

# Giving BACK

Learn About Local  
Non-Profits



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## WELCOME LETTER

## Dear Readers,

I am once again honored to dedicate the third annual edition of Giving Back to all the non-profits in our region! These organizations help those most in need in our communities, bring families together, educate us, give children places to gather after school, and protect our beautiful region. I would like to extend a special thank you to Hudson Headwaters Health Network, our Presenting Sponsor! Thanks to your continued support of this section, we were able to give all the participants a promotional video this year!

As the world around us has continued to change, our local non-profits kept their eyes on their missions and help our communities thrive. These organizations, their efforts, and their staff remind us all that while seemingly in short supply, positivity and kindness shine through in our region.

From all us at the Post Star and Lee Enterprises, we sincerely thank you for the support you provide to the community, the volunteer opportunities you bring us, and the goodwill you grow each year with your effort. Let's continue to do good throughout the end of the year 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

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**HHN**  
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HEALTH NETWORK

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# GLENS FALLS AREA YOUTH CENTER

The Glens Falls Area Youth Center is a non-profit organization that serves disadvantaged youth (5th to 12th graders) in the Greater Glens Falls, New York area through a wide variety of educational, recreational and life-skills programs (including after school snacks and dinner each day), completely free of charge. We first opened our doors back in 1968 and since that time we have successfully served over 100,000 underprivileged children, dished out 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. They are the definition of underdogs; left out of what some people believe are the important clicks in school and lack last names that carry any clout. The majority of our members come from low income families; 90 percent fall below the poverty line and qualify for free or reduced lunch at school.

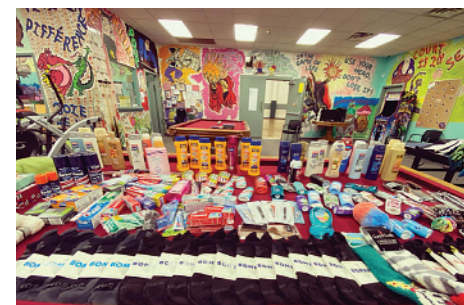


Each day at the Youth center we see the catastrophic results that the pandemic has had on the kids that we serve. They were in need prior to the pandemic and now all of their needs are amplified. They are battling an increased amount of food insecurity, having a harder time obtaining basic hygiene products and essentials, struggling to catch up educationally, combating a myriad



of social emotional issues, and lack a lot of motivation to find positive recreational outlets to stay healthy mentally, physically and emotionally.

At the GFYAC, it's our mission to make sure that every child who walks through our doors knows they are loved, cared for, and believed in. We want to be a home away from home that they can count on, so we work hard to be a consistent presence, instill a sense of family, help develop good habits, and let our kids know that someone will always have their back. When they walk out our doors, we want them to go



out into the world knowing that they can do anything they put their mind to, and they can lift any weight that life throws at them. 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. We are optimistic that you will feel the same way because the children in our community have never been in greater need of your kindness and generosity. Anything that you could do to help this holiday season would make all the difference!

SUPPORT CHILDREN, SUPPORT THE FUTURE

📞 518.793.5932 | [gfyouthcenter.org](http://gfyouthcenter.org)

✉️ [gfareayouthcenter@gmail.com](mailto:gfareayouthcenter@gmail.com) 📍 PO Box 469, 60 Montcalm Street, Glens Falls

# 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 to **transform health care and improve population health**.

AHI is proud to provide the following resources for our community, providers, and organizations in our 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. Some of our programs include:

**Health Home Care Management:** AHI's care management service connects community and social supports with health care, and provides better organization of medical and behavioral care for its' clients. To learn more, visit <https://ahihealth.org/community-member-resources/>.

**Enrollment Assistance Services and Education (EASE):** This program assists individuals, families, and small business owners throughout the State with enrolling in health insurance coverage through the NY State of Health Marketplace. To learn more, visit <https://ahihealth.org/community-memberresources-2/>.

**Community Health Access to Addiction and Mental Healthcare Project (CHAMP):** The CHAMP program helps individuals and their families get access to 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 that supports connections to health care and behavioral health services, food resources, housing, transportation, education, and more. To learn more, visit <https://www.adkwellnessconnections.org/>.

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

empowerment, and community mobilization for tobacco-free policies for outdoor spaces and multi-unit housing. To learn more, visit <https://ahihealth.org/casa>.

## Resources for Partners and Organizations

AHI offers various resources not just for the public but also for providers and organizations.

**Rural Communities Opioid Response Program (RCORP):** RCORP serves a seven-county region to increase collaboration for substance use disorder in prevention, treatment, and recovery. To learn more, visit <https://ahihealth.org/rcorp/>.

