



# Giving Back

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Non-Profits**

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## WELCOME LETTER

## Dear Readers,

It is my pleasure to bring you the second annual addition of Giving Back! What started as a way to highlight the amazing response of our local non-profit organizations to the Covid-19 pandemic has grown into an annual piece to continue shining the spotlight on a group of organizations and individuals who are often the ones working behind the scenes. I would like to extend a special thank you to our Presenting Sponsor, Hudson Headwaters Health Network. With your generous support we were able to provide every non-profit featured in Giving Back with a promotional video this year!

As we returned to a new normal in 2021, we all found ourselves thankful for many aspects of our daily lives that were previously mundane; our commute to the office, going out to dinner, gathering with friends for a celebration, or hugging our loved ones. Our local non-profits help protect and give access to much of what the average citizen might take for granted; from a hot meal and a warm bed, to providing children with positive role models, or protecting the beautiful Adirondack waters and mountains we are lucky enough to call home. Even though we are seeing a return to normalcy, our local organizations are still working hard and in need of our support.

Non-profit organizations are often the ones doing the thanking, so from all of us at the Post Star, we would like to thank you for the support you provide to the community, the volunteer opportunities you bring us, and the goodwill your grow with your efforts each year.

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

**Happy Giving,  
Juliana**

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# OPEN DOOR MISSION

Help for today,  
hope for tomorrow

No one knows where they will be a year from today. Many of our neighbors are a paycheck away from needing our services at Open Door Mission. For those experiencing homelessness or poverty, Open Door provides services that not only help them today, but give them hope for tomorrow.

The year 2021 required flexibility. Our primary focus was to meet the urgent circumstances and increased needs in our community while protecting our Residents, Guests, and Staff. This year marked 30 years of service to our community, a milestone we're excited to share; that's 30 years of community collaboration, volunteer hours, charitable gifts, and of people caring about their community. Thanks to faithful donors and dedicated volunteers, we are no longer just a soup kitchen; we are a shelter, a food pantry, and a resource center for anyone fallen on hard times. We are a place of hope where people can find help and encouragement to move forward.

In May, we celebrated the opening of our teaching Kitchen and Dining Room on Warren Street. Our Kitchen served a total of 20,287 hot meals this year, almost 10,000 more than last year. The need for food has only increased as the COVID-19 pandemic has impacted families from all walks of life. We welcome anyone in need of emergency food during in our Food Pantry.

A recent guest in our dining room said, "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."

Open Door Mission is home to the Code Blue Shelter of Warren and Washington Counties. We served 141 individuals last winter. That's 1,807 nights in a warm, safe

bed. We are only able to do this through kind-hearted Donors and Volunteers who know the need for a safe place to stay during our Adirondack winters.

This year we sheltered 75 individuals in our year-round Shelter Program. Our 52-Bed Men's Shelter is currently under construction and is expected to be complete in 2022. With the increase in beds, we will be able to accept more people into our Life Path Program, a program designed to bridge the gap from poverty to self-sustaining and balanced lives. The program follows eight steps: Safe, Sober, Stable, Schooled, Skilled, Secure, Settled, and Serving. The classes and services offered follow Residents from their entry into the Mission through the point where they are housed and able to give back to the community. Our Program Director, Shelley, says, "We want to bring healing and life transformation to individuals."

Open Door Mission cannot serve its purpose without the hard work of our dedicated Volunteers. The Mission has opportunities for individuals who wish to serve in many different capacities. Over the past couple of years, we have expanded as we opened our in-house Kitchen and Dining Room and Food Pantry. Each of these areas in the Mission depend on Volunteers who love to serve their community. One Volunteer told us, "I enjoy making a positive difference in our community!"

Our Kitchen serves meals with only a few staff and an army of volunteers! The Kitchen Staff works hard to empower Volunteers who spend time prepping, cooking, serving, and cleaning our Kitchen. The Food Pantry is another place our Volunteers humbly serve local families. Volunteers in the Food Pantry assist families in choosing the food they need for the week with great emphasis on an atmosphere that provides dignity to our Guests. Each area gives Volunteers an opportunity to explore their interests, serve others, and fulfill needs.

If you are looking for a way to bring change in someone's life, consider the Open Door and visit us at [opendoor-ny.org](https://opendoor-ny.org).



**Grace Shown Here**

**Hope Lives Here**

**Life Changed Here**



**Volunteer**



**Give**





# 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.

**W!LD LIGHTS**  
presented by  
MERRILL L. THOMAS, INC.

THIS HOLIDAY SEASON

*Give the Gift of New Memories*

Near or far, all Wild Center Members create new memories with every visit and special online programs. *Learn more about member perks and how to share them with your loved ones at [wildcenter.org/members](http://wildcenter.org/members).*

**THE W!LD CENTER**

45 MUSEUM DRIVE | TUPPER LAKE, NY  
WILDCENTER.ORG

# SUNY ADIRONDACK

Enriching and transforming lives

**S**UNY Adirondack's mission as a learning- and teaching-centered college is to enrich and transform lives and communities through accessible, lifelong educational opportunities. With student success at the heart of our work, all students who wish to pursue an education or training program can do so regardless of their age, background, goals or learning styles.

The SUNY Adirondack Foundation is committed to providing resources that have an immediate and beneficial impact on our students. To make this happen, we depend on the steadfast support of alumni, friends and community members like you.

SUNY Adirondack students go on to become our business leaders, our teachers, and our CPAs. They are chefs in our favorite restaurants and nurses in our healthcare facilities. Investing in SUNY Adirondack students today is ensuring the future of our local economy and community.

**The SUNY Adirondack Fund provides direct support to students as**



**well as programs that ensure every opportunity to earn a college degree.**

- It provides scholarships to deserving students with unmet financial need. With more than 80 percent of our students qualifying for financial aid, scholarships cover what aid does not.
- It supports the Finish-In-2 incentive program that helps committed students



earn their associate degree in two years.

- It offers financial relief and emergency loans to students in dire need and can help with food insecurity, housing or medical care, among other necessities.
- It pays for high school students with financial need to take courses through our High School Academy program.

This Giving Tuesday, we ask that you

consider making a gift to the SUNY Adirondack Fund. Hundreds of students benefit from the SUNY Adirondack Fund each year and your collective generosity inspires them to succeed. Your gift — of any size — provides immediate financial relief, clearing a pathway to success.

We are successful when we partner as a community, for the community, so thank you in advance for investing in our students and in future of our community.

## Our mission statement

The SUNY Adirondack Foundation is a 501(c)3 charitable organization established in 1983. The Foundation's primary function is to provide financial support to the college and its students. Funds are raised and distributed as student scholarships, faculty/staff professional development grants and to support college-related special projects.

The Foundation builds its assets through annual giving, memorial gifts, special fundraising events, planned giving and bequests.



**SUNYADIRONDACK Fund**  
Investing in our Community's Future

**GREAT FUTURES  
START HERE**  
*because of you*



Scan the QR code  
or visit [sunyacc.edu/give](https://sunyacc.edu/give)  
to invest in our  
community's future.



**SUNYADIRONDACK**  
A State University of New York Community College



**"I found my roots at SUNY Adirondack.**  
It all started there and taught me so much. Everyone should take advantage of the wonderful opportunity that's right in our backyard."

— Cristina Hanchett, 2011 graduate of SUNY Adirondack and owner of Juicin' Jar in Glens Falls

## OUR GRADUATES BECAME

Archaeologists  
Artists  
Business Leaders  
Chefs  
Community Builders  
Computer Scientists  
Educators  
Engineers  
Entrepreneurs  
Health Care Workers  
Lawyers  
Police Officers  
Scientists  
Tourism Leaders  
Writers

... and more



# THE SALVATION ARMY

Working hard through the pandemic to bring hope to those still struggling

Without a doubt, 2021 has been another year of unprecedented challenges just as 2020 was. Although the United States as a whole is seeing improvements since the pandemic began, in the Glens Falls community we are still working hard to bring hope to those still struggling. Our communities are still working 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 the Glens Falls community.

Jesus once taught about the two greatest commandments; to love God with all your heart and to love your 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. The pandemic 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 un-

paralleled level of need this year. Since COVID-19 arrived in March of 2020, The Salvation Army of Glens Falls has distributed north of 650 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 2,400 meals daily for neighbors in need. We 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. To all of these, we say thank you and God bless you. As much as some would like to put the pandemic 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 Red Kettle 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. Please visit [SAvolunteers.org](http://SAvolunteers.org) for a list of places and times to volunteer for the Red Kettle bell ringing campaign or call (518) 792-1960 for more information.

- **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 visit [give.salvationarmy.org/glensfallskettle](http://give.salvationarmy.org/glensfallskettle) to donate.

- **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/](http://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.

**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.**



The Salvation Army  
P.O. Box 326, 12801-0326  
Glens Falls, NY 12801  
(518)-792-1960

## volunteer bell ringers needed!

GO TO: [SAVOLUNTEER.ORG](https://SAVOLUNTEER.ORG)



## apply now to become a paid kettle worker

CALL (518) 792-1960 AND ASK FOR LIEUTENANT OR HILARY

## businesses how to get involved

- COUNTER-TOP KETTLE
- PAPER KETTLE WITH OUR DONATION QR CODE
- ADOPT A KETTLE FOR THE DAY



GLENS FALLS  
VIRTUAL RED KETTLE  
[scan here to donate](#)



GLENS FALLS  
VIRTUAL ANGEL TREE  
[scan here to give a gift](#)

## support our angel tree program

PLEASE JOIN US IN SUPPORTING  
LOCAL CHILDREN & FAMILIES  
THROUGH A GENEROUS GIFT

For more info please contact:  
**Major Leo Lloyd**  
[leo.lloyd@use.salvationarmy.org](mailto:leo.lloyd@use.salvationarmy.org)



# DOUBLE H RANCH

## Bringing people together through the power of camp

At a time of year for gratitude and reflection, we take pride in all that the Double H Ranch has been able to accomplish over the past 12 months. After a successful continuation of virtual and alternative programs early in the year, we were able to safely welcome campers, volunteers, and staff back for our traditional on-site summer program at reduced capacity.

Our 2021 Summer Camp Program was a continuation of Double H's 29 years as a respite from the loneliness and social isolation often associated with living with a serious illness. We were able to implement the necessary facility modifications and enhanced safety procedures that allowed us to host nearly 300 campers throughout the season while still providing the highest quality of care for those we serve. We are more confident than ever in the power of camp to bring people together. Our staff, volunteers, and campers embraced the endless possibilities and the unexpected magic that camp can bring to our lives. They embraced the joy of connecting



with old friends and new, caring for one another, being a role model, and choosing kindness.

We are excitedly gearing up to welcome campers and volunteers back for the Adaptive Winter Sports Program in January. With the temperatures beginning to drop, our snowmaking team is hard at work preparing the ski hill and our volunteer ski instructors will begin their



training. Soon, our campers will be learning new skills and feeling the wind on their face as they race down Robb Run and Gwen's Fun Run.

We want to express our deepest gratitude to our community partners and supporters for ensuring a bright future for our organization. The needs of our children and their families are greater than ever, and we have an obligation to do everything

within our abilities and resources to stay connected and grow stronger together.

The support of our community is what makes our programs a possibility and will always be free of charge for our campers and their families thanks to the generosity of people like you. Scan the QR Code or visit [doublehbranch.org/match](https://doublehbranch.org/match) to make a contribution by December 31 to have your donation matched by a generous donor!



# EMBRACING WONDER

This Summer, 300 campers returned to Double H Ranch and the feeling was incomparable. For our campers who live with a serious illness, the chance to be at camp provided a safe environment for a bit of respite, joy, and connection.



**HH**  
Double H Ranch  
a seriousfun camp

Your support makes our free-of-charge programs possible. Donate by the end of 2021 and have your gift matched 1:1, up to \$100,000. Donate today by visiting:

[doublehbranch.org/match](https://doublehbranch.org/match)



# Family-friendly volunteering opportunities

Spending time with their families benefits children in myriad ways. Such quality time can strengthen bonds between parents and children, and one study from the National Center on Addiction and Substance Abuse found that frequent family dinners make children less likely to use tobacco, consume alcohol and use marijuana.

Volunteering is a great way for families to spend time together. Children of various ages can reap the rewards of volunteering, and those rewards may be even more significant when kids give back alongside their parents. Children's ages and maturity levels should always be considered when looking for a volunteering opportunity. The following are some family-friendly options parents can consider as they look to volunteer with their children.

**Food drive:** Participating in a food drive is a great way for families to give back together. Kids of all ages can pitch in on a food drive. Parents can take children to the grocery store and let them pick items to donate. Kids also can accompany their



parents to pick up donated items and drop them off at the local food bank.

**Toy drive:** Toy drives are popular come the holiday season, and children of all ages may enjoy picking items that they know will help to make the holiday season special for other youngsters. If toy drive organizers don't request specific items, ask kids which toys they would recommend or encourage kids to donate lightly used items they no longer use. Children are en-

thusiastic givers, and toy drives are a great opportunity to illustrate how good it feels to help those in need.

**Park/beach cleanups:** Human beings are stewards of the environment, so what better way to instill that lesson in children than to volunteer to clean up local parks and beaches? Kids will look forward to a day in the great outdoors, and they'll take pride in knowing they did their part alongside their parents to make their favorite

green spaces and beaches cleaner for their communities.

