www.adkmercy.org

MY PLAN MY POWER

COMMUNITY & CONTRIBUTED RESOURCES

EST. 2007

MERCY CARE

FOR THE ADIRONDACKS

Helping elders to age in place more successfully with friendship and compassion.

Growing up, Growing Older, and Living Well

PART II

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Adirondack Health Institute

Adirondack Health

Alzheimer's Disease Caregiver Support Initiative

AmeriCorps Seniors RSVP

Behavioral Health Services North

Clinton Co. Office for the Aging

Community Health Center of the North Country

Elizabethtown Community Hospital

Essex Co. Health Department Home Health Unit

Essex Co. Mental Health

Essex Co. Office for the Aging

Franklin Co. Office for the Aging

Get Healthy North Country

Glens Falls Hospital Center of Excellence

High Peaks Hospice

Indian Lake Theater

Keene Valley Neighborhood House

North Country Center for Independence

North Country Home Services

Saranac Village at Will Rogers

Senior Scholars

Southern Adirondack Compassionate Companions

ThriveNinety

Acknowledgment

Mercy Care for the Adirondacks pursues its mission to enhance the fullness of lives of elders living in their communities through collaboration and partnership with faith communities, county Offices for the Aging and Public Health, and other health and human service organizations within and beyond the Adirondacks.

Volunteers are Mercy Care's dedicated workforce. Mercy Care Friendship Volunteers, Spiritual Care Companions, and Parish/Faith Community Nurses provide spiritual and social care services for older adults in the greater Tri-Lakes region of the Adirondacks. They offer friendship, spiritual companionship, transportation assistance, and other "errands of mercy." Mercy Care empowers our Elder Friends to grow older and live well by providing "love in action" to help them age in place more successfully.

In Deepest Gratitude

The Community itself supports Mercy Care through their kind and compassionate volunteer service, individual charitable contributions, and private foundation grants. We are most grateful.

Mother Cabrini Health Foundation

Development and production of My Plan, My Power – Your Personal Guide for Successful Aging was made possible, in part, by a grant from the Mother Cabrini Health Foundation, for which the Board of Directors and Staff of Mercy Care for the Adirondacks are deeply grateful.

Pursuing Mission Through Partnership & Collaboration

Sponsored by the Sisters of Mercy, Mercy Care for the Adirondacks is a 501(c)(3) nonprofit organization that pursues its mission through partnership and collaboration. Mercy Care acknowledges with gratitude the contributions from members of the **Caregiving Working Group of the North Country** for contributing the many ideas and plans adapted for inclusion in *My Plan, My Power – Your Personal Guide for Successful Aging*.

Mercy Care Board of Directors

Catherine Johnston, President
Ann Cantwell Telfer
, Tom Connors
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Sr. Eileen McDonnell, RSM
Eli Schwartzberg

Jonathan Kaplan, Vice President
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Kathleen Trainor
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MERCY CARE
FOR THE ADIRONDACKS

www.adkmercy.org

Community Resources

County Offices for the Aging

There is a local Office for the Aging in every county in New York State that serves as a central hub for information, services, and benefits for older adults. The dedicated people who work at your local Office for the Aging have the training, experience, and local knowledge to help you access a variety of services and benefits, like home-delivered meals, caregiver support, and in-home assistance to help older adults remain independent and in their communities. These offices also work to connect older adults with outside services that support their health, housing, transportation, and other essential needs and can direct you to the appropriate agency or organization for help.

An asterisk (*) denotes that the organization has a full-page summary of their services included in the Contributed Resources section.

Services & Programs

Advocacy

Caregiver Support/Respite

Case Management

Congregate Meals

Expanded In-Home Services for the Elderly (EISEP)

Health Insurance Information Counseling & Assistance Program (HIICAP)

Health Promotion

Home Delivered Meals

Legal Assistance

Information and Assistance

In-Home Care Services, Contact and Support

Lifeline – Personal Emergency Response Service (PERS)

Medical Transportation

NY Connects

Outreach

Transportation

Home Energy Assistance Program (HEAP)

Nutrition Services – Education & Counseling

Recreation & Education Services

Clinton County*
135 Margaret St., Suite 105
Plattsburgh, NY 12901
518-565-4620

Essex County*
132 Water St., PO Box 217
Elizabethtown, NY 12932
518-873-3695

Franklin County*
355 West Main St., Suite 447
Malone, NY 12953
518-481-1526 or 518-481-1660

St. Lawrence County
Human Service Center
80 State Highway 310, Suite 7
Canton, NY 13617
315-386-4730

Warren/Hamilton Counties
1340 State Route 9
First Floor – Human Services Building
Lake George, NY 12845
518-761-6347

Washington County
Washington County Municipal Center
383 Broadway, Building B
Fort Edward, NY 12828
518-746-2420

Community Resources

Emergency Services

Local Police Departments

Lake Placid Police: 518-523-3306

Malone Police: 518-483-2424

Moriah Police: 518-546-7286

Plattsburgh: 518-563-3411

Saranac Lake: 518-891-4428

Ticonderoga Police: 518-585-3456

Tupper Lake: 518-359-3776

Local Sheriff's Office

Clinton County: 518-565-4300

Essex County: 518-873-6970

Franklin County: 518-483-3304

State Police

Troop B Headquarters
1097 NYS Route 86
Ray Brook, NY 12977
Main Line/Dispatch: 518-897-2000

Troop B Stations

Zone 1	Zone 2	Zone 3
Plattsburgh	Canton	Lewis
Champlain	Gouverneur	Crown Point
Dannemora	Massena	Indian Lake
Ellenburg	Ogdensburg	Schroon Lake
Keeseville	Star Lake	Tupper Lake
Malone	Winthrop	Wilmington
Valcour		Blue Ridge/High Peaks

For Emergencies Dial 911

Community Resources

County & State Services

An asterisk (*) denotes that the organization has a full-page summary of their services included in the Contributed Resources section.

Clinton County

Department of Social Services (DSS)
13 Durkee St.
Plattsburgh, NY 12901

Adult Services
518-565-3363
www.clintoncountyny.gov/dss

Food Stamps (SNAP)
518-565-3330
www.otda.ny.gov

Home Energy Assistance Program (HEAP)
518-565-3258
www.otda.ny.gov/programs/heap

Medicaid
518-565-3330
www.health.ny.gov/health_care/medicaid/

Health Department (CCHD)
133 Margaret St.
Plattsburgh, NY 12901
518-565-4840
www.health.clintoncountyny.gov

Mental Health and Addiction Services Clinic
130 Arizona Ave.
Suite 1500
Plattsburgh, NY 12903
518-565-4060
www.clintoncountyny.gov/mental-health-addiction-services

Plattsburgh Housing Authority (PHA) Rental Assistance Program
4817 South Catherine St.
Plattsburgh, NY 12901
518-561-0720

Public Transportation – Clinton County Public Transportation (CCPT)
135 Margaret St.
Suite 124
Plattsburgh, NY 12901
518-565-4567
transit.clintoncountyny.gov

Veterans Service Agency
137 Margaret St.
Plattsburgh, NY 12901
518-565-4720
veterans@clintoncountyny.gