

SeniorTimes

May-July 2020 Edition

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

Ouderkirk and Cormier recognized for Older New Yorkers' Day

Congratulations to Carolyn Ouderkirk of Fort Ann and William "Al" Cormier of Salem!

Ouderkirk and Cormier were chosen by the Office for Aging Advisory Council through an anonymous process to be the New York State Office for Aging's Older New Yorkers' Day awardees.

They are honored for their dedication and commitment to making our communities – and our state – a better place to live.

Carolyn Ouderkirk was born in Massena, New York, to Maurice and Irene Dewey. Her first husband, Richard Aulicino, passed away in 1992. Her second husband, Eugene Ouderkirk, passed away in 2015. She has one brother, Richard, who lives in Indiana with his wife Joan. Carolyn also has one nephew and four nieces who reside in Indiana. In the past, she lived in



Carolyn Ouderkirk



William "Al" Cormier

Florida for five years, as well as many years in southeastern New York and later in Guilderland. In 1995 she moved to Fort Ann.

Carolyn began her career as a teacher at West Point Elementary School in West Point, New York. After teaching at West Point, she worked for a boat-building company in Florida, followed by positions as office manager for two law firms in Albany.

Carolyn has been volunteer-

ing for 25 years in various capacities. Her nominators said, "She has been a great asset to the Queen Anne Senior Citizens and the Fort Ann community."

Carolyn is the secretary of the Old Stone House Library Committee and is active with its pre-school and summer programs for the children of Fort Ann. She belongs to a book club that meets monthly at the library to discuss

and share books.

She is also the secretary and a founding member of the Fort Ann Historical Society. She played an integral role in researching, editing and promoting the publishing of the book "Fort Ann: 300 Years of History" in 2007.

She is the "official" typist for the Queen Anne Senior Citizens, actively participating in their

See **AWARDEES**, pg. 4

Eating right when money is tight

By Kristin Stewart RDN, CDN

Locate and make use of your local food banks and other charitable organizations. They are available to help!

When shopping, try store brands, compare all products for the very best deal but always be sure to check the "sell by" or "use by" date, because you don't want to end up throwing away discounted food because of spoilage.

Store the food you purchase or pick up from food banks right away – either in the refrigerator or freezer – to keep it fresh and safe for consumption. The last thing any of us need right now is a food-borne illness.

If you pick up food in bulk such as meat or fish, freeze the extra and be sure to label with the type of food. I know that sounds funny but sometimes when items are in their frozen

See **EATING**, pg. 6

Office of the Aging staff keeping seniors safe

Greetings!

Even though it feels like COVID-19 (coronavirus) has changed the world as we all know it, I want you to know that the staff at Washington County Office for Aging is working to make sure that our older community members are safe and healthy.

We are working closely with Washington County Public Health, Washington County Public Safety, the Department of Social Services, county administration and many other county departments and community agencies to make sure you have access to food, medicine and social and emotional support.

We encourage you to stay at home and away from others to prevent the spread of the virus. This is especially important for people who are older and for those with an

underlying health condition. Dr. Zucker from NYS Department of Health continually reminds us: "Let's be apart now so we can all be together later."

Our nutrition program remains fully operational, and we continue to deliver meals Monday through Friday. During this pandemic, we are able to

provide Washington County residents age 60 and older with

home-delivered meal services. Please call us if you or someone you know is in need of food. We are able to link individuals to

local services like food pantries.

In this newsletter, we are including information about COVID-19 and local resources that are specific to our county. I hope you will find it helpful and encourage you to share it with friends, family and neighbors.

Information does change (sometimes quickly) so if you

have access to a computer, you can find the latest local updates on the Washington County Office for Aging and Disabilities Resource Center's website and Facebook page.

For factual information, please visit the following county website: <https://washington-countyny.gov/1147/Coronavirus-Information> (or go to washingtoncountyny.gov and scroll down to "Popular Links"). The Department of Health also has established a hotline at 1-888-364-3065.

Sincerely,
Gina Cantanucci-Mitchell
Executive Director

Letter from the Director



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LASNNY steps up during COVID-19

The global pandemic of COVID-19 is harming our community.

The Legal Aid Society of Northeastern New York has changed the way it works so that it can serve vulnerable people without endangering their health or the health of its dedicated advocates.

Legal services are essential in times like these, so the society is mounting an effort to adapt its services and prepare for what's ahead.

The communities it serves will be the hardest hit by this pandemic – they are the first to feel the impact of job losses and health crises. They have no resources to fall back on during this dangerous time, and their access to food, shelter and health care was precarious long before the virus arrived.

Some measures are emerging to try and protect this population, such as a moratorium on evictions, but without legal advocacy, these efforts will not protect those people who need them most.

To meet this challenge, the Legal Aid Society of Northeastern New York has created a comprehensive COVID-19 Legal Response that includes a Legal Line at 833-628-0087 and a COVID-19 legal information web page at <https://www.lasnny.org/coronavirus-information/>

LASNNY's COVID-19 Legal Line is open for all to call with COVID-19 civil legal issues. The society's advocates will offer legal information, advice, referrals, brief service and representation to eligible low-income people in Northeastern New York. Hours are Monday, Tuesday and Friday from 9 a.m. to 5 p.m. and

Wednesday and Thursday from 9 a.m. to 7 p.m.

