



Washington County
Office for Aging and Disabilities Resources
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Gina Cantanucci-Mitchell,
Executive Director

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Dear Community Partner:

Well it is starting to heat up out there as we go into August. It is very important that while you are participating in different activities that you keep hydrated. Be aware of the medications you are currently taking to see if there are any warnings about being in the sun and heat. You may want to monitor the weather reports for high humidity, so you can turn on your air conditioners. If you cannot afford an air conditioner and need one for health reasons you may be eligible for one through the HEAP Cooling Assistance Program. For more information contact our office.

Take advantage of programs that offer access to fresh fruits and vegetables.

- Senior Farmers Market Nutrition Program provides coupons for low-income seniors. The coupons can be exchanged for locally grown fruit and vegetables at participating farmers markets in NY. Our office has a supply of these coupon booklets for our residents. For more information about eligibility and obtaining the coupons call our office and speak with Sharon Zayachek.
- Fresh Food Collective by Comfort Food Community provides free fresh produce at a variety of locations throughout the county on Fridays. See the flyer for times and location.

National Institute on Aging Tips to help you stay motivated to Exercise. Being physically active is one of the most important things you can do each day to maintain and improve your health and keep doing things you enjoy as you age. See the attached flyer for tips.

Wellness: The month of August is Wellness awareness month. The FairFax Falls Church Community Services Board and SAMHSA presents the 8 Dimensions of Wellness which includes emotional, environmental financial, intellectual, social, physical, spiritual, occupational. The Eight Dimensions of Wellness can help you choose how to make wellness a part of your everyday life. Please see the attached flyer for more information.

Family Matters: While they're wrapping up high school studies and obligations, high school seniors make important decisions about the rest of their lives. Some choose to pursue a college degree immediately, and others may decide to join the workforce or military or delay college enrollment. The quest for independence and self-reliance can be exciting. But it also can increase stress levels and lead to a variety of unhealthy behaviors like underage drinking. Research shows that the brain continues to develop into the 20s, so alcohol use can damage young adults' maturing brains—just as they're starting the next phase of their lives. See attached flyer for more information.

Medicare: The Medicare Rights Center has provided information about Troubleshooting Medicare Coverage problems. You do not need to know all of Medicare's coverage rules, but before getting a service, check to make sure Medicare covers it and if there are any steps you must take to receive it. If Original Medicare or your Medicare Advantage Plan does not cover a service, it may be because you did not follow coverage rules. See attached flyer.

Scams: New York StateWide Senior Action Council, Inc presents different types of Medicare Fraud who to contact. See attached flyer for more information.

NorthernRivers has provided information on Mobile Crisis Services:

Telephone and in-person supports are available for children, families, and adults experiencing emotional and/or behavioral crisis and for professionals working with these individuals. See attached flyer for more information

Self-Care Bags: The Council for Prevention was awarded one of the Washington County Home for Aged Woman's Grants. Team members have put together 400 mental health self-care bags for participants of the Washington County Home Delivered Meals program. The bags are being distributed by the Washington County Home delivered Meals drivers. See attached flyer for more information.

Mental Health: The Council for Prevention presents Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. See attached flyer for more info

Adult Support Groups: Adult support groups are continuing however most are being facilitated through Tele-Support (requires a phone) or a Virtual Platform (requires smart phone or computer). See attached flyer for contact information. When you need help and need to talk to someone for prevention and crisis support. See attached flyer for contact information and help.

Senior Sites: Exciting News!!!! Congregate Meal sites are serving meals. ALL Congregate Meals please contact sites 24 hours prior for reservations at the numbers below. I have included the menu for this month for Home delivered and Congregated sites.

HUDSON FALLS

Kingsbury/ Fort Edward Area Sr. Center 518-747-9352 Max McDonnell
78 Oak Street

CAMBRIDGE

Cambridge Senior Center 518-677-3750 Maureen Beddows
5 Park Place

WHITEHALL

American Legion 518-499-2280 Hellin LeClaire
148 Main Street (across from Park)

At this time all Office for the Aging large events have been postponed.

Thank you,
April Martin
Community Services Worker

*Washington County has translation services available through Language Line. Access to this service can be done by phone or in person at our office to enable us to provide information, assistance and services for residents whom English is not their primary language of choice.