**Telemedicine:** AHI supports telehealth and telemedicine throughout our nine-county North Country region by serving as a resource, helping partners assess needs and readiness, connecting organizations to specialists, and more. AHI has also developed the **North Country Digital Inclusion Coalition**; a convening of regional stakeholders who work together

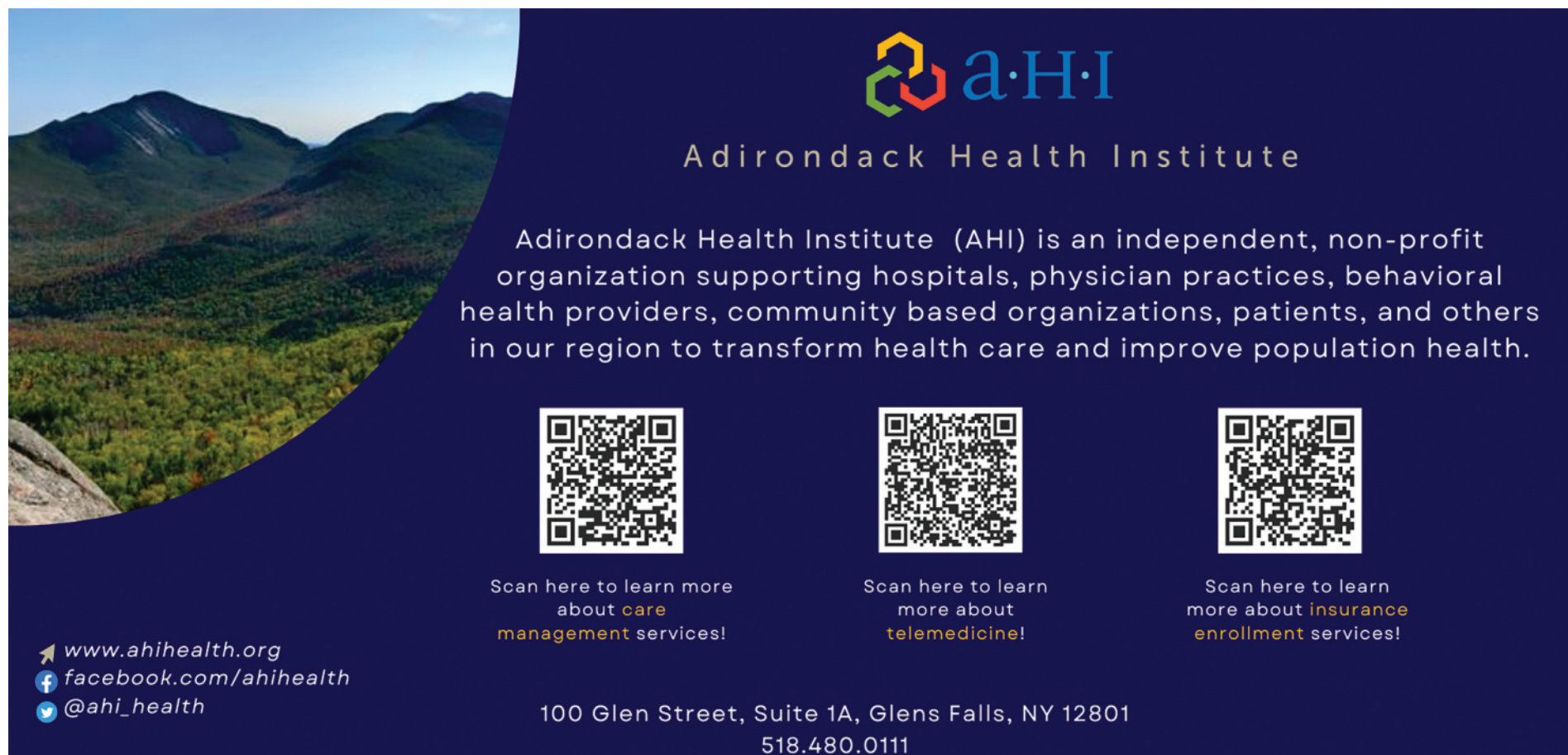
to identify and address challenges around digital equity in the North Country. To learn more, visit <https://ahihealth.org/what-we-do/telemedicine/>.


**Community Assessment and Prevention:** The Adirondack Rural Health Network (ARHN) is the longest-running program of AHI, originating in 1992. It provides a forum to assess regional population health needs and develop collaborative responses to priorities.

ARHN is proud to present the **2022-2024 Executive Summary**, a report of a comprehensive collection and analysis of data regarding the health issues and needs in a nine-county region of the North Country. To review the summary, visit <https://ahihealth.org/wp-content/uploads/2022/10/2022-2024-Executive-Summary.pdf>.


*If you are a partner organization or community organization and would like to know more, please contact us at <https://ahihealth.org/whowe-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 (AHI) 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 here to learn more about **care management** services!



Scan here to learn more about **telemedicine!**



Scan here to learn more about **insurance enrollment** services!

[www.ahihealth.org](http://www.ahihealth.org)  
[facebook.com/ahihealth](https://facebook.com/ahihealth)  
[@ahi\\_health](https://twitter.com/ahi_health)

100 Glen Street, Suite 1A, Glens Falls, NY 12801  
518.480.0111

# THE WILD CENTER

Helping people fall in love with nature. 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.



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](https://wildcenter.org/members).



45 MUSEUM DRIVE | TUPPER LAKE, NY  
WILDCENTER.ORG



# HIGH PEAKS HOSPICE

## Hospice is about living life to the fullest.

Starting hospice doesn't speed up a terminal illness. It's just the MAIN focus is getting the most LIFE out of your days rather than the most DAYS out of your life. It can help reduce symptoms, and can offer you and the people who love you the support and resources to help make this journey a little easier for everyone.