LASNNY continues to develop and update its COVID-19 web-

page "What's changed? What do you need to know?" The page contains relevant COVID-19 legal content for

low-income people and the community agencies that serve them.

LASNNY's Private Attorney Involvement Program (PAI) is recruiting and training volunteer attorneys to supplement its staff response to COVID-19. Volunteers are needed more than ever, and the society foresees a particular need for help with unemployment insurance, housing and small business matters. Volunteers can sign up by emailing Jacob Drum, PAI director at jdum@lasnny.org.

In addition to the COVID-19 legal information web page, the society continues to update its legal resources and Legal Lifelines that cover areas such as employment, unemployment, health law, family law (with a focus on domestic violence), foreclosure, housing, tax, education and consumer debt. Staff members work to analyze new laws as they come out and to anticipate the legal needs that the pandemic will cause.

Due to COVID-19, federal and state laws and regulations are changing rapidly. So the society has a team of experts to analyze and address questions from community partners, legislators and the media.

For more information and press inquiries contact Deanne Grimaldi, director of development and communications at 518-860-6629 or dgrimaldi@lasnny.org.



Elder abuse includes neglect and financial exploitation

Every year on June 15, World Elder Abuse Awareness Day is commemorated in America and around the world. Through this day, many people and organizations around the world raise awareness about the millions of older adults who experience elder abuse, neglect and financial exploitation.

Elder abuse is a global social issue that affects the health and human rights of millions of older people. It is an issue that needs to be brought to people's attention. This can be done by providing awareness to the public through various forums, social events, publications and media. It is so important for people to understand what elder abuse is, the behaviors of elder abuse, who causes it, who are the victims and who to call.

The definition of elder abuse is a single or repeated act – or lack of appropriate action occurring within any relationship where there is an expectation of trust – that causes harm or distress to an older person.

Elder abuse includes physical abuse, sexual abuse, emotional abuse, financial exploitation, active neglect, passive neglect, and self neglect.

Elder abuse is under-reported. For every one case of elder abuse that gets reported 23 cases go unreported. The numbers for financial exploitation are even worse. For every one case of financial exploitation reported, 44 go unreported.

Elder abuse happens to those who are most vulnerable. Those who are vulnerable have decreased physical health and mobility. They have increased confusion, forgetfulness and a gradual decline in mental acuity. They are isolated from family, friends and neighbors.

They are lonely. They do not know how or where to seek help. They are more trusting of others. They lack knowledge or understanding about new technology. And they fear losing their independence and dignity.

Perpetrators of abuse are usually someone a victim knows. They are family members. They are spouses or partners. They are caregivers. They are persons in position of trust/authority, such as powers of attorney.

But some perpetrators are strangers who target older adults for their age, their perceived frailty and their funds/property. These scammers can take a victim's identity, convince older adults to send them money for phony sweepstakes, commit IRS and reverse mortgage fraud or be unscrupulous contractors or salespeople.

Preventing elder abuse involves maintaining close ties with vulnerable friends, relatives and neighbors. If you suspect someone may be abused and may need help please reach out to your local county agencies. Every county in New York State has Adult Protective Services.

Call the New York State Office of Children and Family Services Adult Services Helpline at 844-697-3505.

Additional services available to help vulnerable adults and their families are provided by the Aging Network and can offer services to help vulnerable adults live safely.

Elder abuse is happening in our communities, and it is up to all of us to help those who are suffering. We need to come together to bring awareness and change and provide services to those who need us the most.

Washington County Senior Times Mailing Request

Please help us keep our mailing list for The Senior Times updated by making the necessary changes if needed.

- Add to Mailing List
- Remove From Mailing List
- Change My Information On Mailing List

Please Print

Name: _____

Address: _____

Old Address _____

Please Return to:

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



Washington County Office for Aging and Disabilities Resource Center



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www.co.washington.ny.us/148/Office-for-the-Aging



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



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



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

Want your coronavirus relief check? So do scammers

By Ari Lazarus, consumer education specialist, Federal Trade Commission

You've probably heard the news by now – the government is sending out relief checks as part of the federal response to the coronavirus. Scammers heard the same thing, and they're hoping to cash in on yours.

Here are some things you need to know.

You don't need to do anything. As long as you filed taxes for 2018 and/or 2019, the federal government likely has the information it needs to send you your money. Social Security recipients and railroad retirees who are otherwise not required to file a tax return also do not need to do anything to receive their money. If you otherwise have not filed taxes recently, you may need to submit a simple tax return to get your check.

Do not give anyone your personal information to "sign-up" for your relief check. There is nothing to sign up for. Anyone calling to ask for your personal information, like your Social Security number, PayPal account or bank information is a scammer, plain and simple.

Also be on the lookout for email phishing scams, where scammers pretend to be from the government and ask for your information as part of the "sign-up" process for the checks.

