2420 if you have any questions regarding the events listed above.**

## We Need Your Support!

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All donations are greatly appreciated.

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383 Broadway, Fort Edward, NY 12828

**Thank You!!**

# NOTICE OF PUBLIC HEARING

Notice is hereby given that the Washington County Office for Aging and Disabilities Resource Center is preparing the 2020 Four-Year Plan for Programs on Aging under the Title III of the Older Americans Act of 1965, as amended, and under the Community Services Program for the Elderly (Section 541 of the Executive Law of New York), as amended, under the Wellness in Nutrition (WIN formerly SNAP) of New York State, Expanded In-Home Services for the Elderly (EISEP), Community Services for the Elderly (CSE), Congregate Services Initiative (CSI), AAA Transportation, and NY Connects, and that a Public Hearing will be held at 10 A.M. on Thursday, Oct. 10, 2019, at the American Legion, Hudson Falls, New York.

At which time and place all persons interested in said Plan will be heard concerning same.

Notice is also hereby given that abstracts of said Plan are available at the Washington County Office for Aging and Disabilities

Resource Center, where they may be inspected or obtained by any interested person during business hours.

If you should need any special accommodations, such as a sign language interpreter, language interpretation services, braille, or any other type service or assistance, please call at least 7 days ahead to make this request and accommodations will be made to serve your needs. If you are not able to attend the Public Hearing in person, but would like to obtain the Abstract and/or make comments, please contact our office.

*Gina Cantanucci-Mitchell,  
Director*

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

*Date: July 31, 2018*

## Nominations wanted

Nominations for Senior of the Year are due by Nov. 22. Please see the Nomination form included in this edition on page 12. 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.



### **Washington County's Office for Aging and Disabilities Resource Center** (formerly known as Washington County CARES)

#### **Services Offered:**

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- Consumer Directed Personal Care Assistance Program (Medicaid and non-Medicaid)
- Caregiver Support Services (to include: in-home personal care assistance (as described above), companionship/respite, support group, social adult day care, personal emergency response services)
- Health Insurance Information, Counseling, and Assistance (HIICAP)
- Home Delivered Meals
- Senior Dining Program
- Nutrition Counseling
- Nutrition Education
- Community Programs, to include a nutritious meal
- 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
- Farmer's Market Coupons
- Senior of the Year Program
- Senior Events (i.e. Picnic, High School Plays, Health Insurance Expo, Holiday Cookie Exchange, etc.)
- NY Connects Services (Options Counseling/Person Centered Counseling and Information and Assistance for Long Term Services and Support planning for individuals/caregivers of all ages)

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!

**Please Call Us First!!!!**

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



## Whitehall Seniors invite new members

Summer took a long time getting here and with it came the intolerable heat.

Call a friend and come and join us for lunch in the cool comfort of air conditioning. Coffee is on at 10 a.m. Come along and get a card game going.

All the members at the meal site went to play miniature golf. A few of us went to the picnic at the Washington County Fairgrounds. Transportation was provided, and the picnic was enjoyed by all who went.

We have several programs of interest scheduled. Some include nutrition, insurance and also fun things like ice cream socials, Trivia and Bingo, etc.

Check us out by calling 518-499-2482 and ask for Hellin. Please call a day in advance or earlier between the hours of 10 a.m. and noon to join us.

See you soon!

*Submitted by Hellin Leclair  
Site Manager*

**See you at**

**the**

**Washington**

**County Fair!**

**Call 518-642-1234 to have your business included in our next Senior Times**

# FORT HUDSON HEALTH SYSTEM



A name you know and trust

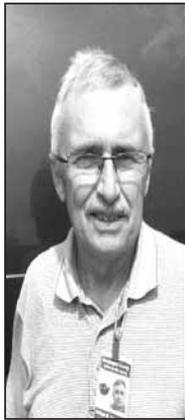
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*Proudly serving  
seniors of your  
community for  
over 49 years*





## Thank you, Bill!

Bill Townsend is a lifelong resident of Hartford who joined the Home Delivered Meals Team nearly five years ago after working in area industries for more than 40 years.