**Hospice's goal is to give an experience that provides more comfort, more joy, more support, and more peace... creating the best quality of life possible, allowing for more precious moments at home with loved ones.**

For most people this means staying at home, surrounded by their loved ones, pets, personal items, and memories that bring comfort and joy. Also important is being free of pain, having symptoms under control, and not worrying about the cost of care. High Peaks Hospice is a local non-profit organization that makes this possible - **giving you the choice to focus on your quality of life.**

Many choose to start receiving services earlier when they understand the benefits of hospice. Why spend your 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, or even 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?"

**We are here to take the burdens off your shoulders.** 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!**" Doing so allows you to receive our full range of services from compassionate staff who are uniquely skilled to guide and travel with you on this journey.

Some doctors don't bring up hospice, so if you are considering this type of care, we encourage you to call us first. We can help



you have a conversation with your doctor. Remember, hospice care does not replace your doctor. We work alongside your doctor, offering specialized services and extra support.

**Hospice care is a benefit covered by insurance, typically with no copays or deductibles.** No one is refused care due to the inability to pay. For those without insurance, the generosity of private individuals as well as community support covers any expenses.

When does one become eligible? Eligibility begins when those with a qualifying life-limiting illness receive a prognosis of six months. We often care for those with illnesses such as late-stage heart disease, renal failure, COPD, dementia, cancer, or more, and we can help answer any questions you may have. Care may be received for an unlimited period of time, depending on the course of the illness.

**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.

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

**There is a good chance that where you live, High Peaks Hospice can serve you.** We cover 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.

Over the years, thousands of families have felt the love and benefitted from High Peaks Hospice being a part of their end of life journey.

**It's never too early to learn about hospice.** It allows you to be informed of your choices as you plan ahead for the kind of end-of-life care that you wish to receive.

Call **518-891-0606** and speak to one of our team members to see what High Peaks Hospice can do for you now or in the future. All calls are confidential. Informational packets are also available that will educate you and your family members on hospice. Request yours today at [highpeakshospice.org](http://highpeakshospice.org) or by emailing [admin@highpeakshospice.org](mailto:admin@highpeakshospice.org).

*High Peaks Hospice's mission is to provide end-of-life care that listens with respect, cares with compassion, supports with choice, and comforts with understanding - wherever you call home.*

**High Peaks Hospice is thankful to our community, generous donors, and volunteers who support our mission.**

If you wish to donate or volunteer to support the care we offer, please call 518-891-0606 or visit [www.highpeakshospice.org](http://www.highpeakshospice.org).



**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 *moments...*

MORE  
*joy...*

MORE  
*peace...*

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

# MOREAU COMMUNITY CENTER

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 Corner” on-site before and after school program, the “Bulldog Zone” after-school teen program, Skills4Life life & career assistance services, a thrift store, “Dial-A-Bus” transportation, free com-

puter access services, educational and social programs, a “Holiday Giving” program, an emergency food pantry, and a weekly food outreach program.

Founded in September 2021 in collaboration with the Commu-

nity Coalition for Family Wellness (CCFW), the Bulldog Zone after-school teen program was the brainchild of some South Glens Falls High School seniors who helped renovate a room at the Center to become the “Bulldog Zone” complete with sofas, bean bags, pillows, books, and games: a comfy safe place to socialize with friends. “This program is really making a difference in the South Glens Falls teen community. Each week teens have a choice of a variety of activities, or they can just hang-out with their friends. We’ve wanted a program like this for a long time and thrilled to have worked with the students and the Coalition to make it happen” says Donna Nichols, Executive Director of the Center. “The program has grown quickly by word of mouth so having the support of the community is important

for sustainability.” The Bulldog Zone is open every Tuesday from 2-6pm to area teenagers, and adult volunteers are always welcome. Food is prepared weekly by student helpers and snacks are available. There is no charge or residency requirement to participate. “The Bulldog Zone is a safe, fun, and welcoming place for all teens,” says Nichols.

The work we do is made possible through a small army of volunteers, as well as collaborations with the Town of Moreau, area organizations, and businesses all of whom play an integral part in the day-to-day functioning of the Center. New volunteers and supporters are always welcome. Visitors are invited to stop by for a facility tour, to relax and read The Post Star, and/or to have a cup of coffee and a free sweet treat with a friend.

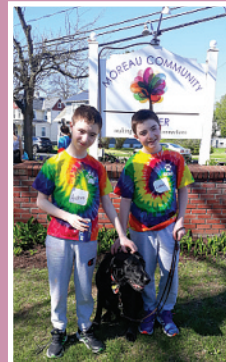


MOREAU COMMUNITY CENTER  
making community connections

## Your Support Helps US Build Lasting Community Connections

🌐 (518) 792-6007

📞 <http://www.moreaucommunitycenter.org/>





# THE WORLD AWARENESS CHILDREN'S MUSEUM

The World Awareness Children's Museum has been offering fun, multicultural programming to the Glens Falls and Capital Region communities for over 25 years. The idea for the museum originated as the vision of one woman, Dr. Jacqueline Touba who, in 1985, believed with a dozen other community leaders that sharing experiences of children around the world would promote an appreciation of cultural diversity. 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 Board of Regents of 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 mu-



seum has become an integral part of the Glens Falls community - not only by offering children a place to play, but a place to learn and be exposed to dozens of different cultures through on-site programs, outreach and virtual programs for schools, workshops, special events, and more. The museum's

main features include hands-on exhibits, ranging from a Taiwanese Dragon Boat (complete with oars and a drum!), a Mexican kitchen and garden, and our latest exhibit, "Thailand: Beauty & Beasts." These popular interactive displays enable children to play while also being enveloped in the ambiance

of another culture's daily life. The exhibits display many prominent pieces from our artifacts collection, as well as art from our International Youth Art Collection, which features thousands of child-made works of art from more than 100 countries curated over 25+ years.

