

GIVING BACK 2025

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The Heart of Our Communities: Why Nonprofit Organizations Matter

In every thriving community, there is a network of organizations working quietly and tirelessly to make life better for everyone. These are nonprofit organizations, the food pantries that ensure no family goes hungry, the cultural centers that celebrate our heritage, the youth programs that shape the next generation, and the environmental groups that safeguard our shared natural spaces. While they often operate behind the scenes, nonprofits form the backbone of community well-being, providing vital services, creating jobs, and strengthening social bonds.

Meeting Essential Needs

At their core, nonprofits exist to fill the gaps that neither government nor the private sector fully address. They serve as the safety net when times are tough, and the bridge to opportunity when people seek to improve their lives. From local homeless shelters to mental health counseling, nonprofits tackle issues that are often too complex or underfunded for public systems to handle alone.

Food insecurity, for example, remains a persistent challenge in many communities. Local food banks and soup kitchens, often run by nonprofits, ensure that families in crisis have access to nutritious meals. Similarly, nonprofit health-care clinics provide affordable or free services to individuals who lack insurance or live in medically underserved areas. Their work ensures that essential needs are met not as a privilege, but as a right of community membership.

Driving Economic Impact

Beyond social services, nonprofits play a surprisingly large role in local economies. According to the

National Council of Nonprofits, the nonprofit sector is the third-largest workforce in the United States, employing more than 12 million people nationwide. Nonprofits are not just charitable organizations; they are employers, consumers, and investors in their local economies. They rent office space, purchase goods, hire staff, and contract local services, all of which circulate money back into the community.

For example, a community arts organization may employ local artists, partner with schools, and attract visitors who spend money at nearby restaurants and shops. Similarly, nonprofit hospitals and senior care centers employ hundreds of residents, often providing stable, long-term jobs in regions where other industries may fluctuate. In this way, nonprofits strengthen economic resilience while advancing missions that serve the public good.

Strengthening Social Connections

While their economic and practical roles are significant, perhaps the greatest contribution of nonprofits lies in their ability to bring people together. They create opportunities for connection, collaboration, and shared purpose. Volunteers, donors, and staff members all contribute to something larger than themselves, fostering a sense of belonging that builds stronger, more compassionate communities.

Nonprofits are also vital in nurturing civic engagement. They encourage people to take part in shaping their communities, whether through volunteering, advocacy, or local problem-solving. This engagement deepens democracy by giving citizens a direct hand in improving the places they live. When neighbors come together to plant community gardens, organize

youth mentorship programs, or clean local parks, they build trust and cooperation, the true currency of community life.

Promoting Education, Culture, and Creativity

Communities are not just collections of people, they are living ecosystems of culture, creativity, and history. Nonprofit organizations play a central role in preserving and enriching that identity. Libraries, museums, historical societies, and arts councils all operate as nonprofits, ensuring that learning and cultural expression remain accessible to everyone.

After-school programs and educational nonprofits help bridge learning gaps and inspire curiosity in children who might otherwise fall behind. Cultural nonprofits, such as theater groups, orchestras, and community arts centers, foster creativity and dialogue while contributing to the community's vibrancy. These organizations remind us that a thriving community isn't only measured by economic success but by the richness of its cultural and intellectual life.

Leveraging Volunteerism and Philanthropy

Nonprofits also give individuals a way to contribute their time, skills, and resources toward causes they care about. Volunteering is not only beneficial for the organization, it also enhances the volunteer's sense of purpose and belonging. Studies show that people who volunteer regularly report higher levels of happiness, reduced stress, and stronger social ties.

Meanwhile, philanthropy, whether in the form of large endowments or small monthly donations, allows nonprofits to sustain their work

and expand their impact. Local giving keeps resources circulating within the community, amplifying the benefits for everyone. When residents invest in local nonprofits, they are, in effect, investing in their own community's stability and growth.

A Shared Responsibility

Despite their impact, many nonprofits operate with limited resources and depend heavily on donations, grants, and volunteer labor. Sustaining their work requires consistent community support. Everyone has a role to play, whether through volunteering, donating, serving on a board, or simply spreading awareness about local initiatives.

