

Giving **BACK**

2024

**LEARN ABOUT LOCAL
NON-PROFITS**



PRESENTED BY:



**HUDSON
HEADWATERS**
HEALTH NETWORK

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WELCOME LETTER

Dear Friends and Neighbors,

Welcome to this special edition of “Giving Back,” where we shine a spotlight on the amazing work being done by local nonprofits in our community. These organizations are truly the backbone of positive change, but they depend on your support-whether it’s through donations, volunteering, or simply spreading the word.

In this section, you’ll find information on how you can help make a meaningful difference. Each nonprofit featured here offers unique opportunities to contribute to causes that matter most to our community.

I’d like to extend a sincere thank you to Hudson Headwaters Health Network, our Presenting Sponsor again this year, for making this publication possible. Their continued support allows us to highlight the vital work of these nonprofits and encourage others to join in giving back.

I encourage you to take a moment to learn about these organizations and discover how you can make an impact. Your support is key to their continued success, and together, we can make our community even stronger.

Thank you for being a part of this effort to give back.

Happy Giving.

Michelle Rice
President, NE SBU
Glens Falls Post-Star / Amplified Digital

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HEALTH NETWORK

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GLENS FALLS AREA YOUTH CENTER

The Glens Falls Area Youth Center is a non-profit organization that serves disadvantaged youth (5th to 12th graders) in the Greater Glens Falls, New York area through a wide variety of educational, recreational, and life-skills programs (including after-school snacks and dinner each day), completely free of charge. We opened our doors in 1968, and since then, we have successfully served over 100,000 underprivileged children, dished out over 750,000 meals, and tutored over 31,000 students. Many of our members come from low-income households, with 90% living below the poverty line.

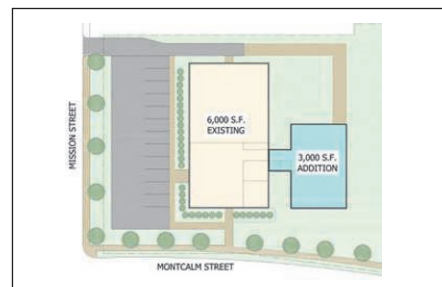
To successfully further our mission, we are now concentrating on expanding our facility to create a Wellness Center. This initiative will allow us to greatly improve both our Health and Wellness Program and our Education Program. The youth we serve are the future leaders who will significantly impact the quality of life in our community. To support their development into productive adults, we must motivate them today. This capital campaign is estimated to need approximately \$900,000 in addition to the funding required to sustain our operations throughout the year. Our goal is to commence construction in June 2025.

The expansion of our Health and Wellness Program with this Wellness

Center will prioritize fun and engaging ways for kids to move their bodies. Nowadays, children and teens spend significantly more time sitting, often dedicating hours each day to screens—smartphones, computers, tablets, TVs, and gaming systems—leaving them with limited opportunities for physical activity. The U.S. Department of Health and Human Services recommends that school-aged children (7 to 17 years old) engage in 60 minutes or more of moderate to vigorous exercise daily. However, not every child is a sports enthusiast. Therefore, we need to get creative and find enjoyable ways for every child to be active, benefiting their physical, mental, and emotional health.

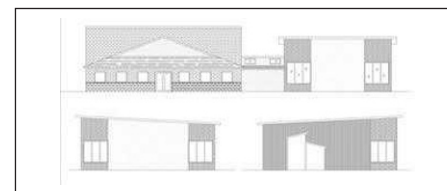
At the Youth Center, we firmly believe that education is the foundation of future success. We continuously strive to enhance our educational program, making it more engaging and beneficial for our members. We actively seek out innovative ways for our children to develop and learn through exciting STEAM games, activities, and projects. Our aim is to prepare kids for the careers of tomorrow by tackling systemic inequalities. This expansion will enable us to establish a fantastic Wellness Center while significantly increasing our educational offerings.

What used to be our study room—a tranquil area for children to do



homework and receive tutoring—has now been inundated with hygiene products and essential items like socks, clothing, feminine products, and school supplies since the onset of the pandemic. While these items are vital, the kids no longer have that peaceful environment to focus on their studies. This expansion will restore that much-needed space. It will also allow us to repurpose our current weightlifting area (as all machines will move to the Wellness Center) to create a dedicated STEAM area. This is incredibly exciting for us and long overdue! The new space will accommodate VR headsets, iPads, and Chromebooks, enabling children to log into their school accounts and complete assignments as required.