Bill found himself joining our team after looking for a part-time job that he would enjoy. Bill said he enjoys meeting our consumers and learning about the interesting lives they have led. Bill also enjoys driving all throughout Washington County and his co-workers' helpful demeanors.

Thank You, for all that you do and being a part of the Washington County Nutrition Home Delivered Meals Program!!

### 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 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 WGY
- WNYT TV
- WRGB TV



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



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**518-798-1450 • [www.vnhc.com](http://www.vnhc.com)**

*For Your Peace of Mind, Contact us Today!*

# Our Home Is Your Home

## For One of Life's Most Important Services

**P**re-planning can be provided at any one of our three locations or in the convenience of your own home.

**L**ocally-owned for over 90 years, M.B. Kilmer Funeral Home strives to accommodate you with your individual wishes and needs.

**A**nd, helps make the service a celebration of a life lived.

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

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

# M. B. Kilmer Funeral Home

*Locally owned for over 90 years*



**South Glens Falls**  
**518-745-8116**



**Fort Edward**  
**518-747-9266**



**Argyle**  
**518-638-8216**

# Farmers market coupons available

From July 1 to September 30th, senior farmers market coupon booklets will be available at the Washington County Office for the Aging and Disabilities Resource Center as well as the senior sites. Low-income eligible seniors, age 60 and over can use the coupons to purchase locally grown veggies and fruits from local farmers at participating farmers markets throughout the county. The coupon booklet has five \$4 coupons (a \$20 value) that can be used until Nov. 30.

Monthly income must be at or below: \$1,926 for a one-person household

\$2,607 for a two-person household  
\$3,289 for a three-person household  
Each older adult in a household is eligible to receive a booklet if they meet the age and income requirements.

For more information, call Washington County Office for the Aging and Disability Resource Center at 518-746-2420 and ask to speak with Sharon Zayachek or Stephanie Ball. Booklets cannot be mailed and may not be picked up by proxies.

Farmers market coupons will also be available at the senior sites in Whitehall, Hudson Falls and Cambridge.

## Friendly caller/visitor program RSVP

RSVP is currently looking for individuals who would welcome a kind and friendly relationship with one of our caring volunteers. RSVP's Friendly Caller Program arranges a weekly telephone chat for those seniors who are lonely or housebound and would benefit from some easy social interaction. It's safe, non-threatening and there's no pressure for more than a phone call. For more information, or to make arrangements for a friendly caller, please call RSVP at 518-743-9158. We're available Monday through Friday, from 9 a.m. to 3 p.m.

**Attention Veterans!**  
If you are not yet a member...

**Join today and find out what benefits, programs and assistance are available to you!**

If you have served federal active duty in the United States Armed Forces during any of the war eras listed below, and have been honorably discharged or are still serving -- you are eligible for membership in The American Legion!

|                                       |                                  |
|---------------------------------------|----------------------------------|
| *August 2, 1990 to today              | (Persian Gulf/ War on Terrorism) |
| December 20, 1989 to January 31, 1990 | (Operation Just Cause - Panama)  |
| August 24, 1982 to July 31, 1984      | (Lebanon/Grenada)                |
| February 28, 1961 to May 7, 1975      | (Vietnam)                        |
| June 25, 1950 to January 31, 1955     | (Korea)                          |
| December 7, 1941 to December 31, 1946 | (World War II)                   |
| April 6, 1917 to November 11, 1918    | (World War I)                    |

*\*Because eligibility dates remain open, all members of the U.S. Armed Forces are eligible to join The American Legion at this time, until the date of the end of hostilities as determined by the government of the United States.*

U.S. Merchant Marine eligible only from December 7, 1941 to December 31, 1946 (WWII).