Supporting nonprofits is not just charity; it is an investment in the collective strength and spirit of a community. When residents rally behind their local nonprofits, they are saying, "We care about our neighbors. We care about our future."

Nonprofit organizations are the lifeblood of community life. They serve where there is need, create where there is opportunity, and connect where there is division. Their work touches nearly every aspect of our daily lives, education, health, culture, environment, and beyond. They remind us that a community is strongest not when it is driven solely by profit, but when it is guided by compassion, collaboration, and shared purpose.

In supporting nonprofits, we are not simply helping organizations; we are helping ourselves—building the kind of community where everyone has the chance to thrive.

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WELCOME LETTER

Dear Friends and Neighbors,

Welcome to this year's edition of Giving Back! This special section celebrates the incredible dedication and impact of local nonprofits that strengthen our community every day. These organizations bring hope, connection, and positive change - but they can't do it alone. Your generosity - whether through time, resources, or advocacy - helps their missions thrive.

Inside, you'll find opportunities to get involved with the nonprofits making a real difference in the lives of others. Each one represents a powerful cause that reflects the spirit of compassion our region is known for.

A heartfelt thank you goes to Hudson Headwaters Health Network, our Presenting Sponsor, for once again helping make this publication possible. Their ongoing commitment to community wellness and support of local initiatives embodies the very essence of giving back.

As you explore these pages, I invite you to learn more about the good work being done - and to consider how you can join in. Every act of kindness, no matter the size, helps build a stronger, more caring community for us all.

Happy Giving.

Michelle Rice

President, NE SBU

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Hudson Headwaters Health Network

Cancer Services Program of Glens Falls Hospital

SUNY Adirondack Foundation

Alzheimer's Association of
Northeastern New York

The Conkling Center

Moreau Community Center

North Shore Animal League

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The Power of Giving Back: How Volunteering Strengthens Our Community

In every town and city across the country, from bustling main streets to quiet neighborhoods, volunteers are the heartbeat of community life. They are the people who coach youth sports, serve meals at shelters, organize neighborhood cleanups, and lend a helping hand wherever it's needed. Volunteering isn't just about doing good deeds. Volunteers help build stronger, more connected, and more resilient communities.

Here in our local area, the spirit of volunteerism has always been a defining feature of who we are. Whether it's helping at an annual city event, joining a food drive, or supporting local charities, our volunteers make a difference every single day. And the benefits of their work extend far beyond the immediate help they provide.

1. Bringing People Together

One of the greatest gifts of volunteering is the way it brings people together. When neighbors work side by side toward a common goal like planting trees in the park, running a fundraiser, or tutoring local students, the barriers fade away. Differences in background, age, or experience don't matter much when everyone's united by the desire to help.

These shared experiences build connections that make our community stronger. In an age where so much of life happens online, volunteering gives us the chance to reconnect face-to-face, to know our neighbors, and to build the kind of trust that keeps communities thriving. It reminds us that we're all part of something bigger than ourselves.

2. Fostering Pride and Civic Responsibility

Volunteering also inspires a deeper sense of pride and responsibility in our cities. When people take time to improve their community, whether by cleaning up a trail, serving on a local board, or mentoring youth, they begin to see themselves as active citizens with the power to make change.

That sense of ownership is contagious. When others see their friends and neighbors getting involved, they're often inspired to do the same. Over time, this creates a cycle of engagement and pride that strengthens the very fabric of community life. Our town has become not just a place we live but a place we love and one we want to see thrive.

3. Filling in the Gaps

No matter how well-run a community is, there are always needs that go beyond what local services can provide. Volunteers step in to fill those gaps in powerful ways. They help at senior centers, organize food distribution events, and offer their skills to local nonprofits.

During emergencies, volunteers are often the first to act, providing vital support and comfort when it's needed most. Their knowledge of the local area and their personal connections make them uniquely effective in times of crisis. Simply put, volunteers are the glue that holds a community together when challenges arise.

