

PUBLIC HEARING

Help shape services for older adults in Washington County

The Office for Aging will hold a public hearing Thursday, Nov. 5, at American Legion Post 574 in Hudson Falls. Admission is free. **See page 5 for details.**

October 9, 2026



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

A Letter from Executive Director, Gina Cantanucci-Mitchell

Health Insurance Information, Counseling and Assistance (HIICAP)

This month, we would like to highlight our Health Insurance Information, Counseling and Assistance Program (HIICAP). HIICAP provides free, accurate and objective (non-biased) information, counseling, assistance and advocacy on Medicare, private health insurance, and related health coverage plans. HIICAP helps people with Medicare, persons soon to be eligible for Medicare, and their representatives.

The Medicare Annual Election Period Aka Open Enrollment (AEP/OEP) begins each year on October 15th and

runs until December 7th. During this time, a Medicare recipient can drop, pick-up, or switch their health plan options. Many Medicare recipients have questions about what plan they should pick that is best for their own personal needs and they want to know what their options are. The HIICAP Corner: Medicare Information and Update informational flyer provides an overview of important information to consider during the Annual Election Period/Open Enrollment.

Our NY Connects Information Specialists are State certified as HIICAP

counselors. Our HIICAP counselors will take time with each individual and educate them about their options in an objective manner, as well as, screening individuals for other programs like the Medicare Savings Program (MSP), Low Income Subsidy (LIS), and EPIC programs. In case you are not aware, MSP, LIS, and EPIP programs provide great discounts toward an eligible individual's prescription need.

The answers to your questions are just a phone call away. Please contact us at 518-746-2420 or toll free at



1-800-848-3303 for more information.

For a full explanation of our additional programs and services, we welcome you to check out our website located at <http://washingtoncountyny.gov/148/Office-for-Aging>.

Sincerely,
Gina Cantanucci-Mitchell
Executive Director

Your voice is essential in helping us understand and address the UnMet Needs of Washington County's older adults!

Washington County Office for Aging is collecting information to better understand the unmet needs of residents age 60 and older. Your input will help us in determining what those unmet needs are and help us to better plan for services, & programs. It will also give us the information we need to advocate on behalf of all our older adults in our community.

UnMet Needs are defined as requirements, desires, or necessities - ranging from basic survival to medical care or consumer needs - that are currently unsatisfied or unfulfilled. Unmet Needs represent a gap between a desired outcome and the current reality, often indicating a problem needing a solution, such as in healthcare. Personal care, home maintenance, assistance with daily activities, and more.

Your assistance in conducting the survey is greatly needed and appreciated. The survey should only take a minute to complete or as long as you

want it to be based on the information you would like to share with us. To access the online survey, please go to our Office for Aging and Disabilities Resource Center Website and click the Unmet Needs survey link!

To access the online survey, please click this link or scan the QR code below.

<https://washingtoncountyny-online-forms.app.transform.civicplus.com/forms/unmetneedssurvey>

If you need help accessing the online survey, please call our office (518) 746-2420 and someone will be able to assist you.





Wear pink in October!



It's Breast Cancer Awareness Month.

Join us this month as we wear pink to support those facing breast cancer.

Need some pink gear?
Check out the NBCF Shop.





New York State Office for Aging 2027 Senior of the Year Award **NOMINATIONS ARE DUE BY NOVEMBER 6!**

Please see the Nomination form included in this edition. If you nominated someone or yourself in previous years and you were not selected, we strongly encourage you to re-submit for next year! Please complete the form on page 4 of this edition or call Washington County's Office for Aging for a nomination form and once completed, return it to Washington County Office for Aging. Through an anonymous process, two individuals will be selected by the Washington County Office for Aging Advisory Council.

MEDICARE'S OPEN ENROLLMENT PERIOD

Medicare's Open Enrollment, also called the Annual Election Period or Fall Open Enrollment, happens every year from October 15 to December 7. During this time, you can change your health insurance plans. Even if you're happy with your current coverage, it's a good idea to review and compare your options to ensure they meet your needs for the next year.

Changes you can make during Open Enrollment include:

Joining a new Medicare Advantage Plan

Joining a new Part D prescription drug plan

Switching from Original Medicare to Medicare Advantage

Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)

You might be able to get a Medigap policy, which helps cover costs not paid by Original Medicare, depending on where you live. There are rules about who can buy a Medigap policy and when. For more information about state specific rights, contact your local State Health Insurance Assistance Program (SHIP) or State Department of Insurance.

You can make as many changes as you want during this period. The last change you make will take effect on January 1, 2026.

It is usually best to call 1-800-Medicare or visit Medicare.gov to make any changes to your health and/or drug coverage.

Before choosing your 2026 coverage, consider the Medicare health and drug plan options in your area. You may be able to get the same or better coverage at a more affordable price. For example, even if you're happy with your current Medicare Advantage or Part D plan, you should check to see if there's another plan in your area that offers the same health or drug coverage at a better price.



SHIP
State Health Insurance
Assistance Program

SHIP counselors can help you review your options and pick a plan that meets your needs. SHIP counselors provide trusted, unbiased, and individualized Medicare help. Visit shiphelp.org for more information!

You can use Medicare's Plan Finder tool to compare plans at [Medicare.gov/plan-compare/](https://www.medicare.gov/plan-compare/) or by calling 1-800-Medicare

This graphic is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,534,081 with 100% funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. government.

Register for the School Tax Relief (STAR) Credit

To receive STAR credit, you must own your home, and it MUST BE your PRIMARY RESIDENCE. Senior Citizens, who are residents of the town, may be eligible for the Enhanced Star Credit for School Taxes (Section 425, Real Property Tax Law.) Residents not eligible for the Enhanced Star Credit may be eligible for the Basic Star Credit for school taxes. New applicants must register with the New York State Tax Department by either calling 518-457-2036 or registering online at www.tax.ny.gov.

If you qualify for the STAR Credit, you will receive a STAR credit check, rather than receiving a property tax exemp-

tion. When you register for the STAR credit, the Tax Department will automatically review your application to determine whether you are eligible for the Basic or Enhanced STAR benefit amount.

If you currently have the Basic STAR exemption on your tax bill, you may qualify for the Enhanced STAR exemption upon turning 65 years of age by contacting the New York State Tax Department.

This information is located on the backside of every tax bill

Further questions and information, call Washington County Real Property at 518-746-2130



Department of
Taxation and Finance

Register for the School Tax Relief (STAR) Credit

Congratulations on your new home! If this will be your primary residence, take a few minutes to register for the STAR credit.

Eligible new homeowners will receive their STAR savings in the form of a check or direct deposit directly from New York State.

