



AGING IN PLACE

Glens Falls Region

October 2026

Working Out the Kinks

The group has had several problems with getting out news and service requests since switching to our new website in March. One issue is that service categories do not always match up well with what members previously volunteered for. Another is that 14 members have not filled out their volunteer profiles as asked to in Harvey's instructions. This doesn't include members no longer able to volunteer. This has meant 14 possible volunteers not seeing email requests when there is an ask. It also results in most not getting emails because the need hasn't matched up exactly with what they offered as help.

We have a very small number of drivers. Sometimes we can't help members. Please think about signing up to offer a ride. You would then get email requests occasionally and might only step up once or twice a year when a need is unmet.

Locally there are two options which supplement CDTA's STAR bus, The Conkling Center and RSVP. From last month's newsletter:

The Conkling Center's **On-The-Go** Transportation program is looking for community members 55+ needing rides to grocery stores, banks, hairdressers, doctors' appointments, Conkling Center programs, and more within a 20-miles radius of the City of Glens Falls. Call M-F between



8:30 AM and 11:30 AM, at 518-793-7433, for more information and to schedule a ride.

What you need to know about RSVP rides: **Warren/Washington RSVP's Medical Transportation Program** provides senior community members with transportation services to medical, dental, eye appointments as well as lab and prescription pick-ups. Call 518-743-9158 at least a couple of weeks ahead to schedule a Mon.-Fri. daytime need.



Ageism refers to stereotypes (how we think), prejudice (how we feel), and discrimination (how we act) toward others or ourselves based on age. It negatively impacts our health and well-being, our financial security, and the economy. It impacts us at every age. The medical professional who dismisses your

concerns, the people behind you in a checkout line who sigh loudly or comment on how long it takes you to pay, how older people are shown in the media and so on.

The American Society on Aging promotes an inclusive view of aging. “How we view aging impacts where we as a society invest and how we make policy—and we need a shared, realistic view of aging to create solutions that serve us all. We have challenges to tackle and bias against a growing segment of our society—and ourselves, as we age—gets in the way.

“Age-inclusion is crucial. Limited, unrealistic views of aging and the “us vs. them” mentality hinder our ability to collaborate and build solutions. This Ageism Awareness Day, help spread the word that **aging is a rich and varied experience, but one that unites us, and offers an opportunity to build a society that works for us all—once we get past ageism.”**



We are part of a national group which advocates for older Americans. Village to Village Network (VtVN) also provides support,

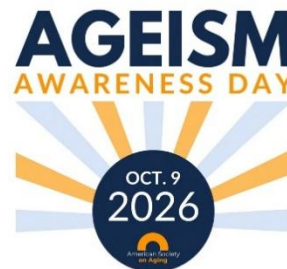
education and resources to local villages. VtVN held a national conference in September on three very full afternoons through Zoom. AIPGF has not budgeted for the in-person conference, but even online we can speak to and share with other villages – for \$50 per person instead of \$125 plus expenses.

And oh, the learning your board gets! It ranges from new programs and tips from other villages to expert panels on aging, funding villages and supporting volunteers. We are now planning a memory improvement course to be offered in the new year, the subject of a conference presentation. It will be free to all who enroll.

It's clear from other villages that the issues ours has had are common to many, whatever their size or location. We are part of an international movement to change how we age. It's only about 25 years old. There are *GREAT* opportunities ahead.



Older individuals with more positive self-perceptions of aging **live 7.5 years longer** than those with a less positive perception of aging



asaging.org/ageism-awareness

AIPGF Member Updates

Harriet (Boo) came to grief recently – not by tripping the light fantastic but by tripping into her house – and broke her hip. She is home after a brief hospital stay and continues to heal.

From Regina, “I want to thank all the members who helped me during my lung cancer surgery. I want to thank especially, Nancy Wilder, Irene Fischer, Dave Stanton, Earl Lewis, who took me on errands, provided many meals, and called about how I was doing. It truly takes a village! Thank you to all!

“I read an article years ago that if you smoke or are a former smoker you should have an

(Member Updates cont'd)

annual lung x-ray. I had been having them for about ten years. From the very first year they noted lung nodules that were there and needed to be watched.

"This year they noted that one had doubled in size, and so I went on my lung surgery journey. Because the growth was small, they were able to do a wedge cut. It was stage 1. So I am now recovering after 6 weeks. I have had no problems. I am slowly getting back to my prior exercise routine.