4. Boosting Local Growth and Opportunity

It may surprise some to learn that volunteering can also boost a

community's economy. The hours volunteers contribute enormously value, saving local organizations thousands of dollars each year. This allows nonprofits and community programs to stretch their budgets further and reach more people.

But there's more to it than that. Volunteering often helps individuals develop new skills, gain experience, and build professional networks. Young people who volunteer learn teamwork, communication, and leadership, qualities that serve them well in the workplace. For others, volunteering can open doors to new careers or opportunities.

5. Improving Health and Well-Being

Volunteering doesn't just help others, it's good for the volunteers themselves. Studies consistently show that people who volunteer report higher levels of happiness, lower stress, and better overall mental health. Giving time and energy to a good cause can bring a powerful sense of purpose and fulfillment.

Locally, we see this every day. From retirees who find joy in mentoring young people, to busy professionals who spend their weekends helping at community events, volunteering adds meaning to people's lives. And when individuals feel good, the entire community benefits from their positivity and energy.

6. Inspiring Kindness and Compassion

Perhaps the most beautiful effect of volunteering is the way it spreads kindness. When someone takes the time to help others, it creates a ripple effect. One act of service inspires another, and soon an entire community becomes more compas-

sionate, more understanding, and more united.

Children who see their parents volunteer learn empathy and generosity from an early age. Neighbors who work together on projects develop friendships that last for years. Volunteering reminds us that, no matter our differences, we share the same basic values: kindness, care, and the desire to make life better for everyone.

A Community Built on Caring

The impact of volunteering is everywhere around us, sometimes in big ways, sometimes in small, quiet acts of kindness. It's the neighbor who checks in on seniors during the winter, the students who collect coats for families in need, and the local business owners who donate their time to community causes. Each of these efforts adds up, shaping a community that is stronger, friendlier, and more resilient.

As we look toward the future, it's worth asking ourselves: What kind of community do we want to be? If we want one that's caring, connected, and full of opportunity, volunteering is the key. Every hour of time, every small act of service, brings us closer to that goal.

So, whether you can give an afternoon, a weekend, or just a helping hand when needed, consider finding a way to get involved. Your effort, no matter how small, can make a lasting difference. Because when we give our time to help others, we're not just changing lives, we're strengthening the community we all call home.

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The Moreau Community Center

144 Main Street, S. Glens Falls, NY 12803 · www.moreaucommunitycenter.org · (518) 792-6007

For almost 50 years, the Center has been one of the major human service organizations in northern Saratoga County and surrounding communities. The Center is a hub for families, youth, seniors, and general community activities. Our mission is to meet the intergenerational needs of the community in a compassionate and inclusive environment.

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This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,545,000 with 100% funded by HRSA/HHS. 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.