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



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Comfortable, affordable housing for Seniors as well as mobility-impaired individuals

**Mountainview Commons**  
88 Quaker Street, Granville NY 12832  
(518) 642-2418  
e-mail: 0103@nationalchurchresidences.org  
FAX: (518) 642-2903  
Janice Slichko - Manager

**TDD Relay Service**  
1-800-925-8689

EXCELLENCE THAT TRANSFORMS LIVES

National Church Residences

Comfortable, affordable housing for Seniors as well as mobility-impaired individuals

**Skeneborough Harbor**  
8 Elizabeth Street, Whitehall, NY 12887  
(518) 499-1498  
e-mail: 0102@nationalchurchresidences.org  
FAX: (518) 499-2519  
Janice Slichko - Manager

**TDD Relay Service**  
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**802-265-3300**  
Contact: Reverend Francetta Tice, R.N.





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**"AEP is just around the corner"**

**MEDICARE & SENIOR HEALTH PLANS**

The Annual Enrollment Period (AEP) is just around the corner, October 15<sup>th</sup> - December 7<sup>th</sup>. You have the opportunity to shop, review and change your plan.

**Are you**

- Looking to lower monthly cost
- Confused about your options
- Losing coverage
- Unhappy with your current plan
- Shopping for other options

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- Benefit Education & review by selecting a health plan that meets YOUR individual needs and budget
- Provider Network Assessment
- Prescription Drug Formulary Review
- Enrollment Assistance

**CONTACT:**

  
 Craig Fawcett  
cfawcett@bcig1.com

  
 Hannah Strong  
hfawcett@bcig1.com

  
 Jamie Clute  
jfreeman@bcig1.com

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Monday-Friday: 9AM - 7 PM  
Saturday: 9 AM - 3 PM | Sunday: CLOSED



# Welcome Charlie B's

alzheimer's association  
**the savvy caregiver**  
 A PROGRAM FOR FAMILY & FRIENDS OF A LOVED ONE WITH ALZHEIMER'S



The Savvy Caregiver is a FREE, multi-session training series for family caregivers. For most family caregivers, caregiving itself is a new role — one for which training is needed, just as one would receive training for any new job. The Savvy Caregiver program helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for loved ones along the continued decline associated with Alzheimer's or dementia.

**FORT EDWARD**  
 Fort Hudson Nursing Home  
 319 Broadway, Fort Edward NY  
 Every Monday for 5 weeks  
 October 7, 14, 21, 28 and November 4  
 1:30-3:00

This program is free, but you must register in advance, to register call 518-888-5368 or e-mail listanislowsky@alz.org. Made possible through a partnership with the Washington County OFA.

We here at the Washington County Office for Aging are happy to announce the addition of Charlie B's Main Street Café!

Charlie B's is located 67 Main Street in Hudson Falls. The restaurant very recently opened by mother and son duo of Sandra and Patrick Sawm. Sandra is mostly running the day-to-day operations and Patrick is in the kitchen making some awesome food every day. The duo most recently ran the Cornerstone Restaurant and Pizza Café on Ridge Street in Glens Falls. When the opportunity to move into the space on Main Street they jumped at the opportunity to move as Sandra is a long-time resident of Washington County and Patrick has a ton of past experience and a loyal following from his time cooking at the restaurant formerly known as "What's Cookin'" in Hartford.

Of course, I had to ask where the name "Charlie B's" comes from. Patrick told me that it's from a long-time family dog who's been around forever and by default is part owner in the business.

The extensive menu at Charlie B's features a lot of great home-style diner-type foods with home-made soups and salads all made with scratch cooking and lots of

love. There is also a very extensive menu designed specifically to be used for the

Washington County ADRC restaurant Dining Program. Patrick tells me "Everybody really seems to love the pizza and stromboli."

We ask that the seniors of Washington County get out and support Charlie B's Main Street Café with our restaurant dining tickets. Restaurant dining tickets are accepted Monday, Wednesday, Thursday and Friday, 7 a.m. to 9 p.m.