But you must register with the New York State Tax Department to receive a STAR credit.

You can register 24 hours a day, 7 days a week, in the homeowner benefit portal at www.tax.ny.gov/star.

Property owners without access to a computer can register by phone at 518-457-2036 weekdays between 8:30 a.m. and 4:30 p.m.

Our Homeowner Benefit Portal is available to help you receive the property tax benefits you're eligible for! As a New York State homeowner, use our portal to:

- register for the STAR credit
- enroll in STAR Credit Direct Deposit
- check the status of your property tax registrations
- view, edit, or close your registrations
- ensure your information is accurate and complete
- take action to resolve issues

Are you eligible for STAR?

If you own your home on July 1, it's your primary residence, and your income is \$500,000 or less, you're eligible for the Basic STAR credit.

In addition, if you're 65 or older with an income of \$110,750 or less, you may be eligible for the Enhanced STAR credit.

In your first year at your new home, you may receive the prior owner's STAR exemption. In future years, as long as you're eligible, you'll receive a STAR credit payment. You don't need to register again.

Before you register, have this information available:

- ☐ names and social security numbers for all owners of the property and their spouses
- ☐ the name of the school district where your primary residence is located
- ☐ approximate date you purchased the property, and the name of the sellers
- ☐ the most recent school tax bill, if you received one
- ☐ address of any residential property owned in another state
- ☐ if the property is owned in trust, the legal name of the trust
- ☐ 2024 federal or state income tax returns for all owners (if you didn't file a 2024 income tax return, you'll be asked to provide financial information for all property owners)



RP 5310 FS (1/26)

www.tax.ny.gov

FALL SERIES

REAL TALK

Back to School Trainings for Parents, Caregivers & Allies

Families Together

in New York State

Interactive workshops that strengthen family & caregiver voice, advocacy, and leadership

CIVIC ENGAGEMENT & LEADERSHIP:
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OCT 22
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SCAN HERE

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Join us for our **Medicare & Resource Fair!** Connect with local vendors, community organizations, and Medicare plan representatives while gaining Medicare knowledge and discovering resources that support your health, wellness, and lifestyle.

Join Us!

OCT. 5TH
10AM - 2PM

Kinsbury Firehouse
3715 Burgoyne Ave
Hudson Falls, NY 12839

OUR RESOURCE VENDORS:



Kie to Independent
Growth, Inc. (KIGI)
Community Services Specialists



VFW District 3



This is an advertisement. By calling the number provided you agree to speak with a licensed insurance agent about Medicare Advantage, Prescription Drug Plans or Medicare Supplements. We do not offer every plan available in your area. Currently we represent 11 organizations which offer 137 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options. Not affiliated with any government agency including Medicare.



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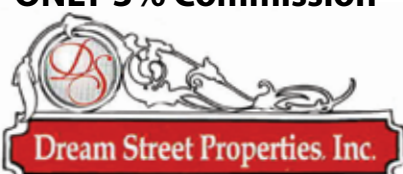
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LOCATION - Battenkill Valley Farms
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EVENT DATES

- Friday October 9th - Vendor Setup Noon-8:00 pm
- Saturday October 10th - 9:00am-5:00pm
- Sunday October 11th - 9:00am-3:00pm

CONTACT INFO-Email: Shawn@washcoagpark.com
VENDOR APPLICATIONS - www.thebattenkill.com
12 x 20 space-\$25 (week of \$40) | Admission: \$5 per car

SCAN QR CODE
FOR MORE
INFORMATION




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\$16.00 / Dinner

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Pick-up Location:
American Legion Post 574 Pavilion - 72 Pearl St. Hudson Falls, NY

Guarantee your dinner by purchasing tickets in advance online, by phone, or in-person at our Hudson Falls High Peaks Hospice Office. Prepaid orders must be picked up by 5:30 pm. A limited number of meals will be available for walk-ins on a first-come, first-served basis.

Order online: highpeakshospice.org/bbq
Order by phone: 518-891-0606




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**TOP NOTCH
STORAGE**

For More Info visit our website at www.TopNotchADK.com
518-528-0790 • 232 Martindale Ave., Hudson Falls NY

Do you know a Washington County resident 60 years of age or older who has performed admirable community service and civic achievement who deserves commendable recognition, here is your opportunity to honor them!

Complete and submit this nomination form along with a summary of the individual's noteworthy history and send it to our office. If you need assistance completing the form, please call our office and someone will be able to assist you. We will be accepting nomination forms from now until November 6th, 2026!

Thank you,
Gina Cantanucci-Mitchell

2027 New York State Office for Aging's Older New Yorkers Day Nomination Form

Washington County Office for Aging and Disabilities Resource Center
is accepting nominations NOW!

Take time to nominate an older adult with commendable civic service!

Nominee _____

Address _____

Phone # _____



Along with this nomination form, it is important for you to submit a detailed summary of the accomplishments which highlights why the nominee deserves to receive recognition. You are welcome to attach as many separate pages to this form as needed to capture an individual's accomplishments. Voting takes place by the members of the Washington County OFA Advisory Council and votes are based on the summary you provide that shares the individuals accomplishments. The information you offer will determine whether or not your individual receives the award from New York State!

Nominator _____

Phone # _____

Please submit your nomination(s) to:

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



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

AGING IN COMMUNITY PRESENTS

AGING IN PLACE WITH PACE

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PACE OUTREACH SPECIALIST TRACY NZAMBI
WILL LEAD TWO 90-MINUTE DISCUSSIONS
ABOUT PACE SERVICES, THE ENROLLMENT PROCESS,
AND THE STEPS FOR INSURANCE COVERAGE.

THURSDAY OCTOBER 29
2:30 PM & 6:00 PM

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Aging in Community



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Office for
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Questions? Email us at info@silvershield.ai or call us at 917-960-3754



Washington County Office for Aging



Public Hearing

What is a Public Hearing?

Each year Washington County Office for Aging holds a Public Hearing. The primary purpose is to obtain public testimony and/or comment before significant decisions are made for the development of the Annual Plan for services and programs.

What does the Office for Aging do with the comments?

Public testimonials and comments gathered throughout the Public Hearing period will be taken into consideration when the Annual Plan for programs and services is being developed. In previous years, public comments and testimonials were used to advocate for additional funding for unmet needs.

How do I know what is in the Annual Plan?

The Office for Aging provides the public an abstract (summary) of the proposed service plan prior to the public hearing. It is available at the Office for Aging, the Whitehall Meal Site at American Legion Post 83, the Kingsbury/Fort Edward Senior Center and the Cambridge Senior Center.