**Soup kitchens:** In 2020, Feeding America, a nationwide network of more than 200 food banks, cited a study that found 67 percent of food banks were in need of volunteers. Many volunteers, a significant percentage of which are seniors, stopped volunteering during the COVID-19 pandemic out of fear of catching the virus. The successful rollout of COVID-19 vaccines for adults and children over 12 has reduced the risk of serious illness from the coronavirus. Though parents must consider various factors before volunteering in the era of COVID-19, fully vaccinated families can work with local food banks to safely offer their time. Such efforts can teach children valuable lessons about the importance of giving back, and many food banks have altered their operations to make it safe for volunteers to lend a helping hand.

Volunteering as a family can strengthen the bonds between children and their parents.

There's nothing more rewarding than giving back and making a difference in the lives of people in this great community.

- Frank Guzzetta

Thank you to all my clients past, present and future.



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# SOUTHERN ADIRONDACK INDEPENDENT LIVING

SAIL helps people live more independently

**T**he Coronavirus pandemic has brought new challenges to all of us in the community, and Southern Adirondack Independent Living (SAIL) has been here to help since the beginning. We will continue to be here until it's behind us, offering whatever is needed to keep people safe and comforted. SAIL has taken the opportunity during the pandemic, to re-assess the needs of the community.

In turn, we have relocated our Ballston Spa office to 20 Prospect Street in Ballston Spa to accommodate a larger space and the growing needs of the Saratoga County region. SAIL also purchased an accessible van to allow for transportation of individuals with disabilities that are currently using wheelchairs. This would include assisting these people in getting the COVID-19 and flu vaccines.

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.

**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 to us. **SAIL IS HERE TO HELP.**

**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 [www.SAILhelps.org](http://www.SAILhelps.org).

**Learn more about SAIL by contacting the Queensbury Office: 518-792-3537; Ballston Spa Office: 518-584-8202; find us at [www.SAILhelps.org](http://www.SAILhelps.org); or on our Facebook Page.**



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



**SAILHelps.org • 518-792-3537**



# HIGH PEAKS HOSPICE

Delivering the comfort, joy, support, peace and moments of hospice care

**Hospice is a way of caring.** It's about living life to the fullest despite a terminal illness. Hospice cares for the whole person. **Our goal is for you and your loved ones to experience the comfort, joy, support, peace, and moments that hospice provides.**

Our mission: High Peaks Hospice provides end-of-life care that listens with respect, cares with compassion, supports with choice, and comforts with understanding — wherever you call home.

Our service area covers 5,400 square miles of the Adirondack Region, including all of Warren and Essex, as well as parts of Washington, Franklin, Hamilton, and St. Lawrence counties.

We have supported over 540 local families so far this year alone!

Most people know what they want at life's end - to stay at home, surrounded by family and loved ones, free of pain with symptoms under control, support for family caregivers, and free of financial worries. High Peaks Hospice is a local non profit hospice organization that makes this possible.

**When you have been diagnosed with a terminal illness and the options become limited, hospice gives**

**you the choice of focusing on your quality of life.**

**Hospice is about support and compassion.**

Hospice supports one's desire to live out life in the comfort of their home, surrounded by the people and things that bring them comfort and joy. It's what hospice was uniquely designed to do.

When you understand the hospice benefit, many choose to start receiving services earlier. Why spend the last months or weeks traveling to medical facilities or in and out of emergency hospitalizations when you can be at home with family — sharing memories, resolving conflicts, maybe crossing something off your bucket list.

Hospice often allows for time and space to say "thank you," "I love you," "I forgive you" and "goodbye" or to just be present with those you love.

Hospice team members ask "What do you need? How can we help? What can we offer to help plan for the months and weeks ahead?"

Care typically is provided in a patient's home, but may also be provided in a nursing home, assisted living facility or hospital. Specially trained registered

nurses visit regularly to provide maximum comfort while guiding the family on how to best care for their loved one. LPNs support the RNs as well as assist with personal care, social workers help each family to clear every hurdle, a chaplain is available to offer spiritual care, and volunteers are available to provide respite or companionship.

The team works alongside the patient's own primary care provider and/or inpatient facility.

Hospice is available 24/7 by phone for questions and emergent visits.

Hospice care continues even after a loved one has gone. We offer grief support to families receiving hospice care as well as anyone in the community.

## Can I afford hospice?

Yes! Hospice care is a benefit covered by insurance, typically with no copays or deductibles.

Thanks to the generosity of private individuals as well as community support, no one is refused care due to inability to pay.

## When does one become eligible?

Eligibility often begins when people with a qualifying life-limiting illness

such as late-stage heart disease, renal failure, COPD, dementia, cancer, etc, receive a prognosis of six months. Care may be received for an unlimited period of time, depending on the course of the illness.

Some doctors don't bring up hospice, so if you are considering hospice care we encourage you or a family member to start the conversation. If you call us first, we can help you have the conversation with your doctor. All calls are confidential.

## Connect with us

Hospice care has been shown to be most beneficial when families have a chance to receive the full range of skilled medical, emotional, and spiritual support services available to them.

The feedback we hear from families most often is, **"We wish we had called hospice sooner!"**

Call **518-891-0606** today to see what we can do for you now or in the future. Knowledge is power. It's never too early to learn about hospice so that you can make an informed choice about the kind of end-of-life care that you or a loved one wishes to receive.

**Do you wish to donate to a worthy cause or volunteer in a meaningful way?  
Call or visit [www.highpeakshospice.org](http://www.highpeakshospice.org) to learn more about how you can support the care we offer.**



**HIGH PEAKS**  
**HOSPICE**

dignity, comfort  
& peace  
at the end of life



# Hospice is a way of *caring*

Hospice provides the  
support families need  
to care for their loved  
one at home.



MORE  
*comfort...*

MORE  
*support...*

MORE  
*joy...*

MORE  
*peace...*

MORE *moments...*

High Peaks Hospice is a local non profit organization that provides people living with a terminal illness the choice to focus on their quality of life.

Hospice care is a benefit covered by insurance, typically with no copays or deductibles.

Thanks to the generosity of private individuals and community support, no one is refused care due to inability to pay.

**518-891-0606**

[www.highpeakshospice.org](http://www.highpeakshospice.org)

*volunteer*

in a meaningful way

*donate*

to a worthy cause



# BRAMAN FOUNDATION OF CHARITIES

Helping those in need and serving the greater community

**T**hank you so much to the folks of Warren and Washington Counties!!

We at the Braman Foundation of Charities would like to thank you, dearly, for all your support, kindness and well wishes. The Braman Foundation, located at 49 Glenwood Ave., Queensbury, serves

your communities in various ways.

At the Queensbury facility we focus our efforts on working with women. As you may, or may not, know, we offer a full-time curriculum of recovery for women that may have been struggling with addiction, depression, poverty, or domestic violence.

We offer our services to help those who are in need and to serve the greater needs of the community in our region. We do this through the commandment of Christ: "To Love Thy Neighbor"!!!

All of our services are provided by volunteers who you may know but are also

your neighbors.

Please do not hesitate to contact us at [www.bramanfoundation.org](http://www.bramanfoundation.org). Most importantly, we wish you, your family and loved ones a very happy holiday season.