To set up direct deposit of your check, communicate only with the IRS at irs.gov/coronavirus. And you only need to do this if you didn't give the IRS your bank information on your 2018 or 2019 return. In the coming weeks, the IRS will be setting up an online form available through irs.gov/coronavirus. But nowhere else, and never in response to an email, text or call.

No one has early access to this money. Anyone who claims to be a scammer. The timeline for this process is not exact, but funds are being sent now. Scammers are using the lack of detail to try to trick people into giving their personal information and money.

To get official updates and more information, visit <https://www.irs.gov/newsroom/economic-impact-payments-what-you-need-to-know>. And if you come across a scammer trying to take your check, report it at ftc.gov/complaint.



Salvation Army delivers

In response to the COVID-19 crisis, the Salvation Army is offering prepackaged food deliveries to those who need assistance.

The Glens Falls Salvation Army serves Warren, Washington, and northern

Saratoga counties.

To set up at-home delivery, visit the Salvation Army's virtual food pantry on Facebook at <https://www.facebook.com/TheSalvationArmyGlensFalls/> or call 518-792-1960 and leave a message.

Awardees

Continued from front page

many activities. She once hosted a baby shower for the unwed mothers living at the Wait House in Glens Falls, collecting many items of clothing, as well as diapers and toys.

Carolyn is also a member of the Fort Ann Rotary Club, another organization whose members are very involved in the community. Activities include serving a graduation breakfast, planning Trivia Night, and participating in Photos with Santa and Operation Santa Claus. Additional activities include taking photos at the school's annual Valentine's Day dance, as well as providing dictionaries and thesauruses to the elementary school students. Carolyn also donates food and funds to the Fort Ann Central School backpack program and the Cornerstone Church food pantry.

In early 2001, Carolyn began

volunteering with the Red Cross. She trained to help during local fires, flooding and other emergencies. She also served as the editor of the Red Cross monthly newsletter. One week after 9/11, she was sent to New York City where she spent three weeks serving meals to the families of the victims of the World Trade Center disaster. She returned during the Thanksgiving holiday and spent another three weeks at Ground Zero, serving meals to the workers. Following Hurricane Katrina, she went south and helped to rebuild damaged homes.

When Carolyn was asked what advice she has for other New Yorkers about volunteering, she stated, "Bring your heart and your sense of humor to your volunteer service, along with your enthusiastic spirit, which is a priceless gift. What you'll get back will be immeasurable!"

William "Al" Cormier grew up in the Leominster,

See HONORED, pg. 7

Significant dates to remember

Due to the current COVID-19 pandemic, all events are currently suspended until further notice.

As always, please call Office for Aging at 518-746-2420 if you have any questions.

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We're on Facebook!

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

Please "Like Us" and "Share"

'Make Your Mark' during Older Americans Month 2020

Around the nation, older adults make their marks every day as volunteers, employees, employers, parents, grandparents, mentors and advocates. They offer their time, talents and experience to the benefit of our communities.

For 57 years, Older Americans Month has been a special time to recognize these contributions. Led by the Administration for Community Living each May, Older Americans Month also provides resources to help older Americans stay healthy and independent and materials to help communities support and celebrate their citizens.

This year's theme is "Make Your Mark." It highlights older adults' unique and lasting contributions to their communities – everything from sharing a story with grandchildren to leaving a legacy of community action.

In the spirit of this theme, here are a few ways to make your mark this May and all year long:

Volunteer your time. Local schools, shelters, food kitch-

ens and hospitals always need support. Help a neighbor by prepping a meal, picking up groceries or giving them a ride. Or take time to pass on your knowledge. Why not tutor a student who could use extra help in math, music or science?

Share your story. There are so many ways to do this, from showing your grandkids around your old neighborhood to writing a book. Take a class and learn how to express yourself with the arts! Or assemble a photo album of important moments in your life.

Get involved in your neighborhood. Join a homeowner or resident association, organize a block party or sign up for a book club or other social group. Have a green thumb? Small projects like planting flowers in your yard or cleaning up the community park have a big impact.

Communities that support and include all their members are stronger! Please join Washington County Office for Aging in strengthening our community!

Avoiding COVID-19 scams

With the developing pandemic, there has been a substantial increase in scams related to COVID-19.

Scammers have traditionally targeted older adults, who have a reputation for being more trusting and may struggle with new technologies.

This guide includes tips for spotting and preventing scams, as well as guidance for scam victims.

Healthcare scams. Watch for emails claiming to be from the Centers for Disease Control and Prevention or experts saying they have information about COVID-19, coronavirus or SARS-CoV-2.

For the most up-to-date information about the coronavirus, visit www.cdc.gov/coronavirus/ and www.who.int/emergencies/diseases/novel-coronavirus-2019.

Ignore online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges or other prescription or over-the-counter products available to treat or cure coronavirus disease 2019 (COVID-19) – online or in stores.

Several companies have begun selling teas, essential oils and colloidal silver, with promises they will prevent or cure the coronavirus. The FTC has indicated there is no evidence to back up these claims, and the FDA has stated there are no approved products to prevent or treat COVID-19.

Recently, seven companies received warnings from the FTC and FDA, including Vital Silver; Aromatherapy Ltd.; Nergetics; GuruNanda, LLC; Vivify Holistic Clinic; Herbal Amy LLC; and The Jim Bakker Show.

Technology scams. Don't click on links from sources you don't know. They could download viruses onto your computer or device.

Federal aid scams. Warnings have recently come out on attempts to steal the direct financial support that individuals will be receiving as part of the federal aid package.

Charity scams. Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card or by wiring money, do not do it.

Amazon/shopping scams. With the increase in online shopping during self-isolation, there has been an increase in scammers calling people, claiming they need to discuss fraudulent charges. If you think you've been a victim of

this scam contact your financial institutions immediately. If you have any questions about communications from Amazon, contact the company directly by the methods listed at <https://www.amazon.com>

Many new scams are related to safety products and hard-to-find household goods.

Scammers sell emergency preparedness materials, but never deliver the promised goods.

The majority of scammers are using email and the telephone to steal and defraud. Follow these best practices to keep your money and your information safe:

Email. Do not open emails from people or companies you do not know.

Never click on links or attachments in an email you do not 100% trust.

If you receive an email from your bank or retailer that makes you feel skeptical, call the customer service number on the official website.

Telephone. If you receive a phone call from anyone attempting to verify account information, be wary.

Government agencies will never request this information over the telephone, and most businesses would never call or email you to ask for your security credentials.

Online shopping. When shopping online, only purchase from sites that begin with "https," which means the site is considered secure.

Watch for spelling errors on websites. Many scammers originate in foreign countries.

It is important to report a scam. Reporting scams to law enforcement is important to help establish accurate statistics on how many people have been affected, which determines how many resources the FBI and other law enforcement agencies will devote to breaking up fraud rings.

Here are some places to report scams:

Local police. If you want to make an insurance claim on stolen property, it is essential to report the crime to your local police.

NYS Attorney General at <https://ag.ny.gov/>

NYS Department of State Division of Consumer Protection at <https://www.dos.ny.gov/consumerprotection/>

Better Business Bureau at <https://www.bbb.org/>

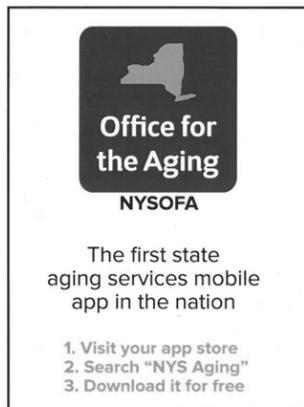
FBI Internet Crime Complaint Center at <https://www.ic3.gov/default.aspx>

AARP Fraud Watch Network Hotline at 877-908-3360.

Volunteers will advise you of the next best step if you're not sure what to do or where to turn.

About the New York State Office for 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. 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.



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 Washington County Office for

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



NY Connects
Your Link to Long Term Services and Supports

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; ensure nutritional needs are met and provide for stronger bonds between local business and the seniors in their community.

How Does It Work?

Restaurants agree to provide a meal that meets one-third 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 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?

The Auction Barn

4016 State Route 40
Argyle
518-638-6003
Tue & Wed 7 a.m.-2 p.m.
Thu-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.
Redeemed at food service cashier only

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.
Redeemed at food service cashier only

Johnson's Cabin Grill

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

Cabin Café

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

Charlie B's Main Street Café

67 Main Street
Hudson Falls
518-793-5522
Mon, Wed, Thu, Fri ONLY

Sally's Hen House

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

China Wok

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

Fort Ann Service Center

11300 State Route 149
Fort Ann
518-639-8343
Mon-Fri 5 a.m.-9 p.m.
Sat 6 a.m.-9 p.m.
Sun-7 a.m.-9 p.m.



Please look at the **updated media outlets** for Nutrition Program announcements: Spectrum Local News; WNYT/WNYA TV (channel 13); WRGB/WCWN TV (channel 6); WRVE-The River; WYJB-B95.5; WFLY-Fly92; 810 WGY.

Online postings are located on our "Washington

County, NY Office for Aging and Disabilities Resource Center" Facebook page and on the Post Star and Times Union websites (under the Businesses & Churches section).

Remember: When Hudson Falls School is closed, so is the Washington County Nutrition Program!

Eating

Continued from front page

state, they are not recognizable. Also, put the date on your items!

When using foods, use those with the earliest expiration date first.

For those of you who know me, you know I am all about fresh fruits and vegetables for optimal health!

The current situation does not mean that we have to forgo consumption of fresh produce.

When you are at the food bank or in the grocery store look for produce that is available or on sale and grab it. Do not be concerned about it going bad before you can consume it. Just use some of the neat tricks that follow to prolong those perishables:

Freeze milk, but not in the carton because it expands. When you defrost it, blend it because it tends to separate a bit. However, it will be perfectly delicious!

