

Giving Back

Learn About
Local Non-Profits

Pitching In During
the Pandemic

How to volunteer safely

7 Ways
to Be
a Good
Volunteer

a special advertising supplement to

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Dear Readers,

The Giving Back section is dedicated to all the non-profit organizations in our community. Non-profits play a vital role in shaping the future of the populations they serve and the wellbeing of our hometowns. In the past year, we have seen many of these organizations pivot quickly in order to react to the new and emerging needs our neighbors are facing. Others were forced to cancel their traditional programming and determine new strate-

gies in order to continue their missions.

2020 has been a year unlike any other in recent history. Though social distancing has become the norm, we have never been more connected through shared experience. As our lives continue to be impacted by the Covid-19 pandemic, please remember that non-profits support our community, not just through the vital services they provide, but through providing, employment, inspiration, and hope in a time when those are not easily found.

With the most wonderful time of the year about to begin, I cannot think of a moment to spread some holiday cheer, starting with Giving Tuesday. Giving Tuesday is

a global giving movement that began in 2012 with the simple idea: a day that encourages people to do good. This year Giving Tuesday is December 1, 2020.

From all us at the Post Star, we sincerely thank you for your efforts and dedication to your missions during this last year. Let's continue to do good throughout the month of December and beyond.

Consider donating to or getting involved with a local non-profit this year. We have so many worthy organizations to support!

Happy Giving,
Juliana Carattini



Juliana Carattini

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Giving Back

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How to give safely during the pandemic

Donations are the lifeblood of many charitable organizations. Unfortunately, donations also can be the lifeblood of criminal operations designed to scam would-be donors.

The potential for charity scams could be even greater in 2020. Charities accept donations year-round, but the spirit of giving that prevails during the holiday season makes the weeks between Thanksgiving and Christmas especially popular times to donate to charity. In addition to being on the lookout for the usual scams, the Office of the Attorney General for the District of Columbia warns prospective donors to beware of potential scams involving the COVID-19 virus.

Recognizing the challenges people in their communities have faced as a result of the economic fallout of the pandemic, donors may be more inclined to donate to charities purporting to help laid off workers, small businesses or others adversely affected by the outbreak. That's admirable, but prospective donors must recognize that their eagerness to support COVID-related charities may make them vulnerable to criminals looking to exploit their charitable nature. In recognition of that, the OAGDC offers these tips to men and women who are considering donating to charity in 2020.

Be wary of recently launched operations.

Operations that were formed in response to the pandemic may be viable, but the OAGDC also warns that many have been formed by scammers looking to exploit the outbreak for their own gain. Be especially wary of crowdfunding campaigns.

Ask questions. The OAGDC says that any charity, even those formed in response to the COVID-19 outbreak, should be able to provide you with the same information as charities that have been around for years. Prior to donating, ask for the charity's name, address, telephone number, and mission. In addition, don't feel skittish about asking how your donation will be used and the percentage of each donation that goes to programs that directly help the people you're trying to assist.

Be vigilant before donating via peer-to-peer social networking websites. It's especially difficult to verify how donations made via texts or websites are ultimately used. While these can be convenient ways to donate, the OAGDC urges donors to be especially vigilant about vetting before donating to charities through these channels.

Never donate using cash, gift cards or wire transfers. Reputable charities do not ask for donations to be made in this way. The OAGDC advises donors to use credit cards whenever possible.

The terms "COVID-19" or "coronavirus" do not authenticate a charity. A reputable name or logo does not mean the charity is actually reputable. Prior to donating, donors can confirm a charity is legitimate by contacting organizations such as Charity Navigator, the BBB Wise Giving Alliance or the National Center for Charitable Statistics.

Scammers will no doubt try to exploit the pandemic to take advantage of donors during the upcoming giving season. Savvy donors can employ various strategies to ensure their charitable donations end up in the right hands.



VITA: Volunteers are confident sources of tax assistance

The Volunteer Income Tax Assistance (VITA) is a national program sponsored by the IRS to provide free tax preparation for qualified residents. Locally, Tri-County United Way, Cornell Cooperation Extension – Washington County, Cornell Cooperative Extension – Warren County, and the Moreau Community Center have partnered to create a network of VITA volunteers who serve residents of Warren, Washington, and Northern Saratoga counties. In 2020, the local VITA volunteers filed 1,800 tax returns and generated \$3.5 million in tax refunds and tax credits.

Individuals with an income of \$57,000 or less are eligible to have their federal and state income taxes prepared by an IRS-certified volunteer for free. The VITA volunteers are not qualified to complete returns for those with rental income, self-employed income, active military income, stock sales and farm income.

Your taxes will be prepared by a local VITA volunteer. All volunteers go through a comprehensive training program and are certified by the IRS to prepare VITA returns. Each VITA volunteer has been trained to assure that your taxes are prepared accurately, guaranteeing you receive all the credits to which you are entitled. When completed, all returns are submitted electronically for faster receipt of refunds.

VITA returns are processed using a secured software program provided directly from the IRS. Additionally, your VITA information is always considered confidential.

Free tax preparation is available days, evenings and weekends in numerous locations in the tri-county area during the 2021 tax season.



Join our network of volunteers

VITA couldn't exist without the help of our volunteers. Each year we rely on local residents who volunteer as tax preparers at multiple VITA sites throughout Warren, Washington and Northern Saratoga counties.

We're always looking for individuals who would like to help prepare tax returns, answer the phones and make appointments and be greeters.

Our volunteers come from all types of backgrounds and professions. Don't think you have to be an accountant to be a successful volunteer. Our training program and easy-to-use software will prepare you to successfully help others prepare their taxes.

Our volunteers are offered a no-cost, comprehensive training program that consists of in-class instruction and self-paced study. This training will prepare you to take the IRS certification test.