Charlie B's is located at 67 Main Street in Hudson Falls. Call 518-793-5522 or visit [www.charlieb-smainstreetcafe.com](http://www.charlieb-smainstreetcafe.com).

Open Wednesday through Monday, closed Tuesdays.

For more information on the Restaurant Dining Program or any other Washington County Office for Aging programs and services, call 518-746-2420 or 1-800-848-3303.



McKenna Clark, a server at Charlie B's

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HCR Home Care provides the *Peace of Mind* and the quality of care you deserve.



**ARE YOU OR A LOVED ONE EXPERIENCING:**

- Change in health
- Recent Hospitalization
- Falls/fear of falling
- Difficulty managing medication
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- Pain issues
- Joint replacement recovery
- Decline in self-care ability
- Mental status changes or depression
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**[www.DonnaJohnsonPT.com](http://www.DonnaJohnsonPT.com)**

## In the event of a 9-1-1 outage

In the event of a 9-1-1 outage and landline or cellular devices still work, we always have a 24-hour 7-digit number we dedicate to those in our community for emergencies. You can reach our 9-1-1 Communications Center directly for emergencies at 518-747-3325 - just know, calling that number is different than 9-1-1 as we don't receive the direct location and account information for the calling party like we do with 9-1-1.

Things to remember when calling our 9-1-1 Center:

Location! It is the most important thing on any call, we need to know where to send help.

Answer our questions as best you can! Our team asks a lot of questions (for good reasons of course) - all the information we ask for is important to ensure we

get the right resources to the right place to best help in your emergency.

There's more than one of us! While you may be talking to one member of our team, there's more in the background that will typically be dispatching our field partners in Law Enforcement/Fire/EMS to your emergency while the call is still being processed.

Sign up to receive our Emergency Notifications at alert.ny.gov - it's important to ensure you get notified of major community emergencies, signing up is crucial!

Download our FREE mobile app for your smartphone or tablet, the link is on our website here: [washingtoncountyny.gov/publicsafety](http://washingtoncountyny.gov/publicsafety)

Make a Plan. Build a Kit. Stay Informed.

We're here when you need us!



MORE picnic scenes

Washington County Office for Aging and Disabilities  
Resource Center

Check Us Out .....On the Web

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

Scan QR Code: Point your device at a QR code in order to scan it.

Decode QR Code: The QR code is decoded and translated into a URL.

View Landing Page: The URL is opened in a browser to display a mobile landing page.

## Free caregiver support program

Would you or someone you know be interested in caregiving classes/support groups related to dementia and Alzheimer's?

The Savvy Caregiver is FREE multi-session program that helps caregivers better understand the changes their loved ones are experiencing, and how to best provide individualized care for loved ones along the continued decline associated with Alzheimer's or other forms of dementia. Washington County Office for Aging has partnered with the Alzheimer's

Association of Northeastern New York. If you or someone you know would be interested in attending, please call Lindsay Stanislowsky, program manager with the Alzheimer's Association at 518-888-5368 or by e-mail at [lstanislowsky@alz.org](mailto:lstanislowsky@alz.org).

Savvy Caregiver Sessions are at the Fort Hudson Nursing Home, every Monday from 1:30 to 3 p.m. for five weeks as follows: October 7, 14, 21, 28 and November 4.

## NY Connects is there to help

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



**NY Connects**  
Your Link to Long Term Services and Supports

Washington County Office for Aging and Disabilities Resource Center, Home of NY Connects, at 1-800-848-3303, to discuss needed services.