When we introduce children to a variety of cultures in our diverse and exciting world, we are teaching them to be curious about differences and to celebrate diversity. You are the reason we can continue making a difference in the lives of children by sowing seeds of acceptance.

**We are looking toward the future.** We at the museum are finalizing our 5-year strategic plan and are focused on the long-term growth and stability of the museum. Your support allows us to connect with our communities in new ways. More people than

ever before are visiting the museum, and we are teaching school programs around the country via interactive virtual classes and in-person lessons. **Our future is bright, and we invite you to join us.**

**Our goal is to raise \$75,000** this winter so that we can continue to offer quality cultural education to our community. \$75,000 will help us create new and exciting programs, develop hands-on exhibits, connect with the community, and grow our organization by building up our staff team. **We hope you'll join us on this journey by making a contribution.**

**Your contributions are the first step** to helping us make this diverse, complex, and exciting world a better place.

**Join us by donating today.** Don't forget to make your tax-deductible gift by December 31, 2022!

World Awareness  
**CHILDREN'S  
MUSEUM**

**Take a trip around  
the globe today!**



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



# HABITAT FOR HUMANITY EXPANDS VISION AND HOUSING MODEL

BY ANDREA HARWOOD

Habitat for Humanity of Northern Saratoga, Warren and Washington Counties is expanding the traditional one-house-a-year building model under which they've operated for years. The organization plans to build a 25-unit mixed income condominium development in Queensbury.

"Habitat for Humanity is so excited to expand beyond our bread and butter model of single family residences in order to support more people," said Adam Feldman, Executive Director of the organization.

The property is located on Baybridge, off of Bay Rd on the way to SUNY Adirondack. The parcel is located at Fairfield Properties.

The purpose of the Fairfield property is to provide more home-buying opportunities to more families. The mixed-income project will follow a condominium model of separate ownership of individual units and joint ownership of common areas such as stairways and yard space. Owners receive a deed just as they would when buying a single family home.

The mixed-income condominium model was successfully executed by Habitat for Humanity Sarasota in Florida, in 2002. The organization created a 72-unit mixed-income condominium development for the express purpose of homeownership. A similar mixed-income housing system development was successfully created by Habitat for Humanity of Greater Charlottesville in West Virginia.

The Fairfield development will feature owner-occupied units between \$175,000 and \$350,000 of varying sizes and floor plans. Approximately 30% of the units will be earmarked for purchase by low-to moderate-income Habitat for Humanity partner families.

Homeownership is one of the primary indicators of generational gains against poverty. As homes have increased in size and cost, the traditional "starter-home" is harder and harder to find. The median



home price in Glens Falls is currently \$182,000 as of September 2022, according to Redfin.com.

The mixed-income housing model is specifically intended to create a living environment that creates neighborhoods of diverse income levels and housing types. Studies show this model tends to raise the standard of living for all inhabitants of the neighborhood.

The Fairfield condos will be built by a professional contractor, as opposed to the traditional use of volunteers. Volunteers will still have lots of opportunities to help out at other build sites.

Approaching homeownership through a condominium model will allow Habitat to

the entire community.

"The workforce is leaving our community because there is nowhere for them to live where they can afford - and COVID has only made things worse," said Feldman.

Glens Falls has traditionally been an affordable place to live, he said, but prices during COVID rose tremendously. According to Redfin.com, Glens Falls housing sales price per square foot increased 25.7% since last year. As builders move to constructing larger and larger homes, the traditional "starter home" has become increasingly harder to find.

"Habitat has been pondering away for the past 3 or 4 years on how to support as many people as possible in our community," said Feldman. "We took ideas of scale from the for-profit market and applied them to the non-profit market to support the workforce in our community."

Habitat for Humanity is applying the scalable vision to a more immediate project as well with a 10-unit apartment development work on Lawrence Street. The organization is partnering with the WAIT House to provide transitional housing for young families getting on their feet after experiencing homelessness. The housing model will allow both organizations to serve multiple families at a time, applying the economy of scale to human services.

Habitat for Humanity would like to build additional condominium developments in pockets of the Northern Saratoga, Warren and Washington Counties region. The organization is seeking additional building and development partners - including municipalities - who are interested in building condominium developments with a minimum density of 8-12 units around the region. Habitat's primary focus is to support the workforce with affordable housing in the Northern Saratoga, Warren and Washington Counties. Builders, contractors and other interested partners should contact Executive Director Adam Feldman at [executivedirector@glensfallshabitat.org](mailto:executivedirector@glensfallshabitat.org).

utilize the economy of scale. Construction on a 25 unit condominium project is much quicker, more efficient and more affordable per unit than building one single family home at a time.