Information is also available at:
www.washingtoncountyny.gov/148/Office-for-Aging

Thursday, November 5, 2026

At the Washington County Council of Seniors Brunch

**Doors open at 9:00 a.m.
Brunch served at 10:30 a.m.
Public Hearing to follow**

**American Legion Post 574
72 Pearl Street, Hudson Falls, NY**

What if I cannot attend the Public Hearing?

You can submit comments for an additional 30 days after the Public Hearing:

Mail or drop off:
Washington County Office for Aging and Disabilities
Resource Center, 383 Broadway
Fort Edward, NY 12828

Call: (518) 746-2565

Email: OfficeForTheAging@washingtoncountyny.gov

Pre-reservations are required for brunch.

Please call (518) 746-2286 by Tuesday, October 27, 2026, to make a meal reservation.

Ages 60 and older: suggested lunch contribution of \$5.
Ages 59 and younger: cost is \$10.

Contact our office by October 13, 2026, if you require a reasonable accommodation to participate or to discuss your accessibility needs. This location is wheelchair accessible.

FREE ADMITTANCE TO ATTEND THE PUBLIC HEARING

For more information, please call (518) 746-2565



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



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.



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Condado de Washington Oficina para Personas Mayores



Audiencia pública

¿Qué es una audiencia pública?

Cada año, la Oficina para Personas Mayores del Condado de Washington celebra una audiencia pública. Su objetivo principal es recibir testimonios y comentarios antes de tomar decisiones importantes para elaborar el Plan Anual de servicios y programas.

¿Cómo se utilizan los comentarios?

Los testimonios y comentarios recibidos se tendrán en cuenta al elaborar el Plan Anual. En años anteriores, los comentarios del público ayudaron a solicitar fondos adicionales para atender necesidades no cubiertas.

¿Cómo puedo conocer el Plan Anual?

Antes de la audiencia, la Oficina para Personas Mayores pone a disposición del público un resumen del plan de servicios propuesto. Puede consultarlo en la oficina, en el comedor de Whitehall ubicado en American Legion Post 83, en el Centro para Personas Mayores de Kingsbury/Fort Edward y en el Centro para Personas Mayores de Cambridge.

Más información en:

www.washingtoncountyny.gov/148/Office-for-Aging

Jueves, 5 de noviembre de 2026

**Durante el almuerzo del Consejo de Personas Mayores
del Condado de Washington**

**Las puertas abren a las 9:00 a. m.
El almuerzo se servirá a las 10:30 a. m.
La audiencia pública comenzará después del almuerzo.**

**American Legion Post 574
72 Pearl Street, Hudson Falls, NY**

¿No puede asistir a la audiencia pública?

Puede enviar comentarios durante los 30 días posteriores a la audiencia:

Por correo o en persona:
Washington County Office for Aging and Disabilities
Resource Center, 383 Broadway
Fort Edward, NY 12828

Por teléfono: (518) 746-2565

Por correo electrónico:
OfficeForTheAging@washingtoncountyny.gov

Se requiere reservación para el almuerzo.

Llame al (518) 746-2286 a más tardar el martes 27 de octubre de 2026 para reservar su comida.

Personas de 60 años o más: contribución sugerida de \$5.
Personas de 59 años o menos: costo de \$10.

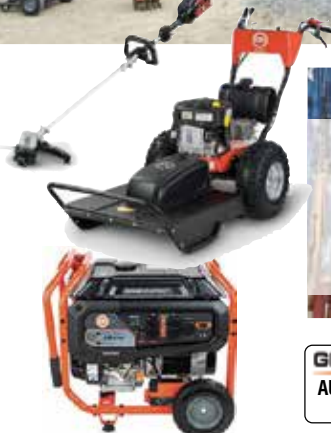
Si necesita una adaptación razonable para participar, comuníquese con nuestra oficina a más tardar el 13 de octubre de 2026. El lugar es accesible para personas que usan silla de ruedas.

ENTRADA GRATUITA A LA AUDIENCIA PÚBLICA

Para más información, llame al (518) 746-2565

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Breast Cancer Awareness Month 2026





2026 Breast Cancer Statistics

Source: [American Cancer Society](#)

Please use the exact wording below when sharing these statistics.

- 1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.
- This year, an estimated 382,640 women will be diagnosed with breast cancer in the United States.
- When diagnosed in an early, localized stage, the 5-year relative survival rate for breast cancer is over 99%.
- Approximately 66% of breast cancer cases are diagnosed at a localized stage*, when breast cancer is easier to treat.
- Women who receive regular mammograms have a 26% lower risk of dying from breast cancer compared with women who do not get screened.**
- Breast cancer is the most common cancer in American women, except for skin cancer. This year, approximately 30% of all new cancer diagnoses in women will be breast cancer.
- This year, an estimated 42,140 women will die from breast cancer in the United States.
- An estimated 2,670 men will be diagnosed with breast cancer this year in the United States. Approximately 530 men will die from breast cancer.
- There are over 4 million breast cancer survivors in the United States.

*Localized breast cancer is early-stage breast cancer in which there is no sign that the cancer has spread outside of the breast.
**Women ages 50-74 who receive a mammogram every 2 years.
Source: [Centers for Disease Control and Prevention](#)



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THE

Every Stage of Life

PLACE

Healthy Aging Days

October 5–10, 2026

Join us for a week of FREE EVENTS across all six Saratoga Regional YMCA branches! Connect with local experts and community resources, discover practical ways to live well, and get moving with fun fitness demos and activities for every age.

OCT 5 • Wilton • 9:00 AM – 12:00 PM
 OCT 6 • Battenkill • 10:00 AM – 1:00 PM
 OCT 7 • Glens Falls • 4:00 PM – 7:00 PM
 OCT 8 • Corinth • 10:00 AM – 1:00 PM
 OCT 9 • Malta • 10:00 AM – 1:00 PM
 OCT 10 • Saratoga Springs • 10:00 AM – 2:30 PM

Join the Y during the event and we'll WAIVE the joiner's FEE at the host branch.
 FREE ADMISSION. Photo ID required. No YMCA membership needed.

SCAN QR code to explore event details, schedules, and activities.
 Saratoga Regional YMCA • SRYMCA.ORG

TAKE THE COMMUNITY SURVEY

YOUR VOICE CAN HELP SHAPE THE FUTURE OF AGING IN GREENWICH

Your experiences and ideas can help shape Town of Greenwich programs, services, and community supports that help people stay healthy, connected, safe, and independent at home.

Survey Ends Friday October 23

WHY TAKE THE SURVEY?