Our community-focused nonprofit is making a meaningful difference for the future by fostering enduring relationships built on trust with children. This creates a ripple effect that can drive significant systemic change. Smaller organizations like ours are essential in addressing



community challenges and personally transforming the lives of those we support.

Today, I encourage you to help us enable this expansion for our incredible kids. You can contribute by scanning our QR code. The QR code will direct you to our website, where you can easily find the DONATE button. You can also mail a check to:

Glens Falls Area Youth Center, PO Box 469, Glens Falls, NY 12801.

Thank you for believing in our mission and for being an integral part of our community. Wishing you and your loved ones a warm and joyful holiday season.



SUPPORT CHILDREN, SUPPORT THE FUTURE

YOUTH CENTER
SINCE 1968
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gfareayouthcenter@gmail.com
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- Donate and help your hospital open the door to a new era in emergency care



Glens Falls Hospital
FOUNDATION



This Giving Tuesday, make a difference

This year, the SUNY Adirondack Foundation will provide more than \$750,000 to support scholarships and strategic initiatives at the college.

Your generosity helps students thrive, expands our capacity, and strengthens the programs that make SUNY Adirondack an exceptional place to teach, learn and work.



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TUESDAY

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Every donation will be matched up to \$1,250 by a generous donor. Help us reach our \$2,500 goal!

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Your \$10 Gift at Comfort Food Community



Learn how Comfort Food Community serves your community directly:

www.comfortfoodcommunity.org/food-access @comfortfoodcommunity

How Non-Profits Enhance Communities

Non-profit organizations play an essential role in enhancing communities worldwide. Driven by missions instead of profit margins, these organizations provide various services that support public well-being, address social issues, and create lasting impacts. By tackling local challenges and fostering collective growth, non-profits benefit communities in countless ways. Here are some of the key advantages they bring:

1. Addressing Unmet Needs

Non-profits often fill gaps that government agencies and for-profit businesses overlook. These gaps can include services in areas like mental health, food security, housing, and educational support. For example, non-profits like food banks provide meals to families facing food insecurity, while other organizations offer shelter and resources to individuals experiencing homelessness. By focusing on these vital services, non-profits ensure that vulnerable populations receive the support they need.

In addition to addressing immediate needs, non-profits often implement long-term programs aimed at sustainable change. For example, organizations working in education may provide scholarships, tutoring, and skill-building workshops, helping individuals break cycles of poverty by creating pathways to better job opportunities. These efforts often transform communities by promoting social mobility and equal access to resources.

2. Enhancing Economic Stability and Employment

Non-profits play a significant role in the economy. According to the U.S. Bureau of Labor Statistics, the non-profit sector employs millions of people across the country, providing job stability and opportunities for personal and professional growth. By employing people within the community, non-profits contribute to the local economy and foster economic stability. They also hire local suppliers, rent office spaces, and purchase goods and services, creating a ripple effect that positively impacts the economic environment.

Moreover, non-profits offer opportunities for skill development, particularly for volunteers and young professionals seeking experience. By providing internships, training programs, and volunteer roles, these organizations enable people to gain valuable work experience, develop new skills, and build networks that can aid future career prospects. For communities with fewer job opportunities, the presence of a thriving non-profit sector offers a meaningful alternative and career path.

3. Promoting Community Engagement and Social Cohesion

Non-profits help build social connections by encourag-

ing people to engage in community service and volunteer work. This involvement fosters a sense of belonging and pride, leading to stronger social bonds. Community members who volunteer with non-profits have the chance to meet like-minded individuals who share their passion for specific causes, creating lasting friendships and professional networks. This social cohesion strengthens the overall fabric of a community and can reduce feelings of isolation.

Community involvement with non-profits also encourages a more active, informed, and engaged citizenry. When people take part in activities such as organizing events, participating in awareness campaigns, or leading initiatives, they learn more about local issues and become motivated to be part of the solution. This type of engagement increases civic participation, leading to a more connected and compassionate society.

4. Creating Positive Social Change and Advocacy



Non-profits often act as agents of change by advocating for policy improvements and social justice. Many organizations work to address systemic issues, such as inequality, discrimination, and environmental challenges. Through lobbying, raising awareness, and educating the public, non-profits influence legislation and public opinion, helping to shape policies that improve quality of life. Environmental organizations, for example, may push for conservation laws or sustainable practices that protect natural resources and promote public health.