Freeze eggs by separating the

yolks from the whites using an ice cube tray. A trick to check for spoilage is to place an egg in a cup of water. If it sinks it is still good, but if it floats it is time to toss.

Revive your limp veggies by washing them and putting them in a cup of water in the fridge.

Fresh herbs can be mixed with oil in an ice cube tray and frozen.

All fresh fruit can be frozen. Cut things like bananas up before you freeze them and then throw them in the freezer to use in a smoothie later.

If you or a senior you know would benefit from nutrition counseling or education during this very difficult time please do not hesitate to reach out to me at 518-488-8875. Nutritional issues do not disappear just because of a pandemic.

Even if it is something as simple as helping you decide how to prepare a meal with the limited items you have in your pantry, I am here to help.

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:

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|--|---|
| <input type="checkbox"/> Use where most needed | <input type="checkbox"/> Informational and 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"/> Senior Times |
| <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!

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 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 a suggested contribution of \$4.00 each.

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

Honored

Continued from page 4

Massachusetts, area. In 1957, he earned his bachelor of arts degree at the University of Massachusetts and master of education at Cornell in 1965. William married Sara Jane Smock in 1957, and they have three children – Bill, Bob and Rebecca and one grandchild Jacob. William and his family moved to Salem, New York, in 1965.

For seven years he was an English/history teacher and then the Salem Central School high school principal for 27 years. In addition, he has been Salem town historian since 1983. William served in the Army National Guard New York State 1st Armored Rifle Battalion, 108th Infantry for eight years.

William is the author of “The Back Shop and Other Tales,” a railroading book about Salem; “Next Year in Salem,” a chronicle of the Salem home front during WWII; and most recently a vintage photograph book, “Along the Battenkill” about life along the Battenkill in the 1800s and 1900s. William also wrote the Salem section for “The Covered Bridges of Washington County, New York” and “A Crease in the

Landscape,” the story of the slate industry in Washington County.

He is a frequent contributor to the Washington County Historical Society’s “Annual Journal of the Washington County Historical Society.” He has written six historical articles: “Out of the Great Depression: The Experience of the Town of Salem,” “Salem’s Forgotten African Americans,” “The McCloy Letters,” “The Northern Turnpike: Historic New York State Route 22,” “When Pigs Fly” and “The Audubon Family of Salem, 1880-1949, A Brief Recounting of their Washington County Residency.”

William has also edited and published “Diary of a 19th Century Farm Wife” and “The Diary of Thaddeus Walker.” In 2017, he wrote the article “No Man’s Land Revisited” for publication in the New York History Review.

William is an active church member serving in many capacities. In 1967, he co-founded the Salem Rotary and was a charter member. He also held the office of president four times. William is a continuing member of the Salem Area Chamber of Commerce and its founding president in 1995. He is a mem-

See CORMIER, pg. 8

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Continued from page 7

ber of the Washington County Historical Society and was a recipient of the James Cronkhite Award in 2004. In 2001, he was chosen for the Riverside School House list of honorees by the Fort Edward Historical Society.

William has been a member of the Association of Public

Historians New York State since 1984, a certified New York State town historian since 2003, a supporter and member of Historic Salem Courthouse Preservation Association since 2002, served as clerk of the Salem Planning Board for ten years, chair of the Salem Historical Preservation Commission since 1976 and has written numerous grants for historic preservation and records management.

In 1995, he developed a records management system and historical archives for the town and village of Salem and upgraded the storage system and facilities for the town in 2019. He served as a member of the Mary McClellan Hospital board of directors for many years and volunteers his time at the Salem Food Pantry.

William has written many historical articles for local newspapers and has given

many educational programs to adults and students since 1984. He has successfully placed the Revolutionary War Cemetery on the National Register of Historic Places in 2005 and was instrumental in developing the National Historic District in the village of Salem in 1975.

William was asked what advice he had about volunteering for other New Yorkers, and he stated, "We should live a life of 'Service Above Self.'"

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If you need help buying food, SNAP can help

SNAP provides monthly benefits to spend at local grocery stores. You can get and use SNAP while keeping a safe distance from other people.

• Apply for SNAP online at www.MyBenefits.ny.gov. Everything you need to do to apply for and receive benefits can be done from home by phone or online – there is no need to visit a local social ser-

vice office.

- Use SNAP to purchase food at local grocery stores.
- Shop for food using SNAP benefits online and have groceries delivered or picked up at Amazon (available statewide) and Walmart and ShopRite (available in some zip codes; check their websites)

If you need help applying for SNAP, call or email a Nutrition

Outreach and Education Program (NOEP) Coordinator.

NOEP Coordinators can tell you if you may be eligible for SNAP, answer any questions you may have and help you complete and submit your application. This service is free and confidential.

In Washington County, NOEP Coordinators area available through Legal Aid Society of

Northeastern New York, Inc. at 518-587-5188. Ext. 408. In Warren County, contact Catholic Charities of Saratoga, Warren and Washington Counties at 518-793-6212. In Rensselaer County, contact Unity House of Troy, Inc. at 518-274-2607, ext. 4108. And in Saratoga County, contact Legal Aid Society of Northeastern New York, Inc. at 518-587-5188, ext. 412.