Be ever blessed, The Braman Foundation of Charities, Inc.

**Please do not hesitate to contact us at [www.bramanfoundation.org](http://www.bramanfoundation.org).**

# Braman

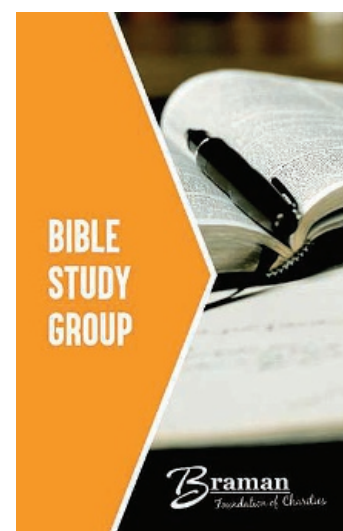
Foundation of Charities



**DISCIPLESHIP-  
TUESDAY  
6:30-8PM**



**WORSHIP  
SERVICE-  
THURSDAY  
7-8PM**



**BIBLE STUDY-  
FRIDAY  
6-7PM**



**HEALING AND  
RESTORATION-  
SATURDAY  
10-11AM**



**ALCOHOLICS  
ANONYMOUS-  
SATURDAY  
7-8PM**



**PRAYER AND  
MEDITATION-  
SUNDAY  
6-7PM**

## All Are Welcome At Our Community Meetings!

49 Glenwood Avenue, Queensbury, NY  
[bramanfoundation.org](http://bramanfoundation.org)

[info@bramanfoundation.org](mailto:info@bramanfoundation.org) • 518-636-5930

# BERKSHIRE FARM CENTER & SERVICES FOR YOUTH

**B**erkshire 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 programs. 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 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'!

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](https://Berkshirefarm.org/join-our-mission).**



**YOU LOOK LIKE THE PERFECT FOSTER PARENT**



For more information call **1-844-427-5747**  
or visit us at [Berkshirefarm.org/foster](https://Berkshirefarm.org/foster)

# WORLD AWARENESS CHILDREN'S MUSEUM

## Promoting an appreciation for cultural diversity

Nestled in the small Adirondack town of Glens Falls, NY, the World Awareness Children's Museum has been offering fun and educational multi-cultural programming to the community for over 25 years.

The idea originated as the vision of one woman, Dr. Jacqueline S. Touba who, in 1985, believed with a dozen other community leaders that sharing and exchanging the visions of children around the world would promote an appreciation of cultural diversities. The International Arts & Culture Association (IACA) was also formed in 1985 and augmented a growing collection of children's art with educational artifacts from around the world.

To preserve these growing collections, IACA applied to the New York State Department of Education to become a museum. In 1995, the World Awareness Children's Museum was chartered.



Throughout the years, the museum has become an integral part of the Glens Falls community — not only offering children a place to play, but a place to learn and be exposed to dozens of different cultures through on-site programs, workshops and special events. Their main features are the 8 hands-on exhibits they house, ranging from a Taiwanese Dragon Boat (complete with oars and a drum!), a Mexican kitchen, and their newest exhibit, "Thailand: Beauty & Beasts." These popular interactive displays enable children to play while also being enveloped in the ambiance of

another cultures' daily life. The exhibits display many prominent pieces from their artifacts collection, as well as art from their International Youth Art Exchange Program, which features thousands of child-made works of art from more than 100 countries curated over 25+ years. This helps create a unique atmosphere at the museum, where visitors are visually transported to a variety of other countries.

Like all of us, the pandemic forced WACM to adapt to the times. Initially unable to open their doors due to COVID protocols, they pivoted to creating edu-

cational and engaging virtual programs, enabling them to reach households all around the world. With programs such as "Living Room Explorers" on Look TV, "Cultural Minute," and "The Crafty Corner," the museum was able to maintain their presence in the community while also exploring new and exciting ways to reach a wider audience. This also helped launch their initiative to create virtual school programs on platforms such as Outschool.com, where students and children all around the world can sign up for any of their online programs.

With doors firmly back open, the museum is once again thriving, able to offer children both local and international a taste of what the wide world has to offer. Whether it's playing in their Japanese Tea Room exhibit, creating a masterpiece during their popular and family-friendly Paint & Sip series, or joining a virtual program at home or at school, the World Awareness Children's Museum has countless opportunities to enrich the lives of individuals all over the world!



## 2 FOR 1 HOLIDAY MEMBERSHIP DEAL!

Become a member at the World Awareness Children's Museum today and give one as a gift. Each membership has access to free year-round admission, invitations to members-only events, free or discounted programs and workshops, participation in the Empire State Museums Reciprocal program, and more.

Get your membership BOGO today at [wacm.ticketleap.com/membership2021](http://wacm.ticketleap.com/membership2021)








Scan here to  
get this deal!

89 Warren Street  
Glens Falls, NY 12801  
518-793-2773

World Awareness

CHILDREN'S  
MUSEUM

Open 10am - 3pm  
Friday - Monday  
[WorldChildrensMuseum.org](http://WorldChildrensMuseum.org)

# ADIRONDACK HEALTH INSTITUTE

## Creating a Healthier Adirondack Region Together

**A**dironck Health Institute (AHI) is an independent, non-profit organization that supports and works with hospitals, physician practices, behavioral health providers, community-based organizations, patients, and others in our region. Our main goal is to **transform health care and improve population health**. Last year we worked with nearly 200 committee members from more than 120 organizations representing a broad range of health, community, and business sectors.

We believe that by working collaboratively with our community partners, we can ultimately help improve access and affordability ultimately transform our health care delivery in the Adirondack region.

### Resources for the community, providers, and organizations

AHI offers various **free educational and assistance programs** to assist the community, providers, and organizations it serves. These programs range from help with insurance, care management services, community assessment and prevention, referral networks, and more!

Some educational and assistance programs we offer:

**Health Home Care Management:** Our care management service connects community and social support with health care and provides better medical and behavioral healthcare organizations.

To learn more, visit <https://ahihealth.org/community-member-resources/>.

**Enrollment Assistance Services and Education (EASE):** Our EASE program assists individuals, families, and small business owners throughout the State enrolling in health insurance coverage through the NY State of Health Marketplace. We don't charge, and we're not an insurance company. We help you look at available insurance plans and find out if you're eligible for financial assistance.

To learn more, visit <https://ahihealth.org/community-member-resources-2/>.

**Community Health Access to Addiction and Mental Healthcare Project (CHAMP):** The CHAMP program is designed to help individuals and their families get access to needed substance use disorder and mental health treatment services and get the most from their health insurance benefits.

**ADK Wellness Connections:** A free, centralized, coordinated referral network supports connections to health care and behavioral health services, food resources, housing, transportation, education, employment, health insurance, and other social supports that impact overall health.