VITA volunteers come from all ages and backgrounds. Volunteering for the VITA program is a great way to learn how to do taxes and help others. We provide all the training for you to become an IRS-certified tax preparer. You simply need to bring your passion to help others! We have volunteer opportunities for phone operators and greeters as well.

We always welcome the support of local businesses and organizations. Financial contributions to assist with our operations, such as ink toner, paper, and financial education programming can be made to Tri-County United Way and designated to support the VITA program. We also look for groups that may be able to host VITA sessions at their locations.

Remember, 2021 free tax appointments will be available in locations that support the prevailing COVID-19 protocols. An alternative virtual free tax service is also available.

Contact Program Director, Joan Prouty at tcuwvita@gmail.com or call 518.746.2560 for interest or questions on the Tri-County United Way VITA program.

Submitted by Tri-County United Way VITA Program

FREE TAX RETURN ASSISTANCE

for families and individuals whose household income is \$57,000 or less per year



**VOLUNTEER
INCOME TAX
ASSISTANCE**

A Tri-County United Way Collaborative



Tri-County United Way

To schedule an appointment*, please call:

 **1-800-211-5128**

*SERVICE AVAILABLE FROM JANUARY-APRIL

Tri-County United Way: Stepping up in unprecedented way

Tomorrow is full of questions. But the answers are up to us.

Our new normal is a world of uncertainty and change. That will take some getting used to. But we need to do more than adapt to a post-pandemic world. We need to build a better one. Thousands of people in our community devastated by the events of 2020 need your support to rebuild their lives.

At the beginning of the year, none of us were prepared for what we would confront. And no one knew how many in our community would need our help. Faced with a once-in-a-generation challenge, Tri-County United Way stepped up. United Way staff, donors, volunteers, partners and our entire community came together in an unprecedented way. We helped our neighbors who were most impacted by pandemic and economic downturn get relief and support.

Our mission

We bring caring people together to give, volunteer and take action to help people in need and solve our community's toughest challenges in Warren, Washington and Northern Saratoga counties.

Our vision

Our vision is captured in our slogan, LIVE UNITED. We believe that as individuals, our families and local communities are stronger if we support each other, especially in moments of vulnerability. We provide a way for people to connect and turn their generosity into large-scale good.

To Live Better, we must Live United

It takes everyone pulling together to make our upstate New York culture rich, local economy prosperous and our nation's society humane. In a world of clashing ideas and fragmented attention, this isn't easy. Fortunately there are still organizations with the trust to draw diverse people together, get agreement and get to work.

The Tri-County United Way is that organization. With support of individual donors, volunteers, businesses, foundations, public funders and human service agencies, throughout the tri-county region, we are positioned to build a community where people have homes, students graduate and families are financially stable.

When people join with the Tri-County United Way they magnify the impact they have with their dollars and their ideals. They claim their stake in making Warren, Washington and Saratoga counties stronger and fairer. They help individuals and families struggling today and invest in social changes to prevent problems tomorrow.



Irving Tissue delivery of donated paper goods.

Our Impact

We advocate for ALICE - Asset Limited Income Constrained Employed: Some 40% of Warren & Washington county families were living below ALICE thresholds prior to the COVID-19 pandemic. Working to bring awareness to many of our largest, local businesses who employ ALICE, we are striving to improve the chances for ALICE families to thrive, not just survive.

- VITA - Our Tri-County United Way's Free Tax Preparation Service helped more than 1800 local families file taxes and maximize refunds.

- New Volunteer Portal: Volunteer Connection (make a hyperlink) was launched in March. Hosted by Tri-County United Way, we're bringing a new focus to local volunteerism by supporting the events and volunteer opportunities for over 30 local nonprofits.

- Kids with Packs: Preparing kids for success - we distributed over 800 back packs with school supplies to 17 local schools.

- Teen Excellence Scholarship awards \$25k Teen Excellence awards identify those young persons who demonstrate individual growth, leadership development, and serve as exceptional role models in their communities and beyond.

- RSVP (Retired Senior & Volunteer Program) The RSVP Medical Transportation Program is just one of the vital services our RSVP volunteers provide. Our drivers give rides to seniors who have no other means of getting to medical appointments. The mission of RSVP of Warren & Washington counties is to engage men and women 55 and older in meaningful volunteer service that strengthens the well-being of both self and community.

Our Response to COVID-19

The rapid spread of the COVID-19 virus caused a level of disruption in our daily lives that few of us could have imagined. The crisis continues to drive urgent and unexpected needs in our community as many face financial uncertainty stemming from repercussions of the virus.

To help combat this uncertainty and provide community-based resources to those in need, Tri-County United Way activated the following:

- Leveraging 211 Community Resource Centers. 211 is United Way's health and human services crisis helpline. Our 211 call center has fielded over 6,000 calls from Warren & Washington County since March 1, as the

COVID-19 pandemic started to impact local families.

- Addressing Food insecurity in our local communities. We're supporting 40+ local food pantries and participating in local drive-through food pantries with the Salvation Army and the Northeast Dairy Association. The Stuff the Bus program collected over 8 tons of food and fed 20+ local food pantry patrons

- COVID-19 Community Survey. Tri-County United Way launched a survey to assess the impact of the COVID-19 crisis on individuals and families in Warren, Washington and Northern Saratoga counties. The survey revealed the following greatest concerns:

- Contracting COVID-19 and the economic health of our community were the top concerns.

- For those who lost jobs or had hours reduced, financial assistance was of critical concern.

- Mental health and depression were prominent among seniors and single parents.

- A major concern across all demographics was children's well-being with education/schooling being a critical component. Schooling affected not only children's well-being, but hours parents were available to work, food normally provided to children in school, and the availability of affordable childcare for working parents.

- Tri-County United Way is engaging our non-profit funded partners to assess the effectiveness of their current programs to address the concerns revealed in the survey.