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assistance programs

Coping with Stress

Older people are at higher risk for severe illness from COVID-19 which may result in increased stress during a crisis. Here are a few things you can do to cope with that stress:

Hearing about the pandemic repeatedly can be upsetting.

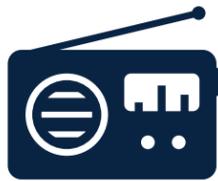
Take breaks from:

watching the news



reading newspapers

listening to news stories



reviewing social media

Connect with others



Use **video chat** instead of face-to-face meetings

Talk with people you trust about your concerns and how you are feeling.

Call your healthcare provider



if stress gets in the way of your daily activities for several days in a row.

Make time to unwind.

Try to do some other activities you enjoy.



Take care of your body.

Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.

SOURCE: MEDICARE.GOV

Medicaid and Medicare explained

What is Medicaid?

Medicaid is a federal and state program that provides health coverage for certain people with limited income and assets. Each state runs different Medicaid-funded programs for different groups of people, including older adults, people with disabilities, children, pregnant people and parents and/or caretakers of children

All states also have Medicaid programs for people with limited incomes and assets who need nursing home care, long-term care services, and home health care services. Some states also have programs for individual adults who don't fit any of these categories.

Each state uses financial eligibility guidelines to determine whether you are eligible for Medicaid coverage. Generally, your income and assets must be below a certain amount to qualify, but this amount varies from state to state and from program to program. You are eligible for Medicaid if you fall into an eligible group and meet that group's financial eligibility requirements.

If you are eligible for both

Medicare and Medicaid (dually eligible), you can enroll in both. Medicaid can cover services that Medicare does not, like long-term care. It can also pick up Medicare's out-of-pocket costs such as deductibles, coinsurances and copayments.

Some states offer a Medicaid spend-down program or medically needy program for individuals with incomes over their state's eligibility requirements. A spend-down program allows you to deduct your medical expenses from your income so that you can qualify for Medicaid. Contact your local Medicaid office to learn if a spend down is available in your state.

How does Medicare work with Medicaid?

All states offer a variety of Medicaid programs, with eligibility and coverage specifics varying by state. If you qualify for a Medicaid program, it may help pay for costs and services that Medicare does not cover. Here are a few examples of how Medicaid can work with Medicare:

Medicaid can provide second-

ary insurance. For services covered by Medicare and Medicaid, Medicare is the primary payer. Medicaid is the payer of last resort, meaning it always pays last. When you visit a provider or facility that takes both forms of insurance, Medicare will pay first and Medicaid may cover your Medicare cost sharing.

Medicaid can provide premium assistance. In many cases, if you have Medicare and Medicaid, you will automatically be enrolled in a Medicare Savings Program (MSP). MSPs pay your Medicare Part B premium, and may offer additional assistance.

Medicaid can provide additional cost-sharing assistance. Depending on your income, you may also qualify for the Qualified Medicare Beneficiary (QMB) MSP. If you are enrolled in QMB, you do not pay Medicare cost-sharing, which includes deductibles, coinsurances and copays.

Medicaid can provide prescription drug assistance. Dually eligible individuals are automatically enrolled in the Extra Help program to help with their prescription drug costs.

Medicaid can offer care coordination. Some states require cer-

tain Medicaid beneficiaries to enroll in Medicaid private health plans, also known as Medicaid Managed Care (MMC) plans. These plans may offer optional enrollment into a Medicare Advantage Plan designed to better coordinate Medicare and Medicaid benefits.

Note that you cannot be required to enroll in a Medicare Advantage Plan.

How can I apply for Medicaid?

Contact your local Medicaid office to ask how you need to submit your application. Note that your Medicaid office may be called the Department of Health, the Department of Social Services, the Department of Social Services or by another name. Find out what documents and forms of identification you may need in order to apply.

Note that Medicaid coverage is available, regardless of citizenship status, if you are pregnant or require treatment for an emergency medical condition. A doctor must certify that you are pregnant or had an emergency.

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

We offer language translation services for those who speak a language other than English, interpretation services and TTY/TDD services.

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

Services offered:

- In-home personal care assistance for non-Medicaid individuals over 60 (to include, but not limited to, light housekeeping, escort to appointments, meal preparation, shopping, dressing, bathing, personal care and other instrumental activities of daily living)
- Medicaid home care assistance
- Adult protective services (investigations, guardianship and representative payee services)
- 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
- Evidenced-based programs: Tai Chi and Savvy Caregiver
- 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)

Please call us first!

Cloth face coverings can help slow the spread of COVID-19: Here's what you should know

How to wear cloth face coverings. Cloth face coverings should fit snugly but comfortably against the side of the face, be secured with ties or ear loops, include multiple layers of fabric, allow for breathing without restriction and be able to be laundered and machine dried without damage or change to shape.

The Centers for Disease Control and Prevention recommends wearing cloth face coverings in public settings where

other social distancing measures are difficult to maintain (for example, at grocery stores and pharmacies), especially in areas of significant community-based transmission.

The CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.

Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an addi-

tional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing or anyone who is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other

medical first responders, as recommended by current CDC guidance.

Cloth face coverings should be routinely washed depending on the frequency of use. A washing machine should suffice in properly washing a cloth face covering.

To safely remove a used cloth face covering, individuals should be careful not to touch their eyes, nose and mouth and wash hands immediately after removing.

Here are three sets of instructions for making your own cloth face covering. If you don't sew, you can repurpose a T-shirt or a bandana.

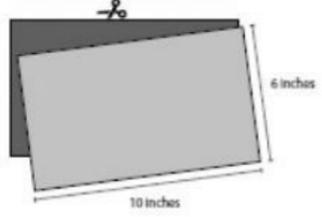
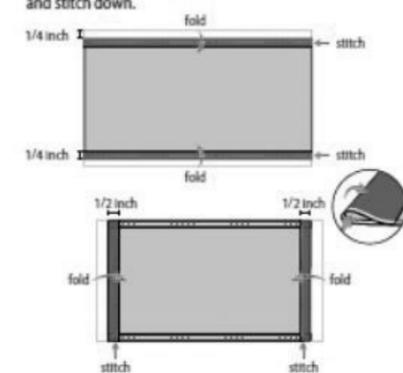
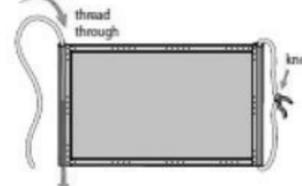
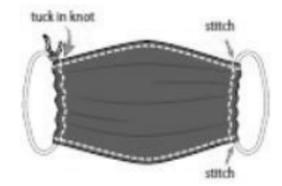
Sewn Cloth Face Covering

Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine



Tutorial

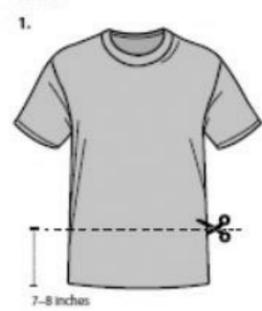
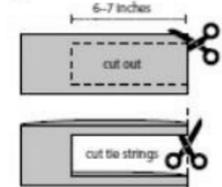
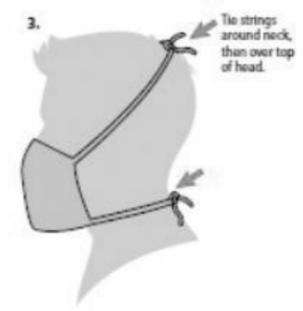
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.
 
2. Fold over the long sides 1/4 inch and hem. Then fold the double layer of fabric over 1/2 inch along the short sides and stitch down.
 
3. Run a 6-inch length of 1/8-inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.
 
4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the mask fits your face. Then securely stitch the elastic in place to keep it from slipping.
 

Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

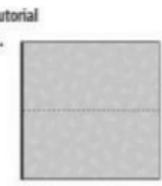
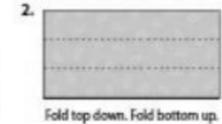
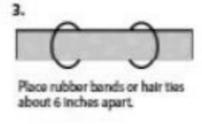
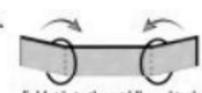
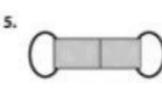
1.
 
2.
 
3.
 

Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial

1.
 
2.
 
3.
 
4.
 
5.
 
6.
 

Be wary of grandparent scams in the age of coronavirus

By Lisa Weintraub Schifferle, attorney, FTC Division of Consumer & Business Education

"Grandma, I'm in the hospital, sick, please wire money right away." "Grandpa, I'm stuck overseas, please send money."

Grandparent scams can take a new twist – and a new sense of urgency – in these days of coronavirus. Here's what to keep in mind.

In grandparent scams, scammers pose as panicked grand-

children in trouble, calling or sending messages urging you to wire money immediately. They'll say they need cash to help with an emergency – like paying a hospital bill or needing to leave a foreign country.

They pull at your heartstrings so they can trick you into sending money before you realize it's a scam. In these days of coronavirus concerns, their lies can be particularly compelling. But we all need to save our money for the real family emergencies.

So how can we avoid grandparent scams or family emergency scams?

If someone calls or sends a message claiming to be a grandchild, other family member or friend desperate for money, do the following:

Resist the urge to act immediately, no matter how dramatic the story is.

Verify the caller's identity. Ask questions that a stranger couldn't possibly answer. Call a phone number for your family

member or friend that you know to be genuine. Check the story out with someone else in your family or circle of friends, even if you've been told to keep it a secret.

Don't send cash, gift cards or money transfers. Once the scammer gets the money, it's gone!

For more information, visit <https://www.consumer.ftc.gov/articles/0204-family-emergency-scams>. And if you get a scam call, report it to the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint).

Useful info from DSS, aging office, NY Connects

Useful information from DSS/Office for the Aging/NY Connects

The Department of Social Services/Office for the Aging/NY Connects are open and operational with very minimal staff Monday through Friday from

8:30 a.m. to 4:30 p.m.