To learn more, visit <https://www.adk-wellnessconnections.org/>

**Clear the Air in the Southern Adirondacks (CASA):** CASA works to advance tobacco-free initiatives in Saratoga, Warren, and Washington counties

through education and mobilization to enhance the health of local communities by implementing and supporting to-bacco-free parks, beaches, playgrounds, and housing. Reality Check, a component of CASA, is a youth-led, adult-supported program that provides opportunities for teens.

To learn more, visit <https://ahihealth.org/casa>

**Regional Healthy Food Guide:** AHI has developed a regional healthy food guide to assist the public in understanding that a healthy body starts with a healthy diet. This food guide contains training presentations and resources for youth, adults, families, and organizations.

To learn more, visit

<https://ahihealth.org/arhn-food-guide/>

**LGBTQ+ Resources:** At AHI, we want to foster a safe and welcoming community for all. We have worked and developed various resources for supporting the LGBTQ+ community. We have free training presentations and resources for youth, adults, families, and organizations to utilize.

To learn more, visit

<https://ahihealth.org/resources-for-supporting-lgbtq/>

**Resources for Partners and Organizations:** AHI offers various resources not just for the public but also for providers and organizations.

### Some additional resources we offer partners and organizations

**Telemedicine:** AHI supports telehealth and telemedicine throughout our nine-county North Country region by serving as a resource, helping partners to assess their needs and readiness, connecting organizations to specialists, providing insight on equipment and vendors, helping navigate through regulatory and reimbursement questions, organizing educational opportunities, and sharing grant information.

To learn more, visit <https://ahihealth.org/what-we-do/telemedicine/>.

**Community Assessment and Prevention:** The Adirondack Rural Health Network (ARHN) is the longest-running program of AHI, originating in 1992. It

provides a forum for public health leaders, community health centers, hospitals, behavioral health organizations, emergency medical services, and other community-based organizations to assess regional population health needs and develop collaborative responses to priorities.

If you are a partner organization or community organization and would like to know more, please contact us at <https://ahihealth.org/who-we-are/contact-us/>.



**To learn more about AHI or any of our services, visit us at [ahihealth.org](https://ahihealth.org) or find us on Facebook at [facebook.com/ahihealth](https://facebook.com/ahihealth).**



# Adirondack Health Institute

**Adirondack Health Institute** is an independent, non-profit organization supporting hospitals, physician practices, behavioral health providers, community-based organizations, patients, and others in our region to ***transform health care*** and ***improve population health.***



Scan to learn more about  
**insurance enrollment assistance!**

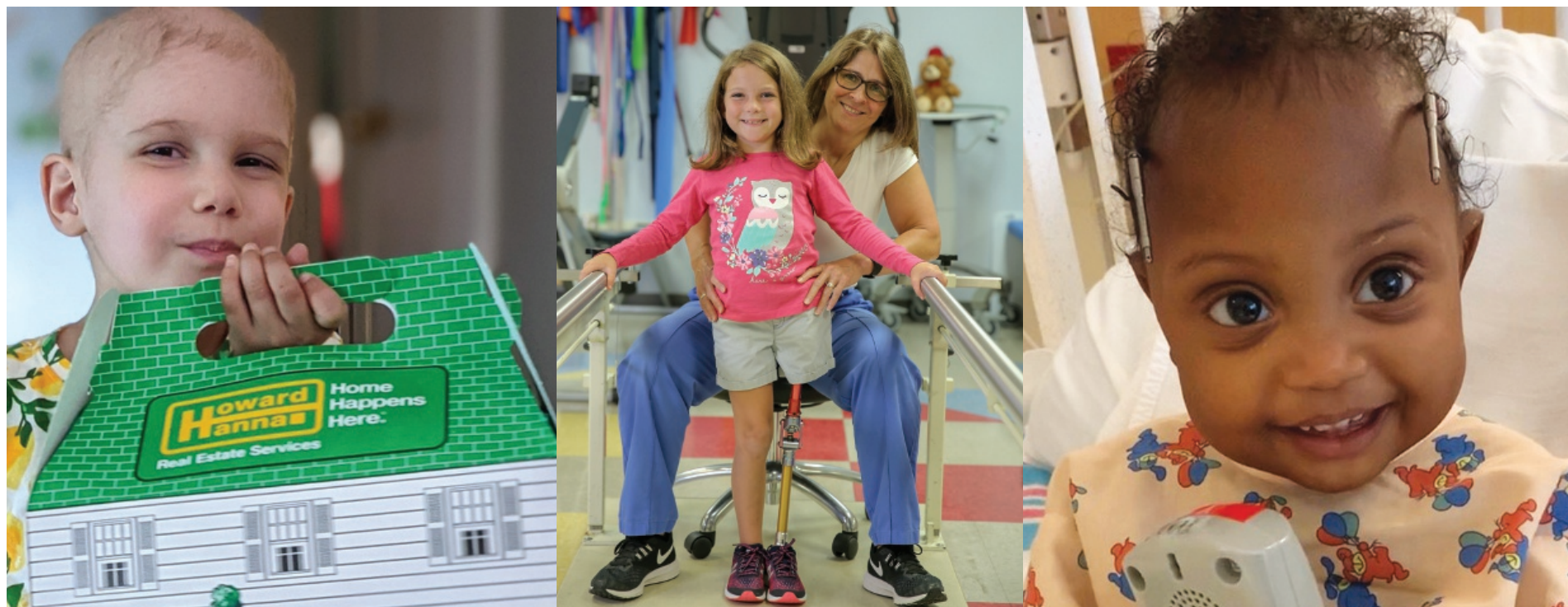


Scan to learn more about  
**care management services!**



Scan to learn more about  
**telemedicine!**

Adirondack Health Institute (AHI)  
100 Glen St., Suite 1A Glens Falls, NY 12801  
518-480-0111



# HOWARD HANNA

Dedicated to giving back to the communities where we live and work

At Howard Hanna, we are dedicated to giving back to the communities where we live and work. As part of that commitment, the company has proudly supported hundreds of educational, health, and humanitarian programs in all of our market areas.

Beginning in 1988, with a few office pot luck luncheon fundraisers (called “Chow Chows”), the mission was simply to assure that children are never denied the care they need, due to their current economic situation. Whether fundraising to help un- or underinsured families afford life-saving treatments for their children, fundraising for programs that support education for children with special needs, or fundraising for end-of-life care that insurance does not cover, Howard Hanna agents and employees have supported this mission by volunteering their time and resources to help give a better quality of life to those less fortunate.

In 2012, the Howard Hanna Children’s Free Care Fund (HHCFCF) was established as a 501(c)(3) charitable organization, with a board of directors who advise on the management of the Fund. HHCFCF is a Fund specifically created to support the free care funds of our children’s hospital partners and pediatric programs, through yearly fundraising campaigns in all Howard Hanna’s market areas. Howard Hanna Children’s Free Care Fund receives donations, through fundraising and sponsorships, which go towards the support of local children’s hospitals and regional pediatric free care programs helping to provide children with necessary and life-saving medical care, treatments and services.