- Plan better programs, services, and community events
- Understand community and caregiving needs
- Strengthen applications for grants and other funding
- Build a more supportive community for aging

SCAN THE QR CODE TO TAKE ONLINE SURVEY

The survey is anonymous and takes about 20 minutes.
Paper surveys available at Town & Village Clerks
 Greenwich Free Library • Local Churches
 Completed paper surveys may be returned to these locations.

Questions?
 Email: aic.greenwich@gmail.com

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PATHWAYS TO PEACE



Online
**SIX-WEEK GRIEF
SUPPORT GROUP**

Grief is a natural response to loss—and no one should have to walk that journey alone.

Whether your loss is recent or some time ago, you are welcome.

This six week guided and structured grief group is based on Dr. Alan Wolfelt's book, *Understanding your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart*.

It is designed to help participants better understand their own grief and the guiding principles behind it. This is a safe and supportive environment where you can find support, encouragement and wisdom from others with similar experiences.

Participants will need to register in advance for the entirety of the six week session as each session is designed to build upon the last.

**NEXT SESSION BEGINS
ONLINE VIA ZOOM**

 **FRI, OCT 23, 2026
5:00 PM - 6:00 PM**

Space is limited. Contact High Peaks Hospice to learn more or register.

Register By Oct 16th

518-891-0606
bereavement@highpeakshospice.org

Our Home Is Your Home

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

kilmerfuneralhome.com | mbkilmer@kilmerfuneralhome.com

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SCAN FOR INFO



OFFICE FOR AGING

KEEP YOUR HEALTH ON HAND WITH A SCC MEDQR WRISTBAND/ PENDANT

Designed to communicate vital medical information in the event of an emergency.

STEP 1

Scan Code. Register with your email, create a username and password, and enter the alphanumeric code provided to you.

STEP 2

Log into our website with the username and password you created in the previous step.

STEP 3

Enter your personal and medical information and save!



A laser-etched QR code transmits a brief medical summary such as allergies, medical conditions, and medication needs, on your behalf.



Call Washington County Office for Aging for Details

 **518-746-2420**

FREE FOR WASHINGTON COUNTY RESIDENTS AGE 60+

Aging in Community
presents

CAREGIVER SUPPORT CONVERSATIONS

All informal caregivers are welcome: family, kin, distance, neighbors, and friends.

ONCE A MONTH, MORNING OR EVENING
10:30 AM - 12:00 PM
6:00 - 7:30 PM

- Tuesday October 13
- Tuesday November 17
- Tuesday December 15

We are a diverse group of caregivers sharing our experiences with aging, chronic or progressive illness, end of life, and other long term caregiving. Facilitated by **Barbara Price**, a board certified patient advocate and end of life doula.




Aging in Community





Greenwich Free Library 148 Main Street, Greenwich, NY 12834

For more information email GreenwichAgingInCommunity@gmail.com or call Barbara Price 518-588-2647

Cornell Cooperative Extension : Warren and Washington Counties

PS: IT WORKS! FOR PARENTS

**For Parents Wanting to
STRENGTHEN YOUR RELATIONSHIP WITH YOUR CHILD AND
IMPROVE FAMILY COMMUNICATION!**

**PARENTING DISCUSSIONS INCLUDE: CAN DO, CHOICES,
ENCOURAGEMENT, ACTIVE LISTENING AND SELF-CONTROL!**

JOIN THIS PROGRAM IN THE COMFORT OF YOUR OWN HOME!

FREE FIVE-WEEK PARENTING SERIES

Who: Warren and Washington Counties Parents/Caregivers with children – toddlers to teens.

What: Learn tried and true basic parenting skills in this interactive program. We will explore five skills that you can implement in your role as a parent/caregiver.

Where: Via Zoom (must have an email address to connect)

When: Five Thursdays: 6PM-7:30PM October 1st through October 29th.

Register: 518-290-2302 or Email: cjs58@cornell.edu
No cost to attend.

Referrals can be made by the court system, attorneys, attorney for the child, counselors, social services or self referral.



MEDICARE GUIDE
FREE Dementia Support Program

Are you caring for a loved one with dementia?

Don't go it alone. **GUIDE (Guiding an Improved Dementia Experience)** improves the quality of life for people with dementia and supports their family caregivers.



Who

- GUIDE is 100% covered by traditional Medicare Parts A & B
- Patient diagnosed with any form of dementia
- Family caregiver supporting their loved-one with dementia

What

- Dementia care navigation and family caregiver training
- \$2600 per year of family respite care paid by Medicare
- Medication review and education
- Recommendations to create a dementia-friendly home
- Referrals to healthcare and community support organizations

Where

- Patient must live at home
- Respite can be personal care, adult daycare or assisted living
- GUIDE is not available for hospice, PACE, Assisted Living or Skilled Nursing Facility

When

- 24/7 phone-based support
- Regularly scheduled in-person support groups
- Online tools and training

How

- Telehealth assessment performed by our Provider to qualify
- In-home visit for home safety review
- Monthly engagement with our Care Navigator

To enroll in GUIDE or to learn more, contact:



Phone 518-465-7581

FAX 518-462-2743

E-mail khance@herzoglaw.com

Web www.hertzoglaw.com

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JOIN GIRL SCOUTS TODAY!



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**Scan the QR Code.
Enter Your Information!
We'll be in touch!**





Mary P. Hollister
CPA, PC

Mary Hollister
Service Unit Manager,
Northern Washington County





518.499.2072 • Hollister.cpa
29 Hollister Road, Whitehall, NY 12887



USE THIS LIST

This checklist, developed by knowledgeable fire service professionals, is designed to help you to save your property, your life, and the lives of those you love. Do not just toss this in some pile of papers on your desk. USE IT NOW!

GO GET A WRITING IMPLEMENT NOW!

HOME FIRE SAFETY checklist

Office of Fire Prevention & Control
 Phone: 518-474-6746
 Fax: 518-474-3240
 E-mail: fire@dhses.ny.gov
 Website: www.dhses.ny.gov/ofpc

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.