"If you know of any current or former smokers, please recommend they request annual lung cancer x-rays."



Judith Frazier

Judith, a Glens Falls resident now, moved from Boston last. Her family is spread from Schenectady to Fair Haven. Her career has included critical-care nursing and nursing director, research coordinating and Red Cross nursing, among other work. Judith previously volunteered in Massachusetts in emergency response and is on the member committee at the Glens Falls Senior Center. Judith has offered help in driving locally and to Saratoga during daylight hours, household help, shopping/errands and individual help.

Gail Laurant

Gail comes to us from Lake George with experience in many gardening, artistic and crafty areas. She is a former gallery owner, credit counselor and art instructor. On the other hand, she has volunteered in budgeting and hotline help. She has offered to volunteer as a friendly visitor and telephone reassurance, a check-in offered to members who live alone. Gail signed up for a volunteer request at her first AIPGF event!

Christian Rappazzo

Chris comes from Queensbury. You may have met him at a summer picnic already. He retired from a position with New York State. He has offered to volunteer in making phone calls, helping with yard and garden tasks, and as a respite for caregivers. Catch him at the YMCA!

YOU are the most important way to grow our membership.



Keep spreading the word wherever you go! One easy way is to comment to whoever is nearby, including sales clerks, when you see the AIPGF flyer posted in every local Stewart's Shop, Hannaford, coffee shop, etc. Such a little thing as saying, "Oh, there's my group's flyer! Good to see it." Or "I see someone has torn tabs off my group's flyer – that's a good sign!" can bring attention to us without you putting yourself on the spot. Nearly everyone over a certain age tends to either smile back or comment. Some even stop for conversation, especially those people looking for community.

What's Next in AIP

AIP-GF Board Meeting

The AIP board meets on the second Thursday of the month. The next is October 8 at 1:30 PM at Crandall Library, currently in the Crandall room on the 2nd floor. *All members are welcome.*

Thursday the 8th
5:00-7:00 PM
Jack's American Bistro



(Dining Out cont'd)

730 Glen St, Queensbury, NY, 12804

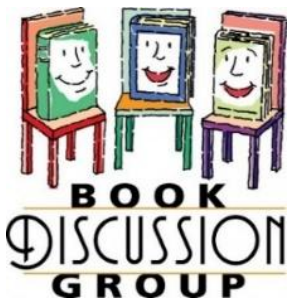
From Harvey, "We have missed a couple of meetings due to sickness and injuries. Our last several meetings we have aimed to meet at modest cost family restaurants. This month is planned for what is considered one of the best area restaurants. We hope you will join us.

To make a reservation please go our website (aipgf.org), log in and click on the events menu at the top, and select this event, and follow instructions to make your reservation. Please do so by the Saturday before so we have time to reserve a table. Restaurants are usually closed early in the week.

The website will not allow you to reserve a spot after Saturday, so if you can no longer do so please contact me Harvey Noordsy. My contact information is in the member directory which you can access after you login. Let me know if you need a ride. (You may call 518-837.8873 for the number if you do not use a computer.)"

Book Chat

Note the different week for October!!



The next meeting is the 3rd Monday, October 19 at 1:30 at the home of the Tallons. Their address is in our website or you may contact Nancy at 518-837.8873 for the address and directions. Talk about whatever you are reading,

nothing formal, and get to know others through their interests. Rides may be available to get you there.

Our Monthly Potluck

October's lunch will include a Halloween Theme and vanilla ice cream sundaes from Stewart's Shops. Plan on a costume if you it makes you smile. Let's get everything from a homemade ghost to a full-out costume rental. Possible prizes! Even headwear counts.

Come with your Halloween stories and favorite spooky trivia facts!



If you'd like a ride, call ahead of time –

Richard B. at 315-320-6626.

NOTE: This is a local phone call on a new, temporary number as the board works to acquire a permanent, independent phone number for AIPGF.

Bring a sandwich and, if you can, a dish to share, and your place setting. There will be beverages (and ice cream) available. **Bring a friend** – AIP monthly potlucks are open to the public and listed in The Chronicle as such.