Since the beginning of our free care fundraising, Howard Hanna agents and employees have come together to raise more than \$18 million. We are now raising more than \$1 million each

year to continue building the Fund. As Howard Hanna continues to expand into new regions and states, we are beginning to fund raise for the free care funds at children’s hospitals in those areas as well.

Locally, your Howard Hanna offices in the Capital Region work with Albany Medical/ Albany Medical Center Foundation. All the funds raised in this region stay in the region to help families who are not insured, have exhausted their insurance benefits, or whose children need cutting edge treatments that are not covered by their insurance provider. Our agents are dedicated to making a positive impact across the communities they serve through and we look forward to growing our impact in the capital region.

As our world faces new and complex challenges, the need for the Howard Hanna Children’s Free Care Fund is more necessary than ever, while fami-

lies everywhere are still experiencing financial hardships and illnesses. We are proud to continue our commitment to help children and families in need and partner with local and regional children’s hospitals and pediatric programs to carry on our mission of fundraising in support of free care.

You can find more information about the Howard Hanna Children’s Free Care Fund or make a donation at [HowardHannaChildrensFreeCareFund.org](http://HowardHannaChildrensFreeCareFund.org).

To find a Howard Hanna Children’s Free Care Fund fundraiser near you, contact your local Howard Hanna Real Estate office: [HowardHanna.com](http://HowardHanna.com)

Follow us @HHChildrensFreeCareFund

If you would like to get involved with the Howard Hanna Children’s Free Care Fund and support our mission, contact Executive Director Amy Martin for details: [AmyMartin@HowardHanna.com](mailto:AmyMartin@HowardHanna.com); 412-784-3713.

**You can find more information about the Howard Hanna Children’s Free Care Fund or make a donation at [HowardHannaChildrensFreeCareFund.org](http://HowardHannaChildrensFreeCareFund.org).**

# Because Healthy Shouldn't Have a Price

It is the mission of **Howard Hanna Children's Free Care Fund** to assure that children never be denied the medical care they need due to lack of funds.

All funds raised in this region stay in the region to help families who are not insured, have exhausted their insurance benefits, or whose children need cutting edge treatments that are not covered by their insurance provider.



# CHILDREN'S FREE CARE FUND

**SCAN HERE  
TO DONATE**



<https://bit.ly/3n6HfNc>

**Howard  
Hanna**

**Real Estate Services**

Local Partners of:

Bernard & Millie Duker

**Children's Hospital**



ALBANY MEDICAL CENTER



Howard Hanna Children's Free Care Fund is a registered 501(c)(3) charitable organization: Federal Tax ID # 26 0812693.  
Your donation may be tax deductible, please consult with your personal accountant or financial planner.



# GLEN FALLS AREA YOUTH CENTER

Service to the community and support for the uniqueness in all of us

The Glens Falls Area Youth Center is a non-profit organization that serves disadvantaged youth (5th to 12th graders) in Warren, Washington and Saratoga Counties through a wide variety of educational, recreational and life-skills programs — including after school snacks and dinner each day — completely free of charge.

Our doors first opened back in 1968. Since that time we have successfully served over 100,000 children; we have served over 750,000 meals and tutored over 31,000 students,

The children who are members of the center are a diverse assortment of cultures, races, ethnicities, belief systems and personalities. They are also at-risk; many of them are ostracized, bullied, and not expected to achieve much of anything. The majority of our members come from low income families; 90 percent fall below the poverty line.

At the Youth Center they are welcomed, wanted and — most importantly — they are loved. Everyone deserves to feel that way.

Our Health and Wellness Program, which helps kids become healthier physically, mentally and emotionally, fuses together a blend of recreation, life skills and enlightenment. Many of our members are managing issues that can prevent them from thriving, like anxiety, depression, struggles with anger management, and food insecurity. Through the Health and Wellness Program, we help children learn how to deal with their emotions by utilizing proper coping skills, provide food security, focus on self-care (including goal setting, healthy habits, exercise, and personal hygiene), unleash their imaginations through art and instill the importance of empathy and compassion.

Our Focusing on the Future: Mind, Body and Spirit Education Program helps children grow and thrive physically, mentally and emotionally. It is based around the philosophy of Springfield College, Alma matter of our beloved former Executive Director Matt Congdon, where the goal is to educate the whole person. At the Youth Center we believe that education is the key to future success. Many of our members are the first in their family to graduate from high school or attend college. We have always provided tutoring each day as well as assistance for those that are starting the process of applying to college. We are always working hard to make our educational program more robust and appealing to our members.

We want to bridge the gap between ambition and opportunity to break the generational cycle of poverty.

Children are a vital component to the

future of our community. One day these young men and women could be working at Glens Falls Hospital, aiding you when you're at your most vulnerable; driving economic development by starting their own businesses; or educating the next generation as a teacher. It is of the utmost importance that we invest in them because when our children thrive, so will our community.

The youth center provides youngsters with faith that there are people who believe in them and their dreams, hope for a brighter future and — most importantly — the love that most of them have never been given. I am optimistic that you will feel the same way.

If you'd like to donate to help our cause, please visit our website: [gfyouthcenter.org](http://gfyouthcenter.org).

You can also mail a check to:  
Glens Falls Area Youth Center  
PO Box 469  
Glens Falls, NY 12801

**If you'd like to donate to help our cause, please visit our website: [gfyouthcenter.org](http://gfyouthcenter.org).**

# SUPPORT CHILDREN, SUPPORT THE FUTURE

GLENS FALLS AREA  
**YOUTH  
CENTER**  
SINCE 1968



**518.793.5932**

[gfareayouthcenter@gmail.com](mailto:gfareayouthcenter@gmail.com)

60 Montcalm Street, Glens Falls

# SARATOGA WARHORSE FOUNDATION

Helping veterans reconnect with their communities and empower their way to a better life

Saratoga WarHorse Foundation is a Veteran-run 501(c)(3) nonprofit organization serving our military veterans and service members who are living with Post-Traumatic Stress (PTS) throughout the United States. Our program participants' trauma is most often a result of combat experiences, Military Sexual Trauma (MST), and/or transitioning from military to civilian life. We help these Veterans to move past their trauma by partnering them with retired off-the-track Thoroughbred racehorses. We refer to our innovative approach to addressing PTS as the "Connection Process."

The Saratoga WarHorse equine-assisted program operates in several states and is available to Veterans and Service Members from all branches of the military at absolutely no costs to them. With your help, Saratoga WarHorse covers the entire expense of the program to include transportation from anywhere in the United States



and U.S. territories as well as their lodging, meals, and program instruction.

In addition to helping our Veterans and Service Members, the "Connection Process" helps retired racehorses learn to trust and enjoy interactions with humans and other horses. Through this transformative process, the horses become more adoptable and able to transition into their forever homes.