- COVID-19 Community Response & Recovery Fund. United Way's COVID-19 Community Response & Recovery Fund mobilized United Way's network to help keep families in their homes, foodbanks stocked, and critical social services running. The Fund raised over \$50,000. Generous in-kind donations from the Post-Star and Irving Tissue seeded our Fund. The Fund provided support to the following organizations:

- Adirondack Samaritan Counseling Center
- Family Services Association
- Glens Falls Senior Center
- NearCare
- Alliance for Positive Health
- Freedom Machines
- Habitat for Humanity
- Doreen's Soup Kitchen
- Salvation Army
- Kee to Independent
- Things of My Very Own
- The Ben Osborn Memorial Fund
- Village Green Community Garden
- Pitney Bowes Community Farm
- Open Door Mission Food Pantry
- Big Brothers Big Sisters of the Southern Adirondacks

Submitted by Tri-County United Way

YMCA of the Glens Falls Area: Always here for community

A lot has changed at the Family YMCA of the Glens Falls Area over the past year, but our commitment continues to remain the same – to always be here for our community when people need us most.

When the devastating effects of COVID-19 swept across the country and landed on our doorsteps, we quickly mobilized to provide our community with services. Although the Y facility was closed for several months, our staff worked remotely and provided wellness checks to our Active Older Adult community; our fitness staff facilitated multiple fitness opportunities virtually for the community (not just our members) and this past summer we provided childcare to families who needed it the most through our camp program.

Thanks to the unwavering support of our members, volunteers and donors, our YMCA has been able to continue offering people a critical lifeline as we work to help our community recover and thrive.

Most notably, while most of New York was shut down for almost six months, we partnered with North Country Ministry and opened a food pantry at our YMCA Adirondack Center in Brant Lake. Their previous location was not suitable for maintaining social distancing and needed to move to a site where it would be accessible to the community residents. The Brant Lake location has flourished and reached twice the number of homes than when the pantry was located elsewhere. The YMCA Adirondack Center is now the full-time home for the North Country Ministry food pantry since the new location became so successful during the shutdown.

As we approach the launch of our 2020 Annual Campaign, we are asking for your help so that we can continue to support our neighbors and strengthen our community. Together, we can continue to provide childcare for parents who need to work; a safe, nurturing space for seniors who are feeling isolated; and continue to support the community with a clean and safe wellness center, pool, and group exercise area.

The funds raised in our Campaign go directly back to the community through our Financial Assistance Program. This program allows us to provide discounts on programs and membership fees to those individuals and families in our community who qualify for assistance. We have also implemented a new scholarship whereby we offer new members a 50% discount on membership fees for three months if the individual indicates that they are unable to afford the rates.

We hope that this opportunity will allow new members time to enjoy the YMCA and all the member benefits that we offer and follow up by applying for fi-



nancial assistance. The YMCA does not turn anyone away due to the inability to pay.

At the YMCA we are so much more than a gym and swim; when you join our Y, you join a community organization that offers health, hope and opportunity. We strive to nurture the potential of kids, help people lead healthier lives, and support neighbors while strengthening the surrounding communities.

Members of the YMCA can benefit from a variety of health and fitness programs that include swimming lessons, aquatic programs, personal training, group training sessions, youth programming, and childcare.

We are excited that we are gradually increasing opportunities for members to enter our doors again. We recently welcomed back our Gymnastics program and Team and the Swim Team has returned to the pool. Group exercise classes have resumed indoors, and we are offering personal training sessions again. We are slowly but carefully reopening our facility so that we can continue to be here for our community.

If you are interested in supporting the YMCA's Annual Campaign, please visit our website at www.glensfallsymca.org/donate.

Interested in becoming a member and have questions? Please contact our Member Service Team at 518-793-3878 or visit our website at www.glensfallsymca.org

No matter what challenges the future brings, we can overcome them together. We hope you can consider supporting the Family YMCA of the Glens Falls Area and help create a stronger community for all.

The Y. Forever together. For a better Us.



Submitted by YMCA of the Glens Falls Area



CHANGING LIVES STRENGTHENING OUR COMMUNITY

We know that lasting personal and social change comes about when we all work together. That's why at the Family YMCA of the Glens Falls Area, strengthening community is our cause. Every day we work side-by-side with our neighbors to make sure everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive.



We are located at:
600 Glen Street, Glens Falls
6307 State Rt. 9, Chestertown
148 Tannery Rd., Brant Lake

Open Door Mission: Door always open to help those in need

There's no doubt 2020 has been a year of growth and challenges at Open Door Mission. An integral part of our mission statement is to serve people at their point of need. During these unprecedented times, this statement has



never been more accurate. Though we could not have predicted the effects that the COVID-19 pandemic would have on those we serve, we are grateful that with the partnership of our community, we were able to continue to support those who have come to rely on the vital services provided at Open Door Mission. Despite the challenges, we are moving forward.

In March, we celebrated the grand opening of our newly expanded Food Pantry which saw over a 250% increase during the height of the pandemic. Together with the support of our donors and community partners, we have served a total of 19,827 meals since the doors of our Food Pantry opened. Many of the guests that received these meals, have not had to use a food pantry before.

"The food pantry has opened my eyes to the economic crisis that the virus has brought to our country. I have met many new guests who have never been to our food pantry. However, due to the loss of a job, they are now seeking a way to provide for their family and I'm thankful that we can offer practical provisions to their daily life.", says Chris Dreger who manages our Food Pantry. A good meal and a little help can mean a lot to someone who's experiencing hunger or homelessness.

We have expanded our services to include the region's only women's shelter. Our brand-new women's shelter is currently providing a safe and loving home for four six women. We are thrilled to be able to walk alongside women in our community experiencing homelessness and help restore them to a full life.

When one of our residents was asked what it meant to have a safe place to sleep, she responded "It means everything to us." Another resident had this to say, "I am where I am largely because of the help and hope I was given at Open Door. All the skills and caring from the Mission over the past years has helped make me the person I am today." For these women, having a warm bed in a safe environment means hope.