PREPAREDNESS

- ☐ Is there a working smoke alarm inside your home?
- ☐ Are they mounted high on walls or on ceilings well away from the path of steam from bathrooms and cooking vapors from the kitchen which can result in false or nuisance alarms?
- ☐ Do you replace the batteries regularly (at least every year)?
- ☐ Do you test your smoke alarm monthly?
- ☐ Have you pushed the "Test" button to make sure everyone recognizes the sound?
- ☐ If you are hearing and/or visually impaired, do you have smoke alarms with strobes and/or vibration signals?
- ☐ Does everyone living in your home know to escape first and then call from a safe location?
- ☐ Do you have an escape plan?
- ☐ Does it include two ways out of every room?
- ☐ Is everyone living in your home familiar with the plan?
- ☐ Do you have a designated meeting place, outside your home, that everyone knows?
- ☐ Do you practice the escape plan regularly and at varying times so the escape plan becomes second nature?
- ☐ Have you practiced your escape plan when family members are sleeping to make sure each person awakes and is able to properly respond to the smoke alarm?
- ☐ Have you practiced your plan crawling on hands and knees as though there were heat and smoke?
- ☐ Have you practiced your plan with an exit blocked to become familiar with using alternate exits?
- ☐ Is there a flashlight with good batteries by each person's bed?
- ☐ Is there a whistle by each bed to warn others of a fire or to alert rescuers to that location?
- ☐ Are your house and car keys near your bedside so they are easily accessible?
- ☐ Do windows and doors open easily from inside?
- ☐ Do you keep escape routes clear at all times (furniture, toys, storage, clutter)?
- ☐ Have you provided escape ladders or other provision from upstairs rooms? Have ladders been opened escape ladders safely from the ground floor window for practice?
- ☐ Have you ensured that family members with special needs, such as small children and the ill or frail, or those who can't wake up at the alarm sound, have a "buddy" to help them get out safely?
- ☐ Are address numbers at least 3-5" high, a contrasting color from the rest of the exterior, and clearly visible from the street?
- ☐ Do you have a single box containing all important papers (preferably fireproof)?
- ☐ Have you catalogued and updated your household inventory for insurance claims?

FIRE PREVENTION

- ☐ Do you keep space heaters at least three feet from anything that will burn (newspapers, furniture, curtains, clothes, etc.)?
- ☐ Are all electrical cords and plugs in good condition?
- ☐ Are you careful not to overload any electrical outlet, extension cord, or power strip?
- ☐ Do you frequently check wires and cords to make sure they are not damaged?
- ☐ Are bathroom and kitchen outlets protected by ground-fault circuit interrupters?
- ☐ Are candles and oil lamps fully extinguished before leaving the room or going to sleep?
- ☐ Are candles in sturdy non-tip and non-combustible candle holders?
- ☐ Do you keep candles out of the reach of children and pets and have a rule that children may not have candles or incense in their rooms?
- ☐ Do you keep matches and lighters high, out of the reach and sight of children, preferably in a locked cabinet?
- ☐ Is there a fire extinguisher within easy access of the cooking area? Do you know how to use it?
- ☐ Do you always keep things that can burn, such as dish towels, paper and plastic, curtains, etc. at least three feet from the range top?
- ☐ Do you always remain in the room while cooking?
- ☐ Do you avoid any loose fitting clothing that could catch fire, while cooking?
- ☐ Do you turn off and unplug appliances when they are not in use? Are curling irons and hot rollers unplugged immediately after every use?
- ☐ Do you keep appliances and surrounding areas clean so that grease does not build up and catch fire?
- ☐ Is every smoker committed to never smoke in bed?
- ☐ Do you douse cigarette and cigar butts with water before dumping them in the trash?
- ☐ Do you have large, deep, non-tip ashtrays for smokers?
- ☐ Are newspapers, empty boxes, rags, paints, and gasoline cans stored in proper containers and away from heaters, outlets, or any other possible ignition source and outside the house?
- ☐ Do you have chimneys, fireplaces, wood and coal stoves, central furnaces, and space heaters inspected by professionals once a year and cleaned regularly?
- ☐ Is firewood stacked at least ten feet from the house?
- ☐ If you have a wood or coal fueled stove, is it properly installed and maintained?
- ☐ If you have a fireplace, is it fitted with approved doors or screen? Do you keep anything that will burn well away from the fireplace?
- ☐ Are all ashes and coals placed in a metal container away from the house?
- ☐ Is the exterior of your home clear of all trash, dead grass, leaves, and other combustible materials?
- ☐ Is your barbecue grill at least three feet from the house, trees, shrubs, and other things that will burn when cooking? Never use a grill on a wooden deck or porch or indoors.



LIVE on Facebook under
 Washington County, NY Office
 for Aging and Disabilities
 Resource Center
Please 'Like Us' and 'Share'

WEATHER EMERGENCIES AND MEAL DELIVERIES/ DINING SITES

Just a reminder that if severe weather conditions or other types of disasters occur, the Office for Aging and Disability Resource Center may need to cancel both meal site dining and home delivered meals services. Please seek out any of following radio and television stations or our Facebook Page for information regarding cancellations:

The Daily Gazette
 Post Star
 The Times Union
 Time Warner Cable News
 WFLY – Fly 92
 WGNA – Country 107.7
 WGY- 810 WGY
 WNYT TV
 WRGB TV
 WRVE – The River
 WTEN TV
 WYJB – B-95.5
 WXXA TV
 FACEBOOK Page



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Fire Prevention Week™ is October 4-10, 2026. "Charge Into Fire Safety™. Safe Charging Is a Superpower" focuses on the everyday charging habits that can help reduce the risk of lithium-ion battery fires and keep homes and communities safer.
Plug in. Power up. Stay safe.

Safe Charging Is a SUPERPOWER

Charge into Fire Safety™

Safe charging means making smart choices every time you plug in. Everyday charging habits can help prevent lithium-ion battery fires.
Safe charging is a SUPERPOWER!

USE YOUR CHARGING SUPERPOWERS

CHEAP CHARGER? DON'T CHANCE IT.

Use the cord and charger that came with your device or one approved by the manufacturer.

Why it matters: Using the wrong charger can damage the battery and increase the chance of fire. Cheap or off-brand chargers may not meet important safety standards.

FULLY CHARGED? TIME TO UNPLUG.

Unplug your device when it is fully charged.

Why it matters: Leaving a device plugged in can increase heat and stress on the battery.

SOFT SURFACE? HARD PASS.

Charge on a hard, flat surface like a table, desk, or bare floor.

Why it matters: Devices and chargers create heat during normal charging. Soft surfaces like beds, pillows, and couches can trap heat and block airflow, which can cause a battery to overheat.

FOR TOOLS AND RIDES, CHARGE OUTSIDE.

Charge large items like e-bikes, scooters, and power tools outside when possible. Do not block exits when charging.

Why it matters: These batteries are larger and store more energy. Fires can grow quickly if the battery fails.

FEELS HOT? STOP USING IT.

Stop using your device if it feels very hot, starts to swell, smells strange, leaks, smokes, or makes popping or hissing sounds.

Why it matters: A damaged battery can overheat and start a fire.

OUT OF SIGHT? NOT IN FLIGHT.

When on a plane, keep devices where you can see them while charging. Do not charge e-cigarettes or vapes on the plane. Tell a flight attendant if you notice a problem with your device, such as if it feels very hot, starts to swell, is smoking, or has a strange smell.