Saratoga WarHorse has received numerous awards and accolades, recognizing its innovative approach for helping Veterans with PTS. The VFW, American Legion, and numerous military medical centers have endorsed the Saratoga WarHorse program and has been highlighted in numerous publications. A case study by *Advances in Mind-Body Medicine* (2013) stated:

The [Saratoga WarHorse] Connection Process creates an environment of mutual trust between man and horse. The benefits are profound: A sense of empowerment, decreased anxiety and depression, improved physical and social functioning... and increased resilience sustained over a 3-month period and beyond.

The vital services Saratoga WarHorse provides relies solely on charitable contributions to sustain its programming. Your contribution will help to support over 200 Veterans in need and dozens of retired off-the-track Thoroughbreds each year. This giving season, consider a gift to our Mission Fulfillment Fund and help support our Veterans triumph over trauma.

To learn more about giving to Saratoga WarHorse please visit our website at [saratogawarhorse.org/donate](http://saratogawarhorse.org/donate).

**For questions about Saratoga WarHorse programming call (518) 886-8131 or email [info@saratogawarhorse.org](mailto:info@saratogawarhorse.org).**



HELPING VETERANS  
HELPING HORSES

[www.saratogawarhorse.org](http://www.saratogawarhorse.org)



# CATHOLIC CHARITIES OF THE DIOCESE OF ALBANY

## Carrying forward mission of “Caring Beyond Belief”

Catholic Charities of the Diocese of Albany was established in 1917 to offer help and hope to people in need in our communities. Over a century later, we continue to live our mission of “Caring Beyond Belief”, responding to all persons regardless of race, creed, or lifestyle.

Catholic Charities is one the region’s largest, private social services organizations, serving 14 counties around the Capital District across some 10,000 square miles. Last year, an estimated 100,000 people turned to our doors for assistance.

### Our services

We offer a wide range of services, from addressing basic needs such as food, clothing, and shelter; to more specialized needs such as mental health counseling. Our areas of support include:

- Adolescent pregnancy and parenting
- Affordable and emergency housing services



- Child development, including summer camps and after school programs
- Community outreach
- Developmental disabilities
- Disaster relief services
- Domestic violence
- Emergency financial assistance
- Food distributions, pantries and soup kitchens
- Help for those with chronic diseases and conditions
- Immigration
- Mental health counseling
- Mentoring
- Older adults and caregivers
- Service coordination, case management



- Referrals and other supports
- If you or someone you know is in need of support, please contact us at 518-453-6650 or visit us online at [www.cccrda.org](http://www.cccrda.org).

### Make a donation

Through the generous support of donors and the community, Catholic Charities assists people who are vulnerable and living in poverty with housing, food, emergency assistance, disabilities services, senior

services, and much more.

To make a donation to Catholic Charities, please visit [www.cccrda.org/donate](http://www.cccrda.org/donate).

### Mission statement

Catholic Charities, a ministry of the Catholic Diocese of Albany, is committed to active witness on behalf of the Scriptural values of mercy and justice.

Catholic Charities, recognizing human need at all stages of life, responds to all persons regardless of race, creed, or lifestyle, with special emphasis on the economically poor and the vulnerable.

Catholic Charities serves and empowers persons in need, advocates for a just society, calls forth and collaborates with women and men of good will in fulfillment of its mission.



At Catholic Charities, our doors are open to those in need.  
**We are here for our neighbors:**



Housing & Shelters



At Risk Adults, Children & Families



Emergency Assistance



Older Adults & Their Caregivers



Health & Care Management Services



Hunger & Food Insecurity

Visit [ccrda.org](http://ccrda.org) to learn more.

# MOREAU COMMUNITY CENTER

Meeting the inter-generational needs of the community in a compassionate, inclusive environment

Founded in 1977, the Moreau Community Center, located in South Glens Falls, has served as one of the major human services agencies in northern Saratoga and surrounding communities.

Our mission is to meet the inter-generational needs of the community in a compassionate and inclusive environment. To that end, through in-house creation and inter-community collaboration, we strive to be the premier community location for food and hunger services, going beyond the initial need of satisfying hunger; to be a leader in providing quality, accessible, affordable, and as often as possible, free educational support and programming, as well as opportunities for social engagement, for families and individuals. Our programs and services include a vibrant pre-school, Summer Camp Moreau, "Kid's Korner" on-site before and after school program, the "Bulldog Zone" after-school teen program, back-to-school



and backpack programs, the "Summer Lunch Bunch" program, a lending library, resource referral and documentation completion assistance, "Dial-A-Bus"

transportation, educational and social programs, a "Holiday Giving" program, an emergency food pantry and a weekly food outreach program.

Looking to the future, thanks to the generosity of private and corporate donors, we are completing capital improvement projects that will uniquely position us as a valuable provider of technology education for workforce development and intergenerational programming. Our newly renovated kitchen will allow us to expand our services for food preparation and nutritional instruction, senior congregate meal support, special events, and facility rental.

The work we do is made possible through a small army of volunteers, all of whom play an integral part in the day-to-day functioning of the Center, as well as collaborations with the Town of Moreau and area organizations and businesses.

We are always in need of and welcome new volunteers and supporters. Visitors are always welcome to stop by for a facility tour, to read *The Post Star*, and/or to have a cup of coffee with a friend.

## YOUR SUPPORT HELPS US BUILD LASTING COMMUNITY CONNECTIONS



(518) 792-6007 | WWW.MOREAUCOMMUNITYCENTER.ORG | 144 MAIN ST, SOUTH GLENS FALLS



# The value of activity-driven fundraisers

**F**undraising is vital to the survival of many nonprofit organizations. Charity watchdog groups like Charity Navigator suggest nonprofits should aspire to spend less than 10 percent of their budgets on fundraising. That can be a tall task and underscores the need for charities to find creative, cost-effective ways to raise funds.

Nonprofit organizations raise funds in various ways. Some organizations partner with local businesses and receive a portion of the proceeds participating establishments earn on certain days, while other organizations may cold call prospective donors during times of the year when giving to charity tends to increase, such as the holiday season.

Activity-driven fundraisers are another popular way for nonprofit organizations to raise funds, and these endeavors can be highly effective.

## What are activity-driven fundraisers?

Activity-driven fundraisers focus on an engaging activity that encourages supporters to actively participate in an effort to raise funds. The Ice Bucket Challenge is one of the more notable activity-driven fundraisers in recent years. Participants in the challenge would pour a bucket of ice water over their heads or the head of another person, and then challenge or nominate another person to follow suit.

Participants also would urge donations to support research into amyotrophic lateral sclerosis, an incurable motor neuron disease also known as Lou Gehrig's disease.

Additional examples of activity-driven fundraisers are runs and walks in which participants solicit donations from supporters that increase with each mile they walk or run. The American Cancer Society's Breast Cancer Awareness 5K walk and fun run is one popular activity-driven fundraiser that annually attracts sizable numbers of participants and donors.