Despite Covid-19 restrictions, we have been able to safely distribute meals at our Kitchen so that we may continue to feed our hungry neighbors. We have served over 10,468 meals, many of which have been served to-go during this pandemic. Our Kitchen team recently reflected on these changes, "The crisis has drawn us closer to our guests because there are more needs to be met. We want to do whatever we can to provide for them and encourage them by looking forward to having a good meal every day. We pray for our guests all the time."

We are grateful for our volunteers who give so willingly of their time serving our guests, giving them a listening ear and showing them that they are loved. Our guests find more than a hot meal at our Kitchen, they find encouragement.

We recently began construction on our long-awaited new kitchen. When open, our newly expanded kitchen will have the capability of serving over 200 meals per day. Our dining room capacity will be more than tripled in our new space. Even in these challenging times, with this addition to Open Door we will be able to invite people back into a warm, welcoming and safe dining experience. We are excited to be able to welcome our guests into our dining room. For many of our guests, Open Door Mission is the only family they know.

"They make you feel special. You walk in, and they come over, introduce themselves to you and tell you about the place. They're very warm people. That's what kept me coming back. They were like a second family to me.", said one of our guests about his experience in our kitchen.

While Thanksgiving and Christmas may look different this year, we are looking forward to celebrating it with our residents and guests. However, the reality is that we are preparing to meet a greater need this holiday season. We are here to answer that call while making the holidays memorable for our residents and guests.

As we prepare for the holiday season, we are set to serve over 1600 meals a month, not including what we distribute through our food pantry. Your support is critical to ensure continued provision for our hurting neighbors. Please consider partnering with us financially to walk alongside our guests and residents when they need it most. You may find a list of our current needs and donate online at: <https://opendoor-ny.org/ways-to-give/>

Submitted by Open Door Mission





GRACE IS SHOWN HERE.
HOPE LIVES HERE.
LIFE CHANGES HERE.
WELCOME TO THE OPEN DOOR MISSION!

**TO LEND YOUR SUPPORT VISIT
OPENDOOR-NY.ORG | 518-792-5900**

Double H Ranch: Making the impossible possible

For 28 years, Double H has excelled at rising to the challenge and making the impossible possible. This Spring, we were met with our biggest challenge yet, and without hesitation our team adapted. Though the camp program looked different this Summer, it provided the same unconditional love, support, and acceptance among our community. Double H gave campers and families a sense of belonging and connection during a time so unfamiliar to us all. There is no doubt Summer 2020 has shaped a new path forward and left a lasting impact.

Through this process, we found that camp is more than a place or a weeklong program. It is a community of people brought together to create an environment of acceptance and resiliency. The virtual Camp@HHome program offered safe and accessible ways for kids to meet new friends, connect with counselors, challenge themselves with new activities, introduce their families to camp traditions and truly shine – wherever they might be. With living rooms as their new stage and backyards as a place to ride rollercoasters, our campers were able to laugh, play, and teach us all the value of coming together.

Thank you for your continued trust as we strive to illuminate the path ahead. – Jacqui Royael, Director of Operations

Submitted by Double H Ranch

Learn more at: www.doublehranch.org

PACKAGES WITH A PURPOSE

In May, care packages were delivered to campers living in NYC and the surrounding areas most impacted by COVID-19. Families received face masks sewn by volunteers, locally made hand sanitizer, games donated by Hasbro, and treats from our friends at Friehofer's and Ben & Jerry's.

CAMP@HHOME PROGRAM

Double H staff and volunteers hosted seven virtual sessions of summer camp in July & August. Using the Jigsaw Interactive platform, campers and counselors, were able to join in on campfires, talent shows, special guest visits, cabin chats, and Wishboat ceremonies from their homes.

BEAR HUG DELIVERIES

Each Camp@HHome summer participant received a special delivery of Double H keepsakes. Camper t-shirts, teddy bears, courage bracelets, and more helped campers feel better connected, carry on camp traditions, and build on their favorite Double H memories.



Camp is where the heart is



YOUR GIFT KEEPS CAMPERS CONNECTED WITH DOUBLE H RANCH.
DONATE NOW BY TEXTING **DOUBLEHRANCH** TO **56651**

#KEEPCAMPCONNECTED



The Wild Center: Cultivating a passion for nature

The world desperately needs more people to fall in love with nature — with woods, wildlife, water, snowy mountains, coral reefs, and fragile habitats everywhere. Because if people love something, they want to look after it. It's that simple.

At The Wild Center, we know exactly how to cultivate and spread that passion for nature. But we can't do it without your help.

The Wild Center redefines what a museum can be. We aren't like any other nature museum, science center, zoo, wildlife park, aquarium, convention hall, or classroom you've ever seen. But it has the best, most appealing features of all these places.

In the years since we welcomed our first visitor, we have developed an approach that inspires individuals to take meaningful steps to protect our environment. Whether its bringing them above the tree line on Wild Walk to give them a birds-eye view of the Adirondacks, or bringing them to a fully immersive sound installation in the woods, or letting them get up close to an Adirondack animal. We've seen it work, again and again. But we need your support to maintain and expand this effort.

It sounds unbelievably simple, but it's actually the foundation upon which any effort to safeguard our environment—and our future—depends. Jacques Cousteau, the great undersea explorer and educator, said it best: "People protect what they love."

We know how to spark that love and forge a deep connection. A visit to The Wild Center offers a thousand-and-one thrilling ways to experience the Adirondack environment up close, and to appreciate the delicate balance between humans and nature.

When you return home, you'll see your own natural environment

with fresh eyes and new wonder. And you will be moved to act. To do whatever it takes to protect what you've come to love.