Why it matters: If a battery overheats or fails, it is important for the flight crew to be able to respond quickly.

— Working smoke alarms and a home fire escape plan can help make a life-saving difference. —

BATTERY SAFETY STARTS BEFORE YOU PLUG IN

Buy products listed by a nationally recognized testing laboratory, such as UL, ETL, or CSA. * Listed products meet important safety standards.

NATIONAL FIRE PROTECTION ASSOCIATION
The Leading Information and Knowledge Resource on Fire, Electrical, and Related Hazards

nfpa.org/education | ©2026 NFPA®

*The listing of specific commercial products or services herein is solely for educational purposes and does not imply endorsement by NFPA, nor discrimination against similar services not mentioned.



October 2026

Reservations Required. Zoom available for most programs upon request.

Email tgolden@theconklingcenter.org or call 518-793-1494
www.theconklingcenter.org

Thursday, October 1st 2-3pm
Fall in a Bottle \$10 due by 9/30. Linden Pearsall/Community Horticulture Coordinator is back with us again! One glass bottle will be provided. You may bring a second, small bottle from home for another while supplies last. We will be using seasonal wildflowers, dried fruits, and more.

Please Note Fees or requests for cancellations after the "due by" will become a program donation. Thank you for your understanding.

Tuesday, October 6th 1-2pm
Beginner Technology with SAIL. Bring your cell phone, your tablet, laptop and your questions for Zac!

Thursday, October 8th
8am-12pm Elder Law Summit. Registration is Required by 9/30. Spaces are limited. This is a free event being held at SUNY ADK. Buffet breakfast will be provided. Attending will be the Washington County Office for the Aging, Medical Aid in Dying Community Presentation by Nathalie Chara/End of Life Choices, along with an Attorney Panel with Brian Borie, Jessica Botelho, James R. Burkett and Phillip K. Vacchio. Moderating will be Ruth Fish, NP.

Thursday, October 15th 2-3pm
Protein Bingo \$2.00 due by 10/13. Alyssa Hayes, Food Systems Educator from Warren County Cornell Cooperative Extension. Learn the importance of protein in the senior diet. Protein snack of hummus and homemade pita bread provide. And for fun, we play Protein Bingo! *Please Note* Fees or requests for cancellations after

the "due by" will become a program donation. Thank you for your understanding.

Tuesday, October 20th 1-2pm
10 Warning Signs of Alzheimer's. Lindsay Stanislawski/Alzheimer's Association from the Northeastern NY Chapter joins us to share the difference between normal aging and Alzheimer's. Common warning signs, the importance of early detection and benefits of diagnosis, next steps and expectations for the diagnostic process, and Alzheimer's resources.

Tuesday, October 27th 1-2pm
Organize Senior Moves. Ensure a smooth transition when moving. Learn about design layout, sorting items, packing, and preparing to sell. Organize Senior Moves "Makes Moving Easier" and stress free.

Thursday, October 29th 2-3pm
Hometown, USA LOOK Magazine. Tisha Dolton/Folklife Center at the Crandall Library joins us as we look at Hometown, U.S.A., Glens Falls, in a glorious Kodachrome, 1943-1944 Uses the original, unused color images from LOOK magazine photographers, Harold Rhodenbaugh and Betty Truxell. These slides show the city in all four seasons and will doubtless bring back memories. Images taken by LOOK magazine photographers in preparation for the 1944 series of articles featuring Glens Falls as it grappled with WWII.

Thank you to our weekly program sponsors.



Thank you! Your Donations Help Support Our Programs (Refreshments, Presenters, etc.) Donations for Programs may be made in-person, by mail, or on our website at www.theconklingcenter.org



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.

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

Name _____
Address _____
I designate my contribution of \$ _____ for:
☐ Use where most needed ☐ Informational & Referral
☐ In-home Services ☐ Transportation
☐ Legal Services ☐ Senior Center Activities
☐ Home Delivered Meals ☐ Community Connections
☐ Caregiver Resources

You are the New York State Medicaid Expert We Need

We want to make New York State (NYS) Medicaid work better for NYS Medicaid members and we need your help!

Join NYS Medicaid's new **Beneficiary Advisory Council (BAC)** to share your experience with NYS Medicaid. Your voice can support policy and program changes.

What is the BAC?

The NYS Medicaid BAC is a diverse group of current and/or former NYS Medicaid and Child Health Plus members, and those with direct experience supporting them, such as family members or caregivers.

What will BAC members do?

- Share their point of view and experience as a NYS Medicaid member
- Give feedback about how NYS Medicaid services meet the needs of NYS Medicaid members
- Be a voice for NYS Medicaid members



For more information, please visit: https://health.ny.gov/health_care/medicaid/mac_bac/, or scan the QR code using your mobile device to complete the application.



Usted es el experto en Medicaid del estado de Nueva York que necesitamos

¡Queremos que el programa Medicaid del Estado de Nueva York (NYS) funcione mejor para sus miembros y necesitamos su ayuda!

Únase al nuevo **Consejo Asesor de Beneficiarios (BAC)** de Medicaid del Estado de Nueva York para compartir su experiencia con Medicaid del Estado de Nueva York. Su opinión puede contribuir a que se introduzcan cambios en las políticas y los programas.

¿Qué es el BAC?

El BAC de Medicaid del Estado de Nueva York está formado por un grupo diverso de personas que son o han sido miembros de los programas Medicaid y Child Health Plus del Estado de Nueva York, así como por personas con experiencia directa en el apoyo a estos miembros, como familiares o cuidadores.

¿Qué harán los miembros del BAC?

- Compartir su punto de vista y su experiencia como miembros de Medicaid del Estado de Nueva York
- Dar su opinión sobre cómo los servicios de Medicaid del Estado de Nueva York satisfacen las necesidades de los miembros de Medicaid del Estado de Nueva York
- Ser la voz de los miembros de Medicaid del Estado de Nueva York



Para más información, visite: https://health.ny.gov/health_care/medicaid/mac_bac/, o escanee el código QR usando su dispositivo móvil para completar la solicitud.



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COME SEE THE FRIENDLY SALES STAFF AT NEMER FORD / 323 QUAKER ROAD, QUEENSBURY, NY / (518) 798-8834



Are you interested in serving your community and making some extra cash?

Consider driving for Uber to help the Office for the Aging provide rides to seniors. The **Office for the Aging** is collaborating with **GoGoGrandparent** to provide transportation. GoGoGrandparent uses Uber drivers for this service, and we need more drivers in **Washington County**.

GoGo is offering a “boot camp” to teach you how to get started.
Register online at: <https://gogograndparent.com/driver-bootcamp>

Perfect part-time job
for anyone looking for
flexible hours!