## Are activity-driven fundraisers effective?

The sheer volume of activity-driven

fundraisers makes it more difficult to gauge the success of these events. However, a recent study from researchers at Carnegie Mellon University found that people are inclined to contribute more when the experience is painful and labor-intensive.

That suggests that activity-driven fundraisers like charity runs can be highly effective and lucrative ways to raise money. Indeed, various estimates suggest the Ice Bucket Challenge raised more than \$220 million worldwide.

Nonprofit organizations raise funds in myriad ways. Activity-driven fundraisers are among the more engaging, and often successful, ways to raise money for a good cause.

**Activity-driven fundraisers are among the more engaging, and often successful, ways to raise money for a good cause.**



Through grantmaking, the Foundation helps groups like North Country Ministry address food insecurity and CFES Brilliant Pathways help students with college and career readiness.

# ADIRONDACK FOUNDATION

## Here for You, Here for Good

As the community foundation serving the Adirondack region, Adirondack Foundation is many things to many people — a grantmaker, a thought leader, an advocate, a convener, a catalyst, a beacon of hope. Every day, we work to enhance the lives of people in the Adirondack region through philanthropy.

Since 1997, we have granted \$60 million into our communities thanks to many people who care deeply about this region. Through scholarships, we help to train new nurses and teachers. Through our Adirondack Birth to Three Alliance program, we work with partners to ensure every child has the best possible start in life. Through grants and workshops, we strengthen

nonprofits, schools and municipalities working to provide social safety nets, address food insecurity, overcome social isolation for seniors, build bright futures for teens, keep our air and water clean, and so much more.

We take a “whole community” approach to amplify all that is good. If this past year has taught us anything, it’s that philanthropy is critical to building resilience and setting the stage for meaningful change.

Recent highlights of our work include supporting the Adirondack Diversity Initiative’s efforts to make our region more diverse and welcoming, the Ti-Alliance’s program to help local high school students learn about career pathways in their own backyard, the

Lake George World Language teacher’s efforts to engage fifth and sixth graders in multicultural learning, and a partnership with Hudson Headwaters Health Foundation’s and their Upstream Fund — for every example, we have hundreds more. It’s all made possible because of thousands of generous neighbors who partner with Adirondack Foundation to give back to local communities.

Adirondack Foundation is here for you, and here for good. We invite you to join us by making a gift today to help meet the region’s most pressing needs and invest in the most promising opportunities.

Cali Brooks  
President & CEO



Adirondack Foundation’s work is made possible every day through the support of generous neighbors like Bill and Dale Creighton of Lake George.

**We take a “whole community” approach to amplify all that is good.**

# FROM VILLAGE TO PEAK WE PROSPER TOGETHER



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# HUDSON HEADWATERS MOBILE HEALTH

## Primary care beyond the exam room

**H**udson Headwaters Health Network established a mobile health program in June 2021 to make primary care services even more accessible throughout the region. The first mobile health center (pictured) serves Warren and Washington counties. For current site location information, please visit [hohn.org/mobilehealth](http://hohn.org/mobilehealth).

According to Hudson Headwaters CEO Dr. Tucker Slingerland, mobile health is the Network's latest mission-driven initiative to expand access. "It is very fitting that during Hudson Headwaters' 40th year, we've moved forward with this innovative care delivery model. The same high-quality care that communities have come to expect at our health centers is now on wheels."

Hudson Headwaters Mobile Health visits are by appointment only. Appointment types include primary care visits for adults and children, with women's health services, chronic disease management and preventive health screenings. Individuals must become a patient of Hudson

Headwaters Health Network to make an appointment at Hudson Headwaters Mobile Health. Community members may establish as a patient and/or make appointments by calling 518-623-0871 or by visiting [hohn.org/mobilehealth](http://hohn.org/mobilehealth).

The mobile health center is staffed by a family nurse practitioner, Christine Calistri, a registered nurse and a medical assistant.

"I've worked in various medical settings throughout my clinical career, and I find the mobile health center to be the best of all worlds," said Mobile Health provider Christine Calistri, FNP. "Many of our patients report that they were unable to access care elsewhere. It is an honor to get to know them and their families and to provide primary care services as close to their homes as possible."



**Calistri**

primary care services as close to their homes as possible."

The Hudson Headwaters Mobile Health Center is a highly customized, 40-foot RV-like vehicle converted into a primary care medical office. It offers two fully equipped examination rooms, a registration area, point-of-care testing areas, a lab draw station and bathroom. Take a virtual

tour of the new Mobile Health Center at [hohn.org/mobilehealth](http://hohn.org/mobilehealth).

Hudson Headwaters Mobile Health joins the more than 2,000 mobile health care units currently in service across the country, providing care to patients in medically underserved areas. Mobile health programs improve health outcomes by increasing access to life-saving medical services. According to [mobilehealthmap.org](http://mobilehealthmap.org), on average, mobile health clinics saved the US healthcare system \$12 for every \$1 invested in the mobile health sector.

The Hudson Headwaters Health Foundation is currently raising funds to support the mobile program's initial three-year pilot phase. "Our mobile health supporters share Hudson Headwaters' vision to pioneer a community-focused primary care health system through partnership," said Jessica Rubin, VP, philanthropy and communications. "We appreciate their generous support to help get mobile moving." Major project funders include The Charles R. Wood Foundation, Stewart's/Dake Family, The Himoff Family and CDPHP.

Hudson Headwaters thanks the Nemer Auto Group for their underwriting support of this special Post Star insert and advertising opportunity.

## About Hudson Headwaters Mobile Health

**Mission:** To drive access to affordable, high-quality primary care and select specialty services for medically underserved populations within the area.

**Vision:** To empower community health through an innovative, patient-centric mobile health care delivery model fueled by partnerships with local organizations.

**Goals:** Increase access to primary care services; alleviate health disparities in vulnerable and rural populations; Reduce socioeconomic barriers to health care.

Learn more at [hohn.org/mobilehealth](http://hohn.org/mobilehealth).

## About Hudson's Health Network

Hudson Headwaters is a nonprofit network of 21 community-based primary care health centers caring for nearly 100,000 patients from Saratoga County to the Canadian border; an area of 7,500 square miles. A team of 900 providers, nurses and staff performs 500,000 patient visits annually. The network's comprehensive services include primary care, urgent care, pediatrics, women's health, behavioral health, dentistry and other specialties along with laboratory and imaging services. Learn more at [hohn.org](http://hohn.org).

**Learn more at [hohn.org](http://hohn.org).**

# Your Good Health Is What Drives Us



## Hudson Headwaters Mobile Health offers:

- Primary Care: preventive care, screenings and immunizations
- Pediatric and Adolescent Medicine
- Women's Health: Gynecology

**GET THE CARE YOU NEED**  
Find a location and make  
an appointment at [HHN.org](https://HHN.org)



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