Invitations

Regina "The Blue Mountain Lake's Adirondack Experience is free to those who live in the Adirondack Park every second and fourth Sunday. I would like to go on Sunday, Oct 11. If members are interested, call me to coordinate time. 518-792-4613."

If you do not live within the Adirondack Park, tickets are cheaper purchased online. If you receive SNAP benefits, an EBT card allows you \$5 tickets for up to three persons per household.

Nancy "I plan to watch the Zoom presentation on Hometown USA photographs which The Conkling Center will show on Thursday the 29th from 2 – 3 PM. Members are welcome to my home to watch it together. Please let me know if you're coming so I can figure out seating. If we get a large group, perhaps we will change where to meet. Call (518) 837-8873 or email me at ngwldr@hotmail.com .

There are many shared activities and outings AIP can bring back/begin now. What would you like to do? Please reach out to board members with suggestions and to get involved. Groups could meet monthly, weekly, twice a month or however it decides.

Breakfast Out Group Matinee Goers
Board & Card Game Day Jigsaw Contest

Volunteers Needed:

Distributing Flyers
Computer Angel
In-home Visit

Please contact Richard to help by calling (315) 320-3326 (a local call) or Nancy at (518) 837-8873.



Are You on Facebook?
Love it, hate it or don't care,
Facebook is still a great way
to connect with friends.

AIP-GF has launched its own Facebook page. Please help spread the word by joining the group, posting and linking. It would also be a big help if everyone put a copy of the new flyer on their FB page and any other social media they use. **Nancy can send you a photo copy by email or text to make it simple.**

Getting Help

Members with access to a computer can and should now fill out their own service requests, as we did for years on a former website incarnation. This is a change from how we have operated for several years.

Members using email should by now be getting regular notices on requests. If you haven't, please update your email on the new website.



The Conkling Center

Register for any program by calling the Center's Tricia Golden at 518-793-1494 or email tgolden@theconklingcenter.org.

The center **offers rides** for its events. When you register for a program, ask Tricia for a ride. She will connect you to their transportation coordinator.

If you want to attend from home via Zoom, call the center, and they will talk you through how to do it. You do need email and an Internet connection on computer or smart phone to do so.

Thursday, October 8, 2026
Elder Law Summit
SUNY Adirondack 8-12

- Washington County Office for the Aging
- Medical Aid in Dying Community Presentation by Nathalie Chara/ End of Life Choices New York
- Attorney Panel with Brian Borie, Jessica Botelho, James R. Burkett and Phillip K. Vacchio
- Moderator, Ruth Fish NP

This event is free to the public. Breakfast provided.

Spaces are limited and REGISTRATION IS REQUIRED by
calling Tricia Golden at 518-793-1494 or emailing
tgolden@theconklingcenter.org by 9/30

Presented By
 **THE CONKLING CENTER**

Sponsored By
 **HERZOG LAW FIRM**

Every elder deserves love and care

Thu. 15, 2 – 3:30 PM Protein Bingo and snack teach the importance of protein in a senior's diet. \$2 fee due by 10/13
Tue. 20, 1-2 PM Warning Signs of Alzheimer's presented by the Alzheimer's Association
Tue. 27, 1-2 PM The firm Organize Senior Moves presents organizational tips

(Conking cont'd)

Thu. 29, 2-3 PM LOOK Magazine - Tisha Dalton from Crandall Public Library's Folklife Center shows color photos from 1943-1944 in Glens Falls from the series which named it Hometown, USA. THE IN-PERSON PROGRAM IS FULL – but call if you would like to watch it at home on Zoom.

A Note About Contacts:

The newsletter is sent to members and organizations, posted online on our website. Personal information such as telephone numbers are not always printed for directly contacting other members. You will always be able to reach Richard Bonet (315 320-6626) and Nancy Wilder (518 837-8873) to get contact information for others.



Aging in Place – Glens Falls, Inc.
380 Glen St.
Glens Falls, NY 12801

Aging in Place – Glens Falls, Inc. is a 501(c)(3) membership-based non-profit dedicated to helping people age in their homes safely and with dignity since 2009. Not affiliated with any religious or government organization.



Board of Directors
Richard Bonet, co-president
Nancy Wilder, co-president
Harvey Noordsy, co-treasurer
Regina Hillier, co-treasurer
Irene Fischer, membership

Welcome! Join us at:

<https://aipgf.org/>

Find Your Community!