Feeding and housing over 400 native animals — otters, turtles, owls, trout, beavers, hawks, porcupines, ravens, and snakes is expensive. Maintaining a 115-acre campus that takes you inside nature—under the pond, on the river, up in the tree tops, out in the woods—costs money. And offering a range of intensive science-education programs for kids and adults requires resources.

The revenue we take in from admissions, grants, and government funding combined pays for just over half of these ongoing expenses. We rely on donors like you to make up the difference.

And to make lasting change, we must do even more. You can help us create new, even better ways to engage more people with the natural world here at The Wild Center. With your help we can expand our reach beyond the region and around the world with online resources and off-site programs. We urgently need your help to make people everywhere fall in love with the wild. Because that's the only way to save it.

Submitted by The Wild Center



WINTER. REIMAGINED.

THE WILD CENTER'S OUTDOOR WINTER EXPERIENCE RETURNS

TIMED RESERVATIONS REQUIRED FOR THE WILD CENTER OUTDOOR WINTER EXPERIENCE. LEARN MORE AT WILDCENTER.ORG/VISIT

THE WILD CENTER & WILD WALK

45 MUSEUM DRIVE TUPPER LAKE NY

SAIL: Helping people live more independently

The Coronavirus pandemic has brought new challenges to all of us in the community, and SAIL has been here to help since the beginning. We will continue to be here until it's over, offering whatever is needed to keep people safe and comforted. SAIL has distributed thousands of masks and hand sanitizers to schools and to members of the community, along with over 600 bags filled with hygienic supplies and personal care items. We have also provided Thanksgiving dinners to 275 families in the community.

SAIL is an organization like no other in this area – we promote independence, equality and dignity for all people, whether or not they have a disability, in all aspects of personal and community life.

The following are among the services SAIL offers:

- Information about and referral to various government-funded services
- Waiver services for nursing home diversion or traumatic brain injury
- Health insurance and benefit entitlement counseling
- Individual and systems advocacy
- Medical devices and equipment to loan at no cost
- Independent living skills; peer counseling
- Adaptive computer technology classes
- Architectural barrier consultation
- Disability awareness training
- Voter registration

If you, or a member of your family, has a disability and needs assistance during this challenging time, please reach out – SAIL IS HERE TO HELP.

Submitted by SAIL



DONATE TO SAIL TODAY!

If you would like to help SAIL help others in our community, please make a donation today.

Your contribution will make a difference to those who need it most.

Please mail or drop off your donation to: SAIL, 71 Glenwood Avenue, Queensbury, NY 12804.

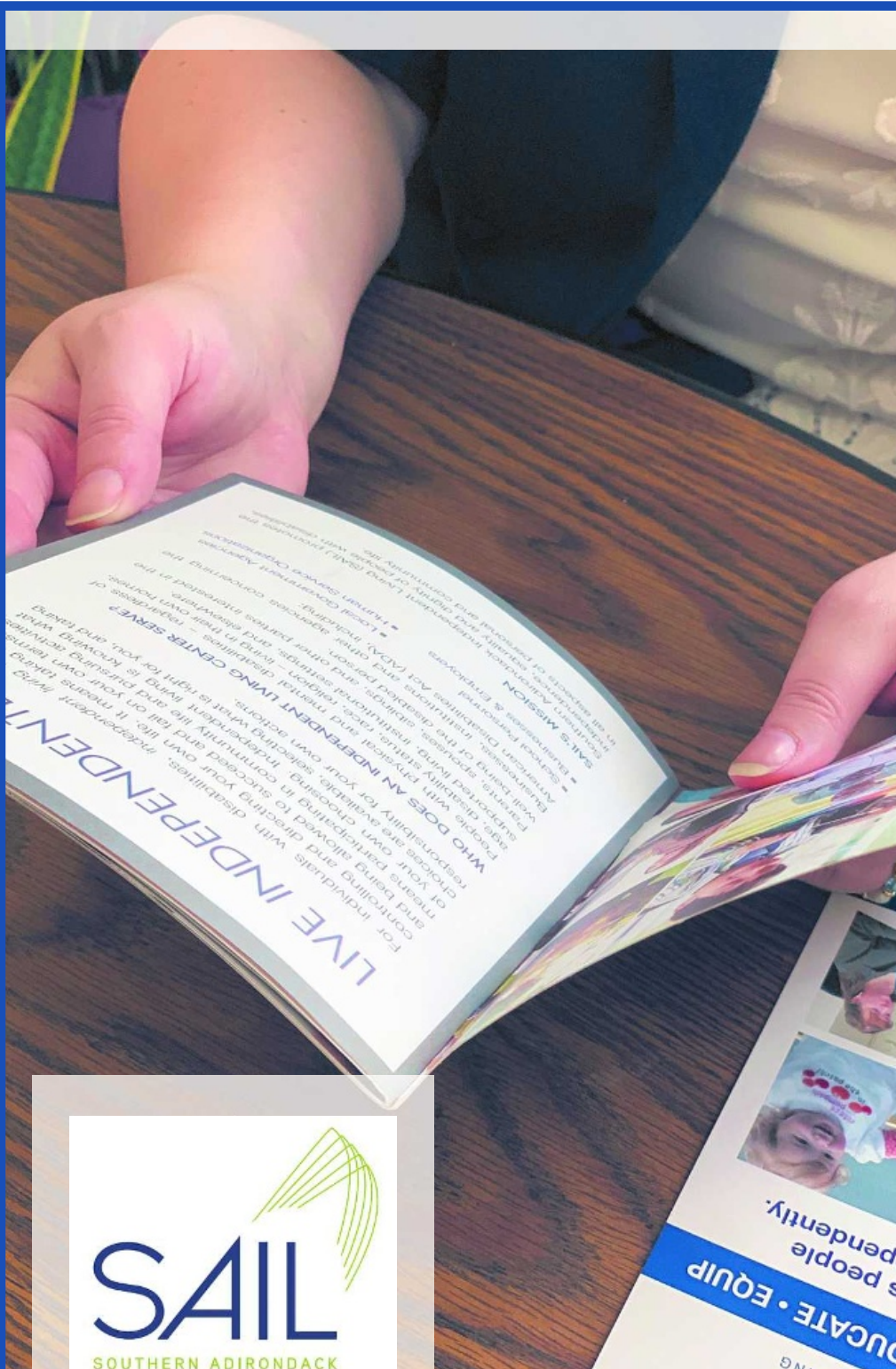
Or make your donation through PayPal on our website at SAILhelps.org