The current affordable housing crisis was the impetus to adding to the traditional approach, said Feldman. Starter homes are difficult to find in the area, making it hard for the workforce population to find affordable housing near the places they work. This impacts the availability of labor at places like coffee shops, restaurants and hospitals, said Feldman. The fall-out is that places of business are forced to have decreased hours of operation, which impacts the business, the employees and

# Purchase With A Purpose

All proceeds go to **HABITAT FOR HUMANITY NSWWC** to build affordable homes in our local community

**Store Hours:**  
**Wednesday-Saturday**  
**10-5**

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- ✦ **Volunteer**
- ✦ **Shop**



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**CONTACT US:**

 **1373 US ROUTE 9  
MOREAU, NY 12828**



**WWW.GLENSFALLSHABITAT.ORG/RESTORE**

 **518-793-7484**



**RESTORE@GLENSFALLSHABITAT.ORG**



**@SOUTHERNADIRONDACKRESTORE**

# TRI COUNTY UNITED WAY

Since 1923, Tri County United Way has been working with nonprofit agencies throughout Warren, Washington, and northern Saratoga counties to address our community's priority issues, to improve the lives of all our neighbors.

In recent years, Tri County United Way has directed its assistance toward nonprofit agencies and businesses that provide resources for the asset limited, income constrained, and employed, population, otherwise known as the ALICE population. The ALICE population represents those in our community who are working, but due to childcare costs, transportation challenges, high cost of living and other living expenses, are living paycheck to paycheck. Tri County United Way and its partner agencies strive to support ALICE families so that they may remain employed and lead fulfilling lives, creating a stronger, healthier community.

Tri County United Way, its partner agencies, and its network of volunteers are united to serve the tri-county region. To learn more about how you can get involved, visit [www.tricountyunitedway.org](http://www.tricountyunitedway.org).



## Volunteer Income Tax Assistance

**Volunteer Income Tax Assistance (VITA)** is a national program sponsored by the IRS providing free tax preparation for qualified residents. Locally, Tri-County United Way, Cornell Cooperation Extension – Washington County, Moreau Community Center, and other community agencies have partnered to create a network of VITA volunteers who serve residents of Warren, Washington, and northern Saratoga counties. In 2022, the local VITA volunteers filed 2000 tax returns and generated over three million dollars in tax refunds.

Families and Individuals with an income of \$60,000 or less are eligible to have their federal and state income taxes prepared by our IRS-certified volunteers, free of charge.

Free tax preparation is available days, evenings, and weekends in numerous locations in the tri-county area during the 2023 tax filing season.

To learn more about the program, go to <https://youtu.be/4Xy6tK3HN1c>

## Join our network of volunteers

Our VITA program relies on our volunteer network.

VITA volunteers come from all types of backgrounds and professions.

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. For more information on becoming a VITA volunteer, email us at [tcuwvita@gmail.com](mailto:tcuwvita@gmail.com), or call 518-746-2560.



## AmeriCorps Seniors Retired Senior Volunteer Program

AmeriCorps Seniors Retired Senior Volunteer Program, or RSVP, is a federally funded grant program designed to engage Americans 55 years and older in volunteer services designed to address critical community needs.

Warren/Washington RSVP is sponsored by the Tri County United Way, and serves Warren, Washington, and northern Saratoga counties. Our RSVP program aims to provide local seniors with meaningful and fulfilling volunteer opportunities. We work with our volunteers to ensure they are volunteering in a capacity that they enjoy and that works with their schedule.

Our in-house programming focuses on healthy futures for our community's aging population. We offer an Osteobuster



exercise program designed to prevent the onset or progression of Osteoporosis; our medical transportation program provides isolated seniors with transportation to medical appointments; and our friendly visitor program works to ensure that home bound seniors have access to social interaction. We also partner with numerous community agencies seeking volunteer assistance. There is an opportunity for everyone



through RSVP!

For more information about Warren/Washington RSVP and how you can get involved, please contact us at 518-793-3136, or email us at [lminer@tricountyunitedway.org](mailto:lminer@tricountyunitedway.org).



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OUR COMMUNITY!**



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with us  
today!**

**[www.tricountyunitedway.org](http://www.tricountyunitedway.org) | (518) 793-3136**

# CATHOLIC CHARITIES OF THE DIOCESE OF ALBANY

## CARING BEYOND BELIEF

### About Catholic Charities

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, including Saratoga, Warren and Washington Counties, 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
- Community Outreach
- Developmental Disabilities
- Disaster Relief Services
- Domestic Violence
- Emergency Financial Assistance
- Help for Those with Chronic Diseases and Conditions
- Immigration
- Mentoring
- Older Adults and Caregivers
- Service Coordination and Case Management
- Referrals and Other Supports

Need Help? If you or someone you know is in need of support, help is available. Contact us today.

#### SARATOGA COUNTY OFFICE

142 Regent St.,  
Saratoga Springs, NY 12866  
Phone: 518-587-5000  
Fax: 518-587-3127



#### WARREN & WASHINGTON COUNTY OFFICE

35 Broad St., Glens Falls, NY 12801  
Phone: 518-793-6212  
Fax: 518-793-9499

#### CATHOLIC CHARITIES OF THE DIOCESE OF ALBANY

40 N. Main Ave., Albany, NY 12203  
Phone: (518) 453-6650



Visit [www.ccrda.org/get-help](http://www.ccrda.org/get-help) to learn more about Catholic Charities’ programs in your area.

### 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 ser-



vices, and much more.

To make a donation to Catholic Charities, please visit [www.ccrda.org/donate](http://www.ccrda.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 our neighbors in need.