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

**SAVE THE DATE**

Washington County Office for Aging and Disabilities Resource Center

Community  
**Fall Festival**

**FREE**  
ADMISSION  
& PARKING!

Friday, October 4, 2019



10:00am to 3:00 pm

Kingsbury Firehouse

Burgoyne Avenue - Hudson Falls, NY

- Workshops
- Various Local Vendors
- Entertainment
- Medicare Insurance Options (Medicare Open Enrollment is October 15th to December 7th)

**\$5.00 To-Go Meals**

**Kielbasa with sauerkraut, German Potato Salad, Perogies and Apple Crisp**

---

*In moving forward with the nomination process, we feel that giving you a month to submit nominations for the New York State Senior of the Year event is too short. Therefore, we would like to accept nominations throughout the year.*

*Please feel free to submit a nomination form for someone over the age of 60 who deserves commendable recognition. We will be accepting the forms from now until November 22nd, 2019. Upon completion of the form, please send it to our office. If you need assistance completing the form, please call our office and someone will be able to assist you!*

*Thank you,  
Gina Cantanucci-Mitchell*

---

## **New York State Senior Citizen of the Year Nomination Form**

Washington County Aging and Disabilities Resource Center  
is accepting nominations for the  
**2020 New York State Office for the Aging Senior Citizen's Day Recognition.**

If you know a Washington County Senior Citizen (60+) who volunteers their time within their community, take time to nominate them.

Nominee \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

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



**Please submit a summary of the accomplishments which highlights why the nominee deserves to receive the recognition along with the nomination form.**

Nominator \_\_\_\_\_

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

**Please submit your nominations to:**

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



# Tai Chi for Arthritis program available

Washington County Public Health, in collaboration with the Office for the Aging & Disability Resource Center and other community partners, is offering a program called "Tai Chi for Arthritis."

Tai Chi is an ancient Chinese practice of slow, continuous, whole-body movements, strung together in a "form." Like dance, the movements are learned and follow one after another in a particular order:

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

There are many types of Tai Chi, however medical studies have shown that practicing "Tai Chi for Arthritis" in particular reduces pain significantly, prevents falls for the elderly, and improves many aspects of

health. For these reasons, arthritis foundations around the world have supported the program, including the American Arthritis Foundation. Also, the CDC (Centers for Disease Control and Prevention) recommends "Tai Chi for Arthritis" on its official guide for falls prevention!

About Tai Chi for Arthritis Classes:

Classes are taught by certified Tai Chi for Arthritis instruc-

tors.

Classes are held two times a week, for eight weeks.

Students will be given hand-outs to support what is covered in class, to help with practice at home.

Classes are tailored to all abilities, all ability levels are welcome!

If you are interested in having a Tai Chi class in your area, please contact Public Health by calling 518-746-2400.

**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

**Washington County Seniors love the Washington County FreePress.  
 We are your community service newspaper  
 reaching more than 20,000 homes weekly.**



Gina Cantanucci-Mitchell with DJ Mike Dubray at the picnic.

### Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury.

Many falls are preventable. Stay safe with these tips!

- 1** Find a good balance and exercise program  
Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend!

- 2** Talk to your health care provider  
Ask for an assessment of your risk of falling. Share your history of recent falls.

- 3** Regularly review your medications with your doctor or pharmacist  
Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.

- 4** Get your vision and hearing checked annually and update your eyeglasses  
Your eyes and ears are key to keeping you on your feet.

- 5** Keep your home safe  
Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.

- 6** Talk to your family members  
Offer them support in taking simple steps to stay safe. Falls are not just a senior's issue.




To learn more, visit [ncoa.org/FallsPrevention](http://ncoa.org/FallsPrevention).

NATIONAL COUNCIL ON AGING

NCOA.org  
#NCOAging

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Washington County Office for Aging and Disabilities Resource Center will be having Falls Prevention Workshops at the meal sites as well as our Pop-up Events coming up for the month of September. Falls prevention week begins September 23<sup>rd</sup> - 29<sup>th</sup>. For more information contact our Community Events Representative Elizabeth Humiston at 518-746-2578 x3440

## About the New York State Office for the Aging



**Office for the Aging**  
NYSOFA

The first state aging services mobile app in the nation

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

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. 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).