Learn more about SAIL by contacting our:

Queensbury Office: 518-792-3537
or Ballston Spa Office: 518-584-8202

Find us at SAILhelps.org or on our Facebook Page





SAIL Helps you turn problems, needs, and fears into YOUR stories of **SUCCESS!**

To support SAIL go to
SAILHelps.org
518-792-3537

Berkshire: Mission of strengthening children and families continues

Berkshire Farm Center & Services for Youth was founded in 1886 with a focus of healing and strengthening children in a family setting. Today, our mission continues – to strengthen children and families so they can live safely, independently, and productively within their home communities.

Many families across New York State are in crisis and need our help. When people are exposed to trauma during their childhood, they are more likely to experience negative physical health, mental health, and educational outcomes as an adult. They carry their trauma with them into adulthood and without intervention, can suffer from illness, early death, and poor quality of life.

Recognizing the physical and mental health risks associated with unresolved trauma, Berkshire has answered this call to action by establishing a trauma-informed model of treatment and care. This model extends across our 100 programs and services throughout New York State, meeting families where they need us most; in their homes and communities.

At Berkshire, our employees, who work in settings that often challenge the heart and the mind, know that what they do matters. Our work directly impacts the lives of thousands of children & families across New York State.

And, we couldn't have the impact we make on the lives of children and families without the partnership of our statewide foster families. We currently have over 500 certified foster families across New York State.

Did you know that in New York State, more than 25,000 children are in the foster care system because they have suffered abuse, neglect, abandonment, and other issues that endanger their health and safety?

Families struggle with unresolved traumas and need support towards reunification. Berkshire Farm Center meets a critical need for children and families by providing full-time foster care along with kinship and respite pro-

grams. The foster care team at Berkshire currently works with approximately 550 children helping to reunite them with their biological families and when reunification is not an option, our team works tirelessly to identify "Forever Families" for children eligible for adoption. In the past year alone, Berkshire Farm Center found Forever Families for 58 children.

Shana's Story

Prior to connecting with her Berkshire foster parents, what Shana experienced was tragic. Her years prior to entering foster care were filled with abuse, neglect, and drug use as means to escape the reality she faced every day. Walking miles to school in the dead of winter just to have food to eat as part of the free-lunch program, Shana started her journey as a survivor. With the support of a teacher, Shana opened up about what was happening at home and immediate action was taken. Shana was brought to Michelle & Allen's home, a couple certified



Shana's story is both tragic and inspiring and unfortunately, not uncommon for thousands of children across New York State. Because of Berkshire's amazing foster parents and our donors, we are able to provide the children and families we serve the support services and stability they need.

If right now is not the right time for you to foster, there are many other ways to support our mission: make a one-time gift or become a monthly donor, become an event sponsor, join our Holiday Angel program this holiday season by fulfilling the wish list of a child in care, or start your own fundraiser in support of Berkshire.

Whether you join our mission as a foster parent, donor, sponsor or friend, you are directly impacting and improving the lives of New York State's children and families so they can live safely, independently and productively within their home communities.

Please consider joining our mission today. Learn more at Berkshirefarm.org/join-our-mission.

Submitted by Berkshire Farm Center & Services

by Berkshire as a foster family. Here is where Shana learned to feel safe, cared for and most importantly – loved. Her grades improved, she received the treatment she needed to address her childhood trauma, and she began to heal. After 976 days in foster care, Shana was adopted by Michelle and Allen, finally finding her 'Forever Family'.

**ONE ORDINARY
PERSON...**

**Can Have an
Extraordinary Impact**

**JOIN OUR
MISSION TODAY!**



Children in our community your help!

Make an impact today by becoming a foster parent. If right now is not the right time for you, consider making a donation to our Mission Fund to help strengthen children & families so they can live safely, independently & productively within their home communities.

\$50



FULFILLS A WISH LIST
FOR A CHILD IN CARE
THIS HOLIDAY SEASON

\$75



PROVIDES A COMFORT
CASE FOR A YOUTH
COMING INTO CARE

\$100



PROVIDES PROPER
PPE FOR OUR
CHILDREN & FAMILIES

\$150



SUPPLIES ONE WEEK
OF GROCERIES FOR A
FAMILY OF 4

\$250



FUNDS AFTER-SCHOOL
& RECREATIONAL
ACTIVITIES FOR YOUTH



BERKSHIRE
FARM CENTER

Scan the QR code or visit
Berkshirefarm.org/join-our-mission today for more ways to support!