If you or someone you know needs help, **we are here.**



Neighborhood & Community Outreach



Housing & Shelters



Emergency Assistance



Health Related Services



Food Insecurity & Nutrition Programs



Services for Youth, Families & Older Adults

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



# Your Neighbors Need You.

Alone we can do so little.

Together we can do so much more.

Donate in honor of Giving Tuesday today.



# THE SALVATION ARMY OF GLENS FALLS

**A**bove All Love 1st Peter 4:8 instructs “Above all Love”; it goes on to say because love covers a multitude of sins. I don’t know about you, but I have fallen short of this instruction. If I’m honest, there have been times when I have placed other things above love. The Bible calls this “sin” an old archery term which means to miss the bullseye or to miss the mark of perfection.

One of the best things about the holiday season regardless of your tradition is that it reminds us collectively to come together in love with our family, friends and community. The word in the Greek use in 1st Peter 4:8 for love is Agape, translated as the highest love, the most unselfish love that champions the needs of others around us.

The reason for the instruction to “Above all Love” is both simple and profound; love covers a multitude of sins. Love enables forgiveness and healing for a multitude of areas where we have missed love’s bullseye. Loves perfect mirror helps us to see clearly that we are imperfect people, living imperfect lives from imperfect families with imperfect culture in an imperfect world. But when we choose to practice this highest Love above all, somehow all of our collective sin can begin to find a pathway toward forgiveness and healing.

So, this holiday season let’s practice LOVE above ALL.

**This year the need is bigger!** As we move further away from the Pandemic we have seen much of the aid and resources set in place to help families with life sustaining essentials go away. As we settle into our new normal now. We are seeing a rapid increase in households across the Tri-county Region Warren, Washington & Northern Saratoga struggling to make ends meet.

**In the 2018 the United Way’s A.L.I.C.E.** (Asset Limited, Income Constrained, Employed) Report Identified that over 40% of local family’s as either poverty or ALICE households earning above the poverty level, but less than what it takes to survive.

**The Pandemic Divide** These households fared far worse during the pandemic than higher-income households. When comparing ALICE household in our region to those above the ALICE thresholds you can begin to understand just how far the gap is widening.

Below ALICE Threshold	Above ALICE Threshold
42%	Struggling to Get By 9%
17%	Quit a Job Due to Child Care 3%
60%	Lost Income 40%
68%	No Rainy Day Fund 29%
44%	Elevated Symptoms of Anxiety & Depression 35%

<https://www.unitedforalice.org/covid19>



## LOVE BEYOND SURGING PRICES

Food Pantries. Warm Meals. Sack Lunches.

**FAST FORWARD to Fall of 2022** and add into this equation, inflation, increase prices for essentials, the war in Ukraine along with 15 severe weather events so far this year in the US, each in excess of 1 billion dollars in damages and it’s not hard to understand why we are experiencing an unprecedented growth in the ALICE population across the nation. The United Way estimates that ALICE is expanding at a rate 3% faster than inflation. This means that realistically we are now **approaching 50% of households** in our area now falling below the ALICE threshold.

**The Glens Falls Salvation Army is experiencing ever increasing demand for emergency services.** Each day more and more local families (+1700 new families so far this year) are seeking help for food, household items & clothing. Utilities and housing assistance is also on the rise as government supports and restrictions on evictions and shutoffs have been removed. Our applications for holiday assistance have increased 20% this year while at the same time some of our larger funding sources are down as much

## LOVE BEYOND CHRISTMAS



as 50% year to date. Currently local need is outpacing our financial resources, in an effort to sustain emergency services to local families we need your support, please help us **Love Beyond Christmas.**

Thank you & Happy Holidays

**Major Leo Lloyd,**

*Commanding Officer of the Glens Falls*

*Salvation Army Corps*

*Serving Warren, Washington & N. Saratoga Counties*

### Ways to Help

- Monetary donation <https://salarmy.us/GlensFallsNYRedKettle>
- Volunteer to ring the bell or sponsor a kettle for a day.
- Purchase a toy or warm clothing for a child <https://salarmy.us/GlensFallsRegistry>
- Donate nonperishable food items or sponsor a food drive for these items
- Volunteer - email- [Hilary.Akwue@use.salvation-army.org](mailto:Hilary.Akwue@use.salvation-army.org)







# LOVE BEYOND *CHRISTMAS*

\$25 a month supports local families all year





# SOUTHERN ADIRONDACK REALTORS ASSOCIATION

Being a REALTOR® is much more than helping people buy or sell homes. It's about being an active member of the communities in which they serve. From advocacy to education to service, members of the local REALTORS® association not only hold themselves to a higher professional standard but are also committed to ensuring their communities thrive.

The REALTOR® Code of Ethics preamble begins “under all is the land;” a reminder that everything REALTORS® do has far reaching impacts. The distinct difference between a real estate licensee and a REALTOR® is this higher standard of professionalism governed by the Code of Ethics. REALTORS® pledge an oath to uphold duties to their clients, customers, and the public.

Driven by their passion to serve and equipped with their in-depth knowledge of the local area, REALTORS® are uniquely positioned to build stronger communities. They leverage relationships and marshal resources that together can improve quality of life and quality of place.