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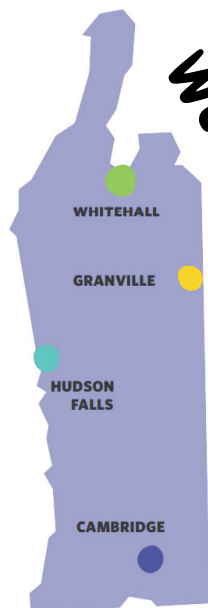
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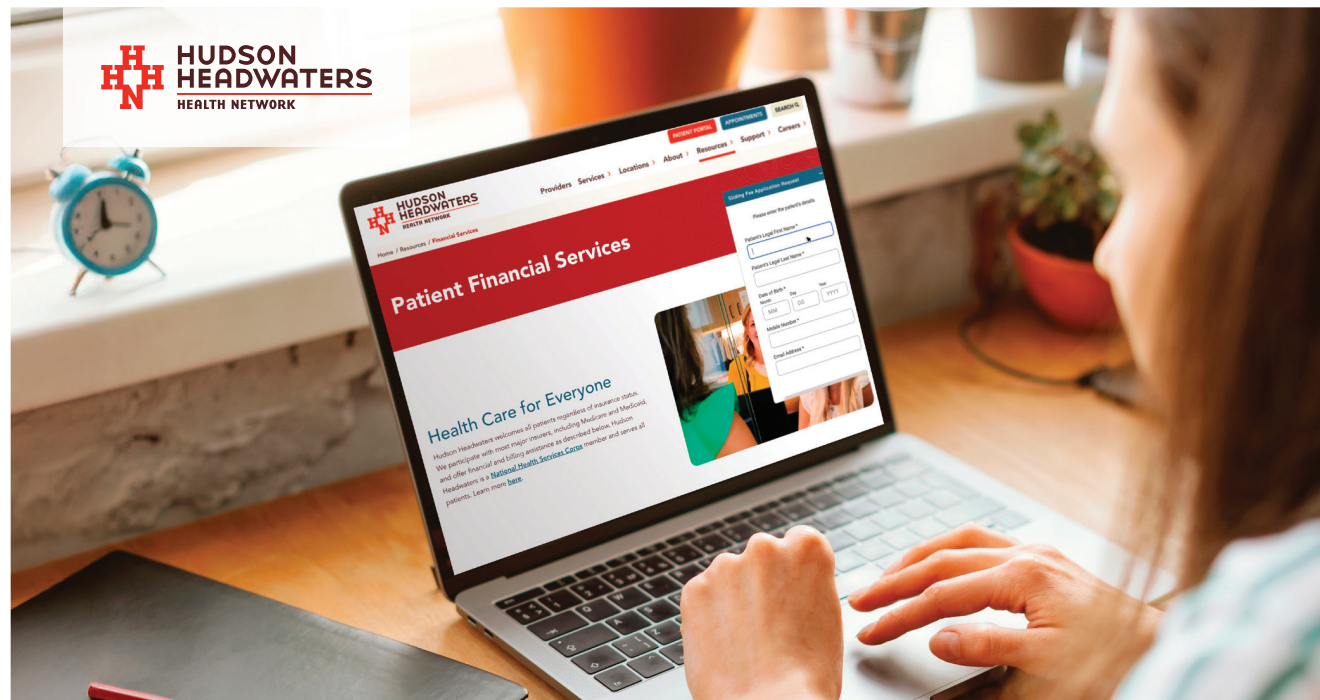
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- 2** Complete the application when you check-in online before your upcoming appointment
- 3** Apply in person at any Hudson Headwaters health center
- 4** Call the Sliding Fee Program team at 518-824-8640

For more information about the Sliding Fee Program or to get assistance with your application, contact our team at **518-824-8640** or email **SFPRxAssist@hhhn.org**.

Hudson Headwaters' financial assistance programs, including Sliding Fee, are made possible thanks to the 340B Federal Drug Pricing Program.