Help flatten the curve! All communication for benefit programs can be fulfilled over the phone, and documentation can either be accepted via email at DSS@washingtoncountyny.gov or inserted in the dropbox in

front of the entrance to Building B at the Washington County Municipal Center. At this time there are no face-to-face interview requirements in place for any benefit-related program.

Interested individuals can also check eligibility, apply for

assistance and check balance information on open cases online through <http://mybenefits.ny.gov/>

Application through this site will be processed in the Fort

See **INFO**, pg. 15



The census counts every generation.

Every 10 years, the United States counts everyone who lives in the country, from newborn babies to the oldest among us. It is important for everyone to complete the 2020 Census so that communities like yours can be accurately funded and represented.

Responding is important.

The 2020 Census will influence community funding and congressional representation for the next decade. Information collected in the census will inform the allocation of more than \$675 billion in federal funds for states and communities each year. That includes money for things like:

- › First responders
- › Medicare Part B
- › Supportive Housing for the Elderly Program
- › Libraries and community centers
- › Supplemental Nutrition Assistance Program (SNAP)
- › Senior Community Service Employment Program

Responding is easy.

Beginning in mid-March 2020, you can respond to the census online, by phone, or by mail. Choose the option that is most comfortable for you. Large-print guides to the questionnaire are available upon request. From May - July 2020, census takers will visit households that have not yet responded. A census taker can assist if you need help completing your form.

Responding is safe.

Your personal information is kept confidential by law. Your responses can only be used to produce statistics. They cannot be shared with law enforcement agencies or used against you by any government agency or court in any way.

For more information, visit:

2020CENSUS.GOV

Shape
your future
START HERE >

United States®
Census
2020

Info

Continued from page 14

Edward office while everyone maintains social distancing.

Due to the emergency operation plan, only those with the most urgent needs/new applicants for temporary assistance, HEAP and SNAP are being assisted in person or via phone at 518-746-2425. All other messages and mail are being held for response upon the reopening of the county municipal center.

New referrals for home-delivered meals and information regarding available resources are being accepted through NY Connects at 518-746-2578 or 518-746-2420 and via email at OfficeForTheAging@co.washington.ny.us

If you need medical assistance, apply through the

exchange at <https://nystateof-health.ny.gov/>

Safety needs in cases of Child Protective Services and Adult Protective Services are being assessed both over the phone and through face-to-face visits in the field.

As a result of the COVID-19 pandemic, the NYS Office of Temporary and Disability Assistance is automatically extending certain temporary case assistance/Medicaid/SNAP and SNAP only recertifications scheduled to expire in March, April and May for a period of

three (3) months. The COVID-19 pandemic prevented some households from submitting recertifications in a timely manner.

For more information about COVID-19 and other services, visit or call

<https://washingtoncountyny.gov/1147/Coronavirus-Information>

<https://washingtoncountyny.gov/148/Office-for-Aging>

<https://www.facebook.com/washingtoncountynyofficeforaging>

Washington County NY

Connects at 518-746-2420

Washington County Public Health at 518-746-2400

Department of Health at 1-888-364-3065

Mental Health Hotline at 1-844-863-9314

Salvation Army at 518-792-1960
Medicaid Transportation at 1-855-360-3544

Legal Aid Society NENY at 518-587-5188

Food Pantry LEAP at WIC building at 518-409-5199 (must call for an appointment)

Remember: Stay home. Stop the spread. Save lives.



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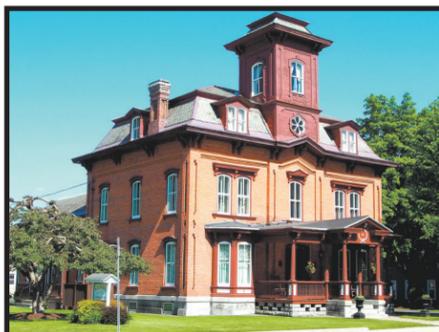
Email: mbkilmer@kilmerfuneralhome.com

M. B. Kilmer Funeral Home

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Thank you for continuing to entrust us with your health care needs.

COMMUNITY HEALTH

is prepared and ready to care for you.

Community Health's highest priorities are to stop the spread of the coronavirus and the health and safety of our patients, our employees and our community.

ALL OF OUR LOCATIONS ARE OPEN

Brandon Community Pharmacy
Community Dental Rutland (for emergencies only)
Community Dental Shorewell (for emergencies only)
Express Care Castleton
Express Care Rutland
Community Health Allen Pond

Community Health Brandon
Community Health Castleton
Community Health Mettowee
Community Health Pediatrics
Community Health Rutland
Community Health Shorewell

Community Health is currently offering support to our patients through:

- TELEHEALTH VISITS • IN PERSON VISITS (Call ahead)
- ARRANGING HOME DELIVERY OF PRESCRIPTIONS

PLEASE CALL 888-989-8707

for appointments and to address any questions you have regarding your health.

Stay informed visit CHCRR.org