Members of Southern Adirondack REALTORS® have been actively involved in building better communities for a long time. In service to other local organizations, they are connected toward a common goal. Whether through volunteering at Double H Ranch, building with Habitat for Humanity, keeping our streets clean through Adopt-a-Highway, collecting donations for the Open Door Mission, raising money for the Adirondack Vets House, or ensuring local families enjoy memorable holidays through Adopt-a-Family, REAL-



TORS® strive to set the standard for what it means to be a good neighbor.

In 2022, Southern Adirondack REALTORS® donated \$4,400 to the Adirondack Vets House, a Glens Falls non-profit longer-term facility for homeless veterans. Adirondack Vets House Executive Director Jeff Varmette highlighted the successes of what community support can do for veterans in the area. “The money goes towards essentials such as food, rent, and clothing to ensure the residents can build a strong foundation in their journey toward employment and obtain permanent housing,” said Varmette, who was the special guest speaker at SAR’s Holiday Gala where the

funds were raised through a silent auction. “Our program has gone through many good changes over the past several years and we appreciate the support of Southern Adirondack REALTORS® as we help local veterans secure jobs, find permanent housing, and stay connected with the resources they need.”

As advocates for their community, REALTORS® are also civic minded and participate in public policy discussions. Promoting balanced growth, a strong local economy, and homeownership and access to housing for all, REALTORS® are invested in the local area’s future success. As the “Voice of Real Estate,” they uphold

Fair Housing principles and foster diversity, equity, and inclusion in not only the real estate industry, but also within the community.

Every year, Southern Adirondack REALTORS® engages with local elected officials to declare April as “Fair Housing Month,” observing the anniversary of the passage of the Fair Housing Act and designing events to educate about housing discrimination and segregation, and to recommit to expanding equal access to housing. With the encouragement of Southern Adirondack REALTORS®, formal Fair Housing proclamations and resolutions have been adopted by the City of Glens Falls and Warren County: “an inclusive community committed to fair housing and to prompting appropriate activities by private and public entities to provide and advocate for equal housing opportunities for all residents, and prospective residents.”

The Southern Adirondack REALTORS® Board of Directors also approved a \$4,000 donation to the NYSAR Housing Opportunities Foundation this year. This state-wide program was created to help families and individuals in overcoming obstacles to homeownership as well as promote safe, decent, and affordable housing for all. Funded by donations, the Foundation awards grants to first-time homebuyers to “defray ever-rising closing costs and down payment expenditures.”

These are only a few examples of how REALTORS® engage, advocate, and impact their local communities. Simply put, REALTORS® are good neighbors because it’s the right thing to do. That’s Who We R.

Southern  
Adirondack  
REALTORS®, INC.



296 Bay Road,  
Queensbury, NY  
(518) 798-3425  
staff@southernadkrealtors.org



Good News Gets People Going! As REALTORS®, everyday acts of kindness are part of who we are and what we do. When we see neighbors in need, we take action going above and beyond to care for our community. That's Who We R.  
Read more about us at [southernadkrealtors.org](https://southernadkrealtors.org)

**THAT'S WHO WE**



# DAKE FOUNDATION FOR CHILDREN

The Dake Foundation for Children was established in 2009 to help children with disabilities access opportunities for inclusion, independence, and fun that are unavailable through medical insurance and family budgets. Their mission is to provide these children with access to equipment and services that will provide more opportunities for participation within their families, communities, and with their peers.

Founder Gary Dake, President of Stewart's Shops, realized that health insurance would fund "medical necessities" but would not approve recreational equipment or activities – essentially deeming fun and play to be "nonessential." Dake strongly disagreed with that viewpoint and vowed to work to close that gap. Since then, the Dake Foundation has helped connect more than 350 children with adaptive bikes, tricycles, swings, strollers, and communication tools that allow them to have the fun, carefree experiences that every child deserves.

"The Dake Foundation's mission and the families we serve have truly captured our hearts," Board President Nancy Bambara (VP/COO of DZ Restaurants) said of herself and the Board of Directors. "We feel a great responsibility toward ensuring that this incredible mission continues, so that we may continue to serve these very deserving kids."

The Foundation's funding comes primarily from local private donors, corporate sponsors, and from their fundraising events held throughout the year. Executive Director Sarah Burns, who transitioned into the leadership role this past summer, notes a distinct difference between the way this organization is run and others she has worked with over the years. "We work hard to ensure that our overhead is minimal – we did away with a physical office location two years ago, we run almost completely virtually, and we have one of the most active and talented group of Board members and volunteers I have ever worked with." Burns, a 15-year veteran of the nonprofit sector, continued: "It's important from a donor's perspective to know that the funds we raise go directly back to helping these kids. The average cost of an adaptive bike is \$3,000-\$5,000 – that is not manage-



Sarah Burns



From one of our Dake Foundation families:

"[Our son] has had quite a journey so far in life. He has had 3 major back surgeries and is limited by his genetic disorder with mobility and balance.

The Rifton trike allows him to keep up with his older brother on the bike trail and through the loaner program we were able to borrow the tandem bike, which allows our whole family to ride together.

**Something that was not possible before."**

able for most families, and we know that the leaner we operate, the more bikes we can purchase."

The adaptive bikes that the Dake Foundation provides are customized to each child's needs. A traditional bike is built for a child who has both legs, both arms, and symmetrical strength on each side of their body. Adaptive bikes and trikes allow for pedaling assistance, hand controls, harnesses, head and neck support, and more options to ensure that each child has a safe and enjoyable riding experience.