WASHINGTON COUNTY, NY

## DEPARTMENT OF PUBLIC SAFETY

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WASHINGTON COUNTY, NY  
DEPARTMENT OF PUBLIC SAFETY  
EMERGENCY MANAGEMENT \* COMMUNICATIONS \* FIRE \* EMS \* HAZMAT

EMERGENCY NOTIFICATION SYSTEM

Washington County utilizes the [New York Alert](#) system for our Emergency Notifications.. be sure you're signed up!

It only takes a few minutes and can make the difference in keeping you informed! Go to [alert.ny.gov](http://alert.ny.gov) and click the [Sign Up](#) button to get started! (additional details / directions below)

#### SIGNED UP WITH US BEFORE?

If you've signed up with us before with our previous systems you will have to sign up separately for NY-Alert to ensure your information is up to date and you receive notifications to your most current devices and your current residence / listed locations.

#### BENEFITS OF SIGNING UP FOR NY-ALERT

Receiving emergency information is an important step to being prepared. With NY-Alert, you'll have the information you need to keep you and your family safe at your fingertips. There are several benefits with the NY-Alert system, including:

- You can customize the type of information you receive by choosing the alert type and the locations.
- You decide how you want to receive the alerts. You can receive alerts via email, text messaging, phone, and fax.
- You can change the types of alerts you are receiving or unsubscribe at any time by logging into your account.
- Alerts are timely, and often contain instructions and protective actions that you can take to keep safe in emergency situations.
- All areas of New York State are included in the NY-Alert System.
- It's FREE to sign up and receive alerts.

#### HOW TO SIGN UP FOR NY-ALERT

Here is the step by step process to sign up:

- Go to: [NY-Alert Sign Up](#)
- Fill out first name, last name and email address
- Create a username
- Create account
- Verify that your information is correct
- You will receive an automatic email to verify your account
- Click on the verification in the email
- Select three security questions
- Set your password
- Hit submit and your account is active
- Accept the terms of service
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We look forward to keeping you connected and informed!



# What is the Restaurant Dining Program?

The Senior Dining Program is a partnership between the Washington County Office for the Aging and Local Restaurants that 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 require-

ments. 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 only. Tickets are available through the office for a recommended contribution of \$4. Gratuity is the responsibility of the senior.

Tickets may not be used by anyone under 60.

### What Restaurants Participate in the Program?

See list below:

#### The Auction Barn

4016 State Route 40  
Argyle  
518-638-6003  
Tues-Wed 7 a.m.-2 p.m.  
Thurs-Sat 7 a.m.-8 p.m.  
Sun 8 a.m.-noon

#### Market 32

354 Broadway  
Fort Edward  
518-832-6236  
Daily 8 a.m.-7 p.m.

#### Seeley's

291 Broadway,  
Fort Edward  
518-747-0800  
Breakfast only

#### Price Chopper

8648 NY 22  
Granville  
518-642-9755  
Daily 8 a.m.-8 p.m.

#### Johnson's Cabin Grill

State Route 40  
Hartford  
518-632-9900  
Tues-Sun breakfast/lunch/dinner

#### Cabin Café

3157 State Route 4  
Hudson Falls  
518-409-4600  
Tues & Wed 8 a.m.-2 p.m.  
Thurs & Fri 8 a.m.-8 p.m.

#### Charlie B's Main Street Café

67 Main Street  
Hudson Falls  
518-793-5522  
Mon, Wed, Thurs, Fri only

#### Sally's Hen House

3978 Route 4  
Hudson Falls  
518-746-0040  
7 days breakfast and lunch

#### China Wok

164 Broadway  
Whitehall  
518-499-0003  
Mon-Fri 11 a.m.-3 p.m.

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- FOREIGN/DOMESTIC

LOANER VEHICLES AVAILABLE

\*See store for details.

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17 Madison Street Granville, NY  
(518) 642-2710

WASHINGTON CENTER  
4573 State Route 40 Argyle, NY  
(518) 638-8274

SLATE VALLEY CENTER  
10421 State Route 40 Granville, NY  
(518) 642-2346