Salvation Army: Meeting needs of the Glens Falls community

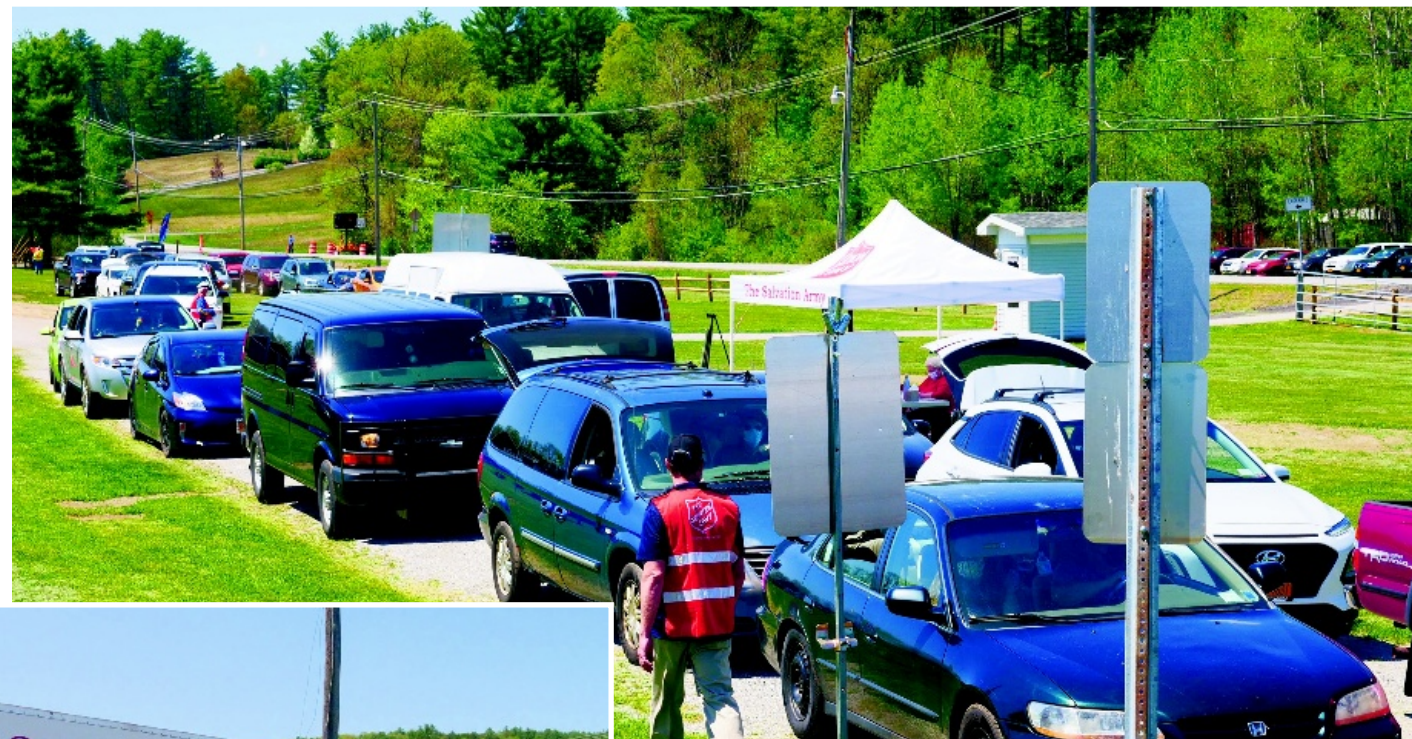
Without a doubt, 2020 has been a year of unprecedented challenges. Small businesses have struggled, unemployment is higher than it ever has been, and tension is at an all time high. But our communities have come together to support each other and do the most good.

Not only are we working hard to make sure people are fed and safe, we pride ourselves on sharing messages of hope and love to those living in isolation here in the Glens Falls community. Jesus once taught about the two greatest commandments; to love God with all your heart and to love you neighbor as yourself. He said that all the teachings contained in the scriptures are fulfilled in these two.

In His parable, The Good Samaritan, he helps us look in the mirror of our collective soul to see selfishness and prejudice. 2020 has helped us to see ourselves more clearly and given us a chance to recognize our priorities and focus on what matters.

The Salvation Army has seen an unparalleled level of need this year. Since COVID-19 arrived in March, the Salvation Army of Glens Falls has distributed north of 350 thousand pounds of food - five times the normal emergency food distribution for an average year. To put this in perspective, this is enough food to provide more than 1,200 meals daily for neighbors in need. We have established emergency food pantries in local motels that are serving as housing for the homeless. We have setup food pantries in senior housing to ensure the most vulnerable are safe and well.

We would not have been able to provide the increased level of care with our handful of hardworking employees. It has been our honor this year to serve next to volunteers from our community who contributed more than 5,000 hours to the cause. Dozens of organizations, businesses, government and non-government agencies from every level, local service groups, and other area non-profits have assisted in the mission this year. For all of these, we say thank you and God bless you.



As much as some would like to put 2020 in the rear view mirror, we do not have that luxury. Even though so much has been accomplished, there is more to do this year and beyond. The holiday season is The Salvation Army's busiest time of year. This year with all the extenuating circumstances, the need for holiday assistance is almost beyond our capacity. Our local resources are stretched thin and we need the community's assistance in several tangible ways;

- **Volunteers:** We need volunteers...many, many volunteers for everything from packing holiday meals to participating in our historic bell ringing campaign. This holiday fundraising campaign accounts for 30% of our annual budget. This year, because of restrictions surrounding the pandemic, lots of regular individuals and groups are not able to participate, placing our

holiday assistance and fundraising efforts in real danger.

- **Virtual donations:** With the need being at an all time high and COVID-19 restrictions limiting our ability to raise funds like we usually do, please head to give.salvationarmy.org/glensfalls to make a donation.

- **Angel Tree Toy Drive:** Again, with the restrictions in place from COVID-19, less people are out and about and more people need help with presents under the tree this year. Please visit salvationarmyusa.org/usn/walmart-angel-tree/ and enter your zip code to find the Glens Falls Angel Tree Registry. Toys will be delivered directly to us to connect with the families in need.

More than ever this holiday season we need the help of those in our community to provide the level of care and assistance we pride ourselves on. Our mission is doing the most good and we are looking to the community to help us accomplish that this year.

Whether it be donating your time as a volunteer, making a cash donation, or adopting an angel through the Angel Tree Registry, every bit helps.

Contact us at 518-792-1960 or by messaging The Salvation Army of Glens Falls Facebook. Happy holidays and God bless.