While the Dake Foundation is well-known as "the bike people," they also frequently grant adaptive strollers, stationary play equipment, camp tuition, electronic devices and software for children who need assistance communicating – and they're not done adding to that list. "We really do recognize that while an adaptive tricycle might be a game-changer for one child,

everyone's barriers and obstacles are different. We are committed to meeting these kids where they're at – our focus is always on inclusion, independence, and fun," said Burns.

Applicants must be under 21 years of age, live within an 80-mile radius of Saratoga Springs, and have a documented disability. As long as these requirements are met, the organization is open to proposals for how they can help foster fun and independence for a child in need. Applications will be reviewed by their Medical Advisory Panel, full of PTs, OTs, and other field professionals who volunteer their time and evaluate each request on a case by case basis.

Throughout the year, the Dake Foundation for Children hosts an annual gala called Child's Play, a golf tournament, and plans to reinstate their stationary bike relay race this winter (after a few years on pause due to COVID). The Foundation is always looking to partner with organizations and individuals who are interested in sponsoring or volunteering at their



events. The number of grant applicants each month continues to grow, and their goal each year is to say yes to as many as possible until the funds are exhausted. To support their mission or to learn more about the Dake Foundation for Children, please visit [www.dakefoundation.org](http://www.dakefoundation.org), and follow them on Facebook and Instagram.



**Donate Now**



**Learn More**



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

**(518) 226-0252**

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

# SUNY ADIRONDACK FOUNDATION

SUNY 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 ensures the future of our local economy and community.

The SUNY Adirondack Fund provides direct support to students to ensure every opportunity to earn a college degree.

- The Fund 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.

- The Fund supports a Finish-In-2 incentive program that helps committed students earn associate degrees in two years.

- Support offers financial relief and emergency loans to students in need to help with food insecurity, housing or medical care, among other necessities.

- The SUNY Adirondack Fund pays for high school students with financial need to take courses through our High School Academy program.

This Giving Tuesday, we ask you to make a gift to the SUNY Adirondack Fund. Your generosity benefits hundreds of students each year, inspiring 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.

Learn more and make a gift to the SUNY Adirondack Fund by visiting [sunyacc.edu/give](http://sunyacc.edu/give).

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

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



Scan the QR code  
or visit [sunyacc.edu/give](http://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 BECOME

Archaeologists

Artists

Business Leaders

Chefs

Community Builders

Computer Scientists

Educators

Engineers

Entrepreneurs

Health Care Workers

Lawyers

Police Officers

Scientists

Tourism Leaders

Writers

... and more

# HUDSON HEADWATERS Enhances Patient Experience with **TRANSFORMED URGENT CARE CENTER**

**Q**UEENSBURY, NY (October 2022) – Hudson Headwaters Health Network has completed renovations to its Broad Street Health Center in Glens Falls. The updated facility offers urgent care services seven days a week, with no appointment necessary, for health concerns that arise suddenly but are not life-threatening. For further convenience, the center offers laboratory and X-ray services on-site, and lists estimated wait times on the Hudson Headwaters website.

“Not a day has gone by where a patient hasn’t commented on how appreciative they are of the transformation,” said Patti Hammond, executive vice president/chief operations officer. “Every renovation has been made with thoughtful consideration to our patients and our community. These enhancements further our mission to provide accessible, high-quality health care for everyone, regardless of income or insurance, while also contributing to Glens Falls’ wider revitalization efforts.”

Renovations include an expanded waiting room with updated lighting and new artwork throughout the center. Thirteen urgent care exam rooms have also been redone and updated. The triage area has been redesigned so nursing staff may more efficiently assess patient needs. New features include a fully equipped treatment room and a new changing room in the medical imaging area. Amenities have been added for patients’ comfort including complimentary bottled water, free Wi-Fi connectivity and multi-device charging stations.

Externally, the center has been updated with new windows, signage, lighting, paint and landscaping. The facility has also rebuilt stairs and wheelchair ramps and has gained new roofing and a remodeled parking lot.

Hudson Headwaters invites community members to “walk” through the updated center in a virtual tour on the Network’s



website: [www.hhhn.org/locations/health-center-on-broad-street-glens-falls/](http://www.hhhn.org/locations/health-center-on-broad-street-glens-falls/).

Architecture Plus of Troy led the redesign of the 7-month project, working with Bast Hatfield Construction of Clifton Park. Within the last four years, Hudson Headwaters has invested in updates

to health centers throughout the region including Women’s Health at 90 South Street in Glens Falls, Saranac Lake Family Health, Tupper Lake Family Health and West Mountain Family Health in Queensbury. Construction is also currently underway for the new Glens Falls Family Health

Center on Larose Street, a 20000-square-foot, state-of-the-art primary care facility. The new health center has an estimated completion date in late 2023.

## About Hudson Headwaters Health Network

Hudson Headwaters is a nonprofit network of 21 community-based primary care health centers caring for more than 115,000 patients from Saratoga County to the Canadian border, an area of about 7,400 square miles. 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 [hhhn.org](http://hhhn.org).

# Urgent Care is Getting Back on the Slopes.

When bumps, bruises, strains and sprains get in the way of enjoying life, we work to get you healthy and back out there. Find us in Glens Falls and Warrensburg: [HHN.org](http://HHN.org)

 Health Care For Everyone.



**HUDSON  
HEADWATERS**  
HEALTH NETWORK