For more information, email
justin@gogograndparent.com



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 Office for Aging 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 # _____
Email: _____ Electric Company Supplier _____
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 people with disabling conditions. The undersigned understands that registration does not guarantee that Washington County, or any other agency, will aid. 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 Submitting Agency: ☐ Self ☐ Spouse



NY Connects
Your Link to Long Term
Services and Supports

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. Finding services can be confusing. A child or an adult with a disability, an older adult, caregivers, family members, friends or neighbors and even helping professionals should reach out to Washington County Office for Aging and Disabilities Resource Center, Home of NY Connects, at 800-848-3303, to discuss needed services.

Caregiver & Adult Support Groups

Webinars, Workshops, Forums, Conferences, And More

Visit alz.org/CRF to find FREE educational programs in your area. Contact Sierra: (518)675-7214 or ssnoddy@alz.org. 24/7 Helpline: 800.272.3900 alz.org/northeasternny	Community Services & Healthy Living (518) 926-1000 www.glensfallshospital.org/services	Registration: email tgolden@theconklingcenter.org or call (518) 793-1494 Tricia Golden
LGBTQ+ CAREGIVER SUPPORT GROUP https://www.lifespan-roch.org	To Register Contact: Kristen Fleming (518) 564-2049.	Community Wellness and Support Groups Saratoga Hospital: (518) 580-2450 https://www.saratogahospital.org/classes/community-education/support-groups
Phone: (518) 792-3537 Fax: (518) 792-0979 71 Glenwood Avenue Queensbury, NY 1284	Phone: (518) 465-7581 Visit: www.herzoglaw.com	Saratoga, Warren & Washington Counties: Phone: (518) 281-8389 -Brenda Norton Web: family@preventioncouncil.org Facebook: www.facebook.com/BrendanNortonFamilySupportNavigator/



HIGH PEAKS HOSPICE

Fundraiser Dinner

October 22, 2026

Join HPH for an elegant evening with Seasoned, SUNY Adirondack's student-run restaurant, featuring a **pre-fixe four course meal paired with local wines**. Enjoy great food and company while supporting the hospice mission of bringing peace, comfort and dignity to those facing a terminal illness.

Tickets \$80/ea **Advance Purchase Required. Make Your Reservation Today!**
To accommodate all guests, parties may be seated together at communal tables.

When: Thursday, Oct. 22nd
Doors open at 5:30 PM
Seating by 5:45 PM
Service begins at 6:00 PM

Where: Seasoned Restaurant
14 Hudson Ave.
Glens Falls, NY 12801



Reserve online: www.highpeakshospice.org/seasoned
Reserve by phone: 518-891-0606

All funds raised support hospice services in our community




WASHINGTON COUNTY OFFICE FOR THE AGING NUTRITION PROGRAM

MOBILE MEAL 'POP UP' LUNCHEON

What is a Mobile Meal Site
Mobile Meal Sites provide a nutritious noon-time meal and a presentation or activity to all adults age 60 and older.

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

We try to accommodate walk-ins on the day of the event. We cannot guarantee a meal as the number of meals available are determined by the reservation list.



Tuesday, October 28
12:00 PM

Presentation: Tina McDougall, Director
Washington County Public Health

Proudfit Hall Bancroft Public Library
181 S Main Street, Salem, NY

*Lunch: Roast Turkey over Stuffing with Gravy,
Mashed Potatoes, Green Beans, Sunshine Bar*

All events are a suggested contribution of \$3.00 for 60 and older. 59 years of age and under is a cost of \$10.00.

October 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Our meals contain: 3-4 oz of protein 1 cup of dairy 1 cup of vegetables 1 cup of fruit 2 oz of whole grains 2 tsp of healthy fat		Allergen information available upon request.	October 1 Chicken Patty Broccoli Florets Buttered Corn Fresh Apple	October 2 Pulled Pork Macaroni and Cheese Green Beans Peach Cobbler
October 5 Shepherd's Pie Normandy Blend Veggies Dinner Roll Fresh Pear	October 6 BBQ Chicken Breast Baked Potato Chef's Choice Vegetable Peaches and Cream	October 7 Classic Lasagna Italian Blend Veggies Carrot Coins Cinnamon Sliced Apples	October 8 Chili Con Carne over White Rice Cauliflower Corn & Black Beans Chef's Choice Cake	October 9 Chicken Caesar Salad 3 Bean Salad Country Style Tomatoes Fig Newtons
October 12 Happy Columbus Day Program Closed	October 13 Cheeseburger on a Bun Warm Beets Mixed Vegetables Melon Medley	October 14 Tuscan Chicken over Pasta Brussel Sprouts Dinner Roll Fresh Apple	October 15 Potato Encrusted Cod Brown Rice Rutabaga Chef's Choice Cookie	October 16 Broccoli & Cheese Quiche Prince Edward Blend Cauliflower Blueberries & Cream
October 19 American Goulash California Blend Veggies Dinner Roll Fresh Peach	October 20 Homestyle Chicken Gravy over a biscuit Mixed Vegetables Wax Beans Pineapple & Cherries	October 21 Meatloaf with gravy Mashed Sweet Potato Steamed Broccoli Fresh Fruit Salad	October 22 Hearty Chicken Stew Lima Beans Dinner Roll Lorna Doone Cookies	October 23 French Toast Casserole Diced Potatoes Sausage Link Yogurt With Berries
October 26 Hot dog with Meat Sauce Baked Beans Corn Fruit Jello	October 27 Happy October Birthdays Roast Turkey over Stuffing with Mashed Potato and Gravy Green Beans Sunshine Bar	October 28 Chicken Penne Alfredo Broccoli Dinner Roll Mandarin Oranges	October 29 Pork Chop Supreme Cauliflower Capri Blend Vegetables Fresh Plum	October 30 Lemon Butter Cod Brown Rice Steamed Spinach Chilled Pineapple

Meals should be eaten when delivered or immediately refrigerated and reheated to 165-degrees.
 TO CANCEL OR RESTART YOUR HOME DELIVERED MEALS - Call 518-746-2357
 Congregate Meal Sites: Cambridge 518-677-8592 - Hudson Falls 518-747-9352 - Whitehall 518-499-2482
Menus subject to change.

Living Well with Diabetes: Pathways to Control Your Blood Sugar

Six weekly sessions designed for those living with diabetes and people who are at risk of developing diabetes, as well as family members, friends, and caretakers

Gain confidence in managing diabetes and preventing complications!