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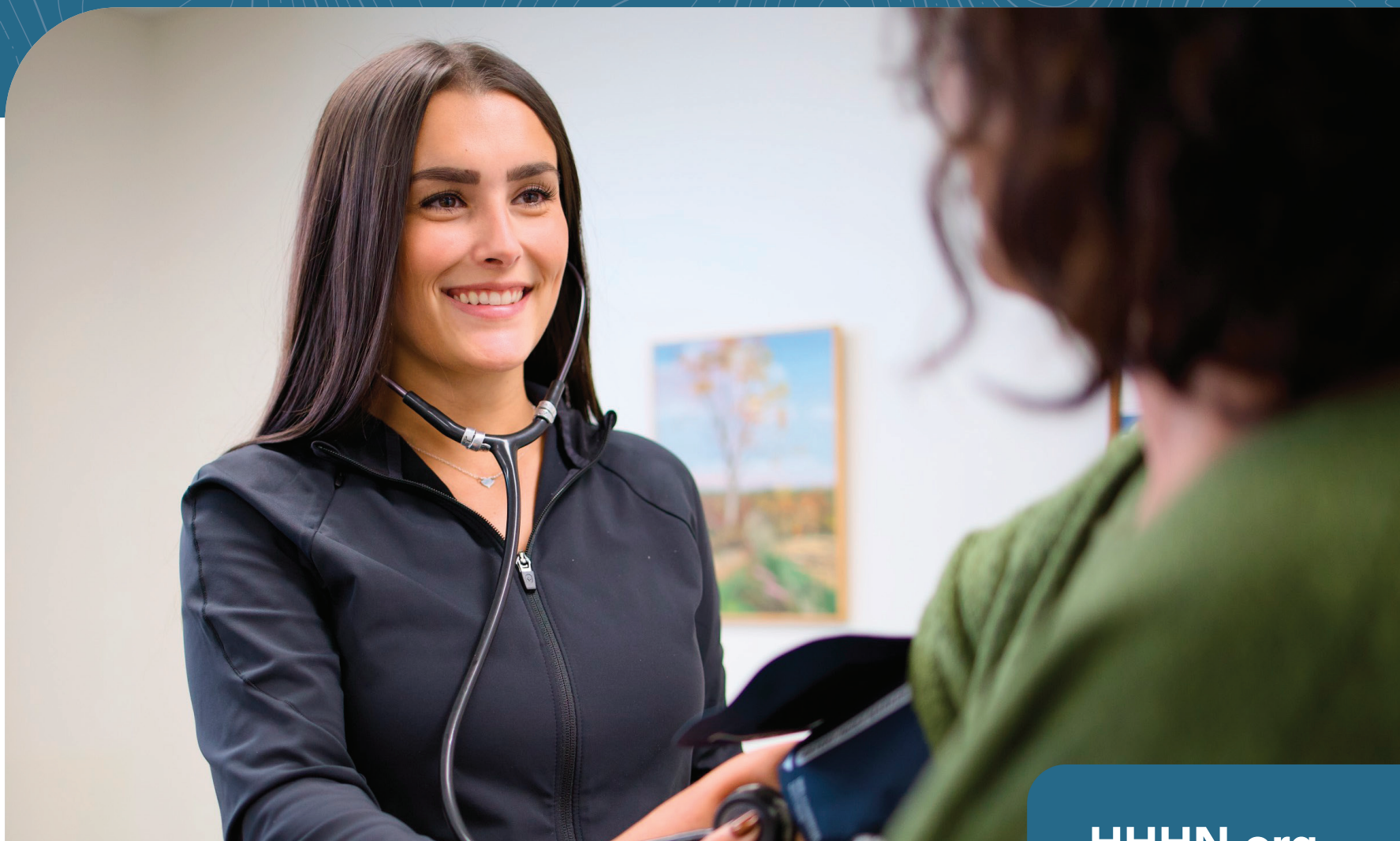
At Hudson Headwaters, we welcome all patients, regardless of insurance status or ability to pay. Our Sliding Fee Program discounts medical and dental care for eligible patients. Discounts are also available on prescriptions written by a Hudson Headwaters provider and filled at a Hudson Headwaters or partner pharmacy. Sliding Fee eligibility and discounts are based on household size and income.

Applying is easier than ever with the new online application. The secure system lets you communicate directly with Sliding Fee coordinators, who guide you through the process and connect you with resources. In the first year following the launch of the online application, the program saw an 8% increase in enrollment.

Bea P. is one of many who've benefited. During her annual physical, Bea's nurse mentioned she might qualify for financial assistance programs. Initially, Bea declined, thinking her insurance would cover her expenses. However, when she needed a screening with a large co-pay, she realized she might have to adjust her food budget.

Determined to explore her options, Bea revisited the application and contacted the coordinators for help. They quickly assisted her and connected her to the Food is Medicine program, which provides fresh produce. Since joining, Bea has saved \$50 a month through deliveries of local fruits and vegetables, along with recipes and nutrition tips. With her Sliding Fee enrollment, she also receives discounts on her medical care.

"Like Bea, many people incorrectly assume they are not eligible for our Sliding Fee Program. Fortunately, our new online process has led to more people applying," explained Laura Pasco, chief financial officer. "Eligibility is based on income and household size. Even individuals with insurance and/or households with one or more full-time workers may qualify."



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