Submitted by The Salvation Army

THE NEED HAS
ALWAYS BEEN THERE.
**THIS YEAR,
IT HAPPENS TO
BE GREATER**

YOU CAN HELP IN 3 WAYS:

1. DONATE TO GLENS FALLS

GO TO GIVE.SALVATIONARMY.ORG/GLENSFALLSKETTLE

2. ADOPT AN ANGEL

VISIT SALVATIONARMYUSA.ORG/USN/WALMART-ANGEL-TREE/ AND ENTER YOUR ZIP CODE

3. VOLUNTEER

CALL (518) 792-1960

THE SALVATION ARMY GLENS FALLS
37 BROAD ST. GLENS FALLS NY 12801
(518) 792-1960



SCAN TO DONATE



Silver Bay: Your perfect getaway destination

Silver Bay Conference & Family Retreat Center is a year-round facility located on the Northern end of Lake George. With a 700-acre campus sitting on a mile of Lake George shoreline in the Adirondack Mountains, Silver Bay is the perfect destination for family vacations and reunions, corporate trainings, environmental conferences, youth retreats, spiritual gatherings and so much more.

Accommodations at Silver Bay include private, cozy cottages and large group houses and even hotel-style accommodations. With a variety of accommodations, ranging in price, Silver Bay is sure to have something that will fit your needs!

If you're looking to bring a group to Silver Bay, you'll have plenty of meeting locations to choose from. We have meeting spaces for smaller groups that comfortably fit 15 to large spaces that fit 300+, and our beautiful, historic auditorium which can hold over 600 people, means we have something just right for you.

When you come to Silver Bay whether it's as part of a group or with your family, you have access to all that Silver Bay has available – this includes; archery, canoes, kayaks, tennis (hard and clay courts), private beaches, and even private hiking trails.

Don't stress about meals while you're away, instead enjoy three meals a day in the brand new William Boyd Center.

If you're looking for a local getaway this winter, book one of our cottages and be inspired by the beauty that surrounds you. Take advantage of our high-speed WiFi so you can stay connected whether it's logging into a Zoom meeting, doing remote learning or just connecting with family and friends.

To make a reservation, call our reservations team at 518.543.8415 or email reservations@silverbay.org. To learn more about all that Silver Bay has to offer, visit www.silverbay.org.

Submitted by Silver Bay



To learn more about all that Silver Bay has to offer, visit www.silverbay.org.

SILVER BAY

Conference & Family Retreat Center

Think Silver Bay for your next:

- Corporate Retreat
- Environmental Conference
- Family Reunion
- Spiritual Gathering
- Wedding
- Youth Retreat



Visit www.silverbay.org to learn more!

Open year-round!



Volunteering is a fun and rewarding endeavor. Millions of people across globe serve as volunteers, which is a testament to just how rewarding being a volunteer can be. Understanding how to be a good volunteer is the first step toward making the experience enjoyable and effective.

Volunteering is a rewarding endeavor, and is even more so when volunteers approach their work with enthusiasm and energy.

1. Educate yourself about an organization

Research volunteer organizations' missions and goals before you get involved. Understanding their process can make you more effective right out of the gate. Furthermore, directors will appreciate that you took the initiative to learn more about the organization before you signed up.

2. Bring your enthusiasm and energy

Enthusiasm and energy for the cause may motivate others to take action. Being high energy also may make you more fun to be around, which your fellow volunteers will appreciate.

3. Be honest about your interests

The more interested you are in an activity, the more likely you are to continue doing it. That goes for anything, including volunteering. Be honest about what you want to get out of volunteering and seek opportunities that help you achieve those goals.

4. Be dependable

As a volunteer, you should arrive when you say you will, stay the duration of time you promised and perform the tasks you agreed to perform. People will be relying on you, so it's important to honor your commitment.

5. Be prepared to be flexible

Volunteers often must take on many different roles, and a willingness to jump in on any task and help is a hallmark of great volunteers.

6. Embrace your creativity

Thinking outside of the box is a strength in a volunteer. It means you can examine a situation from all sides and offer innovative solutions.

7. Be selfless

Above all, giving time to a cause you believe in is all about putting others before yourself. Figure out what you can give rather than what you can get.



TRI-COUNTY UNITED WAY

GIVING TUESDAY & GIVING THANKS

Starting today, give for tomorrow

This **GivingTuesday**, fight for a future where everyone in our community can live the life they deserve. All we need to do is **Start Today United**.

GIVING THANKS

On this **GivingTuesday**, Tri-County United Way recognizes the following companies and individuals who gave so generously in the past year.



Thomas Hoy Campaign of Distinction



Kate Otis/Community Development, Tom Murphy/President & CEO, Peter Aust/Tri-County United Way Interim Executive Director, Leslie D'Angelico/ Vice President and Mark Yrsha/ Vice President



Community Champion Award



Members of Glens Falls Hospital United Way Campaign Committee: Bates Childress/Senior Development Officer, Noel Harding/Clinical Systems Analyst, Tracy Mills/VP Planning, Peter Aust/Interim Executive Director, Tri-County United Way, Cathleen Traver/Director, Research and Planning



Helping Hands Award



Elise Naylor/Special Ed Teacher and Building Rep, Nicole Enny-Tully/5th Grade Teacher, Amanda Denno/Assistant Principal, Gwyne Cosh/Principal, Lisa Higley/Special Education Teacher, Peter Aust/Interim Executive Director

Grace Deyette

Volunteer of the Year Award



Volunteer of the Year Award
Grace generously donated her talent and time to make bracelets to sell to her friends and family with all of the proceeds being graciously donated to the United Way. Thank You Grace!



Outstanding Participation Award



COVID-19 Response & Recovery Award



COVID-19 Response & Recovery Award



Mario Scarseletta Jr. Community Service Award



Please consider a gift **TODAY** to help us continue our efforts.
Give today www.tricountyunitedway.org