In partnership with [Get Healthy North Country](#), Washington County Public Health is pleased to offer a FREE 6-week Living Well with Diabetes: Pathway to Control Your Blood Sugar Workshop for Washington County residents. The workshop is an SMRC Evidence-Based Self-Management Program originally developed at Stanford University and is recommended for adults living with diabetes, and people who are at risk for developing diabetes, as well as family members, friends, and caretakers.

The workshop, formerly known as the Diabetes Self-Management Program, is free to attend and each participant will receive supportive program materials including Self-Management Toolkit Resources, Action Planning Resources, a [Living a Healthy Life with Chronic Conditions](#) book and more!

The peer leaders will utilize various interactive activities to help participants acquire new skills in self-managing their chronic diseases. Session topics include:

- Blood sugar control techniques
- Healthy eating and medication use
- Exercise for strength and endurance
- Action-planning, problem solving, and decision making for daily diabetes management

When: Every Tuesday from November 10 to December 15, 1:30-4 p.m.

Where: Washington County Burgoyne Avenue Campus
1153 Burgoyne Ave, Fort Edward

- Monitoring and adjusting lifestyle behaviors
- Preventing complications through proactive self-care

This interactive program aims to increase confidence, physical and psychological well-being, and knowledge of chronic disease self-management strategies. This program does not, however, replace any existing programs or treatments. Feedback from previous participants includes:

"I found this workshop very informative. Loved it",

"[The] Program motivated me to be more active & eat well. Completely worth my 6 weeks" and

"Very eye-opening and useful program. Learned a lot of tips for healthy living I hadn't thought about before"

Participants are encouraged to bring their own water/drinks and a snack. Stretch breaks will be offered throughout the workshop. The workshop is currently offered to Washington County residents only.

Registration is required. For questions or to register, please call Mallory at 518-746-2400 ext. 3774

For workshops in your area, visit gethealthynoco.org/our-workshops/



October Nutrition News

Souper Nutrition for the Fall

Stacey Barcomb, Nutrition Services Coordinator

Now that we are well into the "ber" months (September-December) many of us are craving warm and comforting foods as we embrace the cooler temperatures. Soup can be a wonderful choice during this season; it can be made with very few ingredients and customized to personal taste or dietary restrictions.

Soup is a hydrating food because by design it is made using liquid, usually broth, stock or canned tomatoes. Soup can be very nutritious and easy to digest. Meal of slowly cooked cooking vegetables and nutrient dense pro-

tein. This meal can be easily stored and frozen, making it a good choice when cooking for one or two.

Soup is a meal that does not require a recipe and can be created by using the ingredients you enjoy and have on hand. The basic soup recipe is to start with liquid usually broth, stock or water, you then add vegetables, pasta, beans, meat, etc., simmer and season to taste. Here are a few variations: lentil soup, beef and tomato macaroni soup, minestrone soup, potato soup or chicken gnocchi. We have shared an easy customizable recipe below for you to try. We hope you find it souper easy.

Easy Chicken Soup

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 1 cup cooked chicken breast or canned chicken
- 1 cup frozen, mixed vegetables
- 6-8 cup of low sodium chicken or vegetable broth
- 1 cup egg noodles

Instructions:

1. Heat oil in a large saucepan over medium heat.
 2. Add onion and sauté until soft and translucent, about 5 minutes.
 3. Add chicken, vegetables, broth and water and bring to a boil.
 4. Once boiling reduce heat and simmer for 10 minutes.
 5. Add egg noodles and cook according to package instructions or until noodles are al dente (about 5 - 10 minutes depending on type).
- To serve, season with salt and pepper to taste and sprinkle with parsley if desired. Recipe from HomemakersHabit.com



Gain confidence in managing diabetes and preventing complications.

An in-person workshop series to help manage health and well-being.

Details:

In-person at
Washington County Burgoyne
Avenue Campus
1153 Burgoyne Ave, Fort Edward

Learn More:

Space is limited—registration is required.
Call Mallory at 518-746-2400
ext. 3774 to register or learn more



Every **Tuesday** from **November 10 to December 15**,
1:30 p.m. to 4:00 p.m.

To see all of our workshops, scan the QR code
or visit: GetHealthyNoCo.org



This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$12 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.



Call Us First!

Washington County Office for Aging and Disabilities Resource Center

Washington County Office for Aging and Disability Resource Center (ADRC) is a collaborative effort between the Department of Social Services and the Office for Aging, providing unbiased information and access to home and community based services for older adults and individuals of all abilities under the NY Connects Program.

Services Offered

- * In-Home Personal Care Assistance for Non-Medicaid Individuals over 60 and Medicaid Individuals of all Ages: Light Housekeeping, Escort to Appointments, Meal Preparation, Shopping, Dressing, Bathing, Personal Care and other Instrumental Activities of Daily Living
- * Consumer Directed In-Home Personal Care Services Program for Non-Medicaid and Medicaid Individuals
- * Caregiver Support Services: In-Home Personal Care Assistance (as described above), Adult Day Services, Case Management, Personal Emergency Response Services, Respite, & Caregiver Counseling/Education
- * Health Insurance Information, Counseling, and Assistance (HIICAP)
- * Adult Protective Services: Guardianship, Representative Payee Services, & Investigations of Abuse, Neglect, and Financial Exploitation
- * Case Management
- * Home Delivered Meals
- * Registered Dietitian Services: Nutrition Counseling & Nutrition Education
- * Senior Dining Site Program
- * Transportation
- * Personal Emergency Response Services (Medical Alert)
- * Legal Assistance
- * Social and Medical Adult Day Services
- * Senior Center Recreation and Education
- * Services for the Blind and Visually Impaired
- * Emergency Planning
- * In-Home Contact & Support: Telephone Reassurance/Friendly Calling and Resources for Social Isolation and Loneliness
- * Evidenced Based Health and Wellness Promotion: Tai Chi for Arthritis
- * Senior Farmer's Market Coupons
- * Community Connections: A Monthly Digital Newspaper (printed version is available certain times of the year)
- * Senior Events: Picnic, Health & Wellness Fall Festival, Senior of the Year Program, Council Events, & More
- * NY Connects Services: Person Centered Counseling, Online Resource Directory, Information & Assistance & Referral for Long Term Care Planning for People of all Ages and Abilities

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

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

Senior Dining Site Locations

(Serving Nontime Meals)

- **Cambridge Senior Center**
(518) 677-8592
- **Hudson Falls/Fort Edward Senior Center**
(518) 747-9352
- **Whitehall - American Legion**
(518) 499-2482

383 Broadway - Fort Edward, NY 12828
TELEPHONE: (518) 746-2426 or 1-800-848-3363
FAX: (518) 746-2418 or 746-2571
<https://www.washingtoncountyny.gov/148/Office-for-Aging>





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