Furthermore, non-profits amplify the voices of marginalized groups, making their needs and perspectives known to policymakers. By giving these groups a platform, non-profits help create a society that is more inclusive and

equitable. For example, organizations that focus on civil rights work tirelessly to defend and expand the rights of minority populations, advocating for fair treatment and equal opportunities for all community members.

5. Enhancing Quality of Life Through Cultural and Recreational Activities

Non-profits often contribute to the quality of life by organizing cultural, artistic, and recreational programs that bring joy, education, and inspiration to communities. Art galleries, theater groups, museums, and sports clubs are frequently funded and operated by non-profit organizations. These cultural and recreational activities enrich communities by offering residents opportunities to engage in creative, athletic, and educational pursuits.

In addition to offering enjoyment, these programs often play a role in educational development. For instance, museums and science centers may provide learning resources for children and adults, fostering curiosity and knowledge. By providing access to these experiences, non-profits contribute to the intellectual and emotional well-being of the community.

6. Encouraging Philanthropy and Volunteerism

Non-profits play a vital role in inspiring philanthropic values and volunteerism within communities. By offering opportunities to give back, non-profits cultivate a culture of generosity and service. They demonstrate to people the importance of supporting one another and the value of using personal skills, resources, and time for the greater good. In the long term, communities with strong cultures of volunteerism and philanthropy tend to be more resilient and supportive.

Many individuals who volunteer or donate regularly to non-profits find that these actions give them a sense of fulfillment and purpose, which can have positive effects on mental health and overall well-being. This collective spirit not only strengthens communities but also promotes empathy and understanding.

Non-profit organizations provide substantial benefits that enrich communities on multiple levels. By addressing unmet needs, bolstering economic stability, fostering community engagement, promoting social change, and enriching quality of life, they bring essential services and values to communities. Non-profits build a foundation of support and resilience, proving that collective efforts can bring about meaningful, lasting change. When communities work together with non-profits to uplift one another, they create environments that are safer, healthier, and more equitable for everyone.



FIND YOUR REASON TO GIVE. FIND YOUR Y.

Food for neighbors in need. Safe spaces for kids to learn and grow. Outreach to seniors who are feeling isolated. These are just a few of the many reasons to give to the Y. Find your reason to give.

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Warren, Washington and Hamilton Counties

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- Screening tests check for signs of cancer **BEFORE** there are symptoms or problems.
- Screening tests can find cancer early, when it is easier to treat.
- Cervical and Colorectal Cancer, can be **PREVENTED** if found early.

*The Cancer Services Program is grant funded by the NYS Department of Health

The Cancer Services Program of Warren, Washington & Hamilton Counties is a NYS cancer screening program. We provide **BREAST, CERVICAL & COLORECTAL** cancer screenings and follow-up services at **NO COST** to people who:

- Live in New York State
- Do not have health insurance
- Have health insurance with a cost share that makes the cost of screening too high
- Age 40+ for Breast & Cervical*
- Age 45+ for Colorectal*

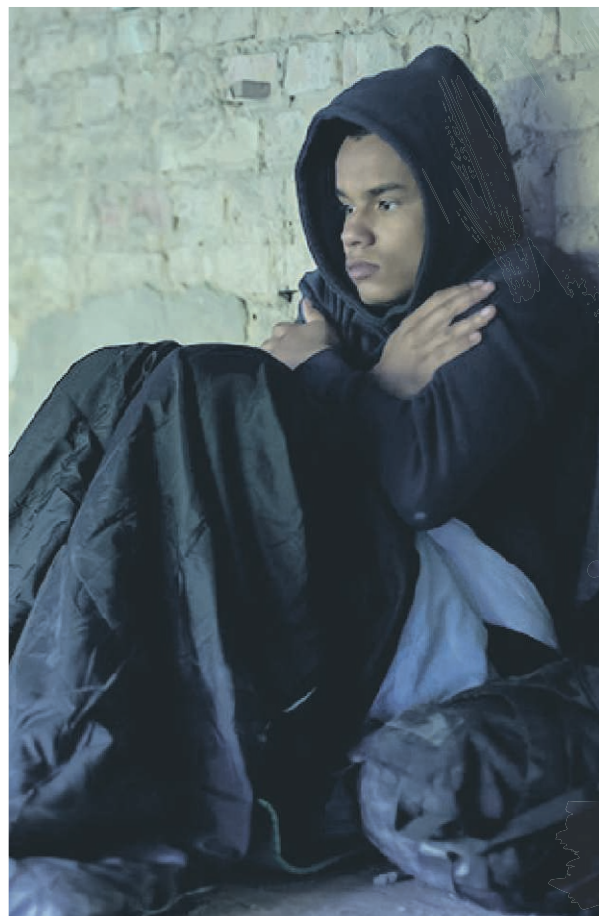
*Those with higher risk factors and under the age limit, may be eligible!

This Giving Season

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Text:
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or
Scan the QR code to get started!





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- CHILDREN AND FAMILY TREATMENT SUPPORT SERVICES
- FAMILY OPPORTUNITY CENTER
- YOUTH ANTI-TRAFFICKING PROGRAM
- HOME-BASED CARE MANAGEMENT
- STREET OUTREACH PROGRAM
- HOUSING & CASE MANAGEMENT

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DONATE @ HYCWAITHOUSE.ORG



BUSINESS FOR GOOD, HERZOG LAW FIRM AND HOME OF THE GOOD SHEPHERD IS INVESTED IN A FUTURE WITHOUT ALZHEIMER'S.

Together, we are taking action for those in our local community facing the disease. This Giving Tuesday, you can join us - donate to our Queensbury Walk using the QR code or visiting act.alz.org/queensburywalk.



**WALK
TO END
ALZHEIMER'S**
ALZHEIMER'S ASSOCIATION

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VOLUNTEERING

Volunteering is a powerful way to make a positive impact in the world while gaining a deep sense of fulfillment. For those who give their time, skills, and energy to help others, the rewards are often unexpected and transformative. Volunteering offers a unique blend of personal satisfaction, community engagement, and the chance to make a real difference in people's lives. Here's how volunteering can be one of the most fulfilling experiences.

A Sense of Purpose and Belonging

One of the greatest benefits of volunteering is the sense of purpose it brings. When you dedicate your time to a cause, you become part of something bigger than yourself. Whether you're helping out at a local food bank, mentoring students, or assisting in animal shelters, your contributions can give you a clear sense of purpose. Volunteering reminds us of the impact we can have, no matter how small it may seem. Working alongside other volunteers also fosters a sense of community and belonging, creating bonds with people who share similar values and passions. For many, this sense of camaraderie is as fulfilling as the work itself.

Personal Growth and Learning

Volunteering offers numerous opportunities for personal development. It allows you to explore new skills, take on challenges, and gain experiences that might be unavailable in your regular routine. For instance, if you volunteer to help with an environmental project, you might learn about sustainability, conservation, or local ecosystems. If you work with a charity supporting underserved communities, you'll likely gain a better understanding of social issues and develop empathy for people from different back-

grounds. Volunteering can also build skills in leadership, organization, and communication, which are valuable in both personal and professional settings. This growth and learning can lead to an incredible sense of accomplishment and self-confidence.

Improved Well-being and Happiness

Many studies have shown a link between volunteering and improved mental health. People who volunteer often report feeling happier, more energetic, and less stressed. Acts of kindness stimulate the release of endorphins, the body's natural "feel-good" chemicals, creating a sense of joy and well-being. In fact, psychologists sometimes call this the "helper's high." Helping others can reduce symptoms of depression and anxiety, as it takes the focus away from personal worries and provides perspective. Knowing you're making a difference, no matter how small, often leads to a lasting sense of contentment and peace.

Building Connections and Friendships

Volunteering is an excellent way to meet new people and build meaningful relationships. Working toward a shared goal brings people together, often leading to lifelong friendships. Volunteering also expands your

network, connecting you with people from different walks of life. These connections can enrich your social life, broaden your perspective, and even lead to career opportunities. Many people find that the relationships formed through volunteer work are unique, as they are rooted in shared values and mutual support, making these bonds incredibly rewarding.

The Reward of Making a Difference

Perhaps the most fulfilling aspect of volunteering is knowing that you've made a real difference in someone's life. Whether it's seeing a child's face light up as they learn something new, witnessing the gratitude of someone receiving a warm meal, or observing a positive change in the environment you helped clean up, these moments of impact stay with you. Volunteering allows you to see firsthand how small actions can have meaningful effects, instilling a deep sense of pride and satisfaction. This impact extends beyond the immediate task, as each positive action contributes to a larger ripple effect within the community.

Volunteering is more than just an act of kindness; it's an opportunity for personal fulfillment, growth, and connection. By giving your time and energy, you gain a sense of purpose, foster new friendships, improve your well-being, and learn new skills. But perhaps most importantly, you experience the joy that comes from knowing you're making a difference. In a world where people often feel disconnected or unsure of their place, volunteering offers a path to purpose and happiness that few other activities can match. For anyone seeking a meaningful way to enrich their life, volunteering is a deeply fulfilling choice.



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15,000+

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counties served

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SOUTHERN ADIRONDACK
INDEPENDENT LIVING

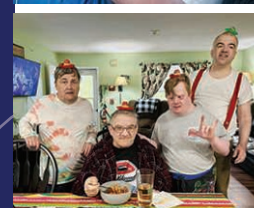
Enriching Lives, One Story at a Time

People are the heart of what we do. For over 60 years, CWI has been dedicated to enriching the lives of local people with disabilities, helping them create meaningful life stories. Our supports and services are vital and impactful, making a real difference in our community.

Our Services:

- **Adirondack Fulfillment**
- **Article 16 Clinic**
 - o Counseling
 - o Medication Management
 - o Occupational Therapy
 - o One Time Assessments
 - o Physical Therapy
 - o Speech Language Pathology
- **Day Habilitation Services**
- **Residential Services**
- **Community & Employment Services:**
 - o Community Hab
 - o Respite
 - o Family Support Services
 - o Consumer Directed In-Home Services
 - o Housing Subsidy
 - o Community Prevoc
 - o Supported Employment
 - o Pathway to Employment
 - o School Transition Services

Your support helps us create additional opportunities for the people who engage with our services and supports, and for our employees who are the backbone of our organization. Every dollar raised helps CWI continue to fulfill our mission of enriching lives, one story at a time.



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The Moreau Community Center

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

For 47 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.

- ◇ Emergency food services & food pantry ◇ Holiday Caring Program
- ◇ Thrift store ◇ Skills4Life Life & Career Assistance Services
- ◇ Kids' Korner before-and-after school programs
- ◇ Senior services: lunch, transportation, educational, & social programs
- ◇ Camp Moreau summer camp for kids
- ◇ Bulldog Zone after-school teen program
- ◇ Backpack Weekend Food Program
- ◇ VITA and AARP tax services

Our Values

- Be kind always.
- Tell the truth always.
- Listen to what is being said.
- Act when necessary.
- Help others.

#AllAreWelcome





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dignity, comfort
& peace



Hospice is a way of *caring*

As specialists in end-of-life care, we're here each step of the way to help individuals live their best life while fully supporting those who care for them.

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joy...

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peace...

MORE *moments...*

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518-891-0606
www.highpeakshospice.org

volunteer
in a meaningful way

donate
to a worthy cause



Hudson Headwaters' New Pharmacy Supports Patients and Communities

The Hudson Headwaters Pharmacy at Moreau is your prescription partner. In this interview, Pharmacy Manager Sara Vogel, PharmD/RPh explains its unique benefits for patients and community members.



Pharmacy Manager
Sara Vogel, PharmD/RPh.

Why did Hudson Headwaters open a pharmacy?

As a nonprofit safety-net provider, we understand that convenience and access are key. Hudson Headwaters opened a pharmacy to expand access to prescriptions and vital pharmacy services. The pharmacy serves everyone, whether you are an existing patient or not. The Hudson Headwaters Pharmacy at Moreau is located right off Exit 17 of I-87 (the Northway), adjacent to Moreau Family Health. For those outside of the Moreau area, we offer free delivery.

What are the benefits of using Hudson Headwaters Pharmacy at Moreau?

We will help you navigate potential barriers to care, such as prior authorizations and insurance coverage. Network patients have the added benefit of thorough care coordination between their care teams and pharmacy services. Hudson Headwaters patients may also benefit from the Network's access to programs that can help you save money on prescriptions.

What insurance plans do you take?

We currently accept Medicare and most commercial insurance plans. We are awaiting Medicaid approval. Please call us at 518-203-3547 to confirm which plans are currently accepted.

How do I switch pharmacies?

Switching to Hudson Headwaters Pharmacy at Moreau is easy. You can stop by or call the pharmacy and our staff will help you. If you are a Hudson Headwaters patient, you can request to change your pharmacy by sending a message to your provider via the Patient Portal. You may also call your health center.

Is there anything else you'd like to share?

We are a community-focused pharmacy. By filling your prescriptions with us, you support Hudson Headwaters' mission to provide access to high-quality health care for all.

For more information, visit HHHNpharmacy.org or call us at **518-203-3547**. Our automated phone and website systems are available 24 hours a day, 7 days a week.



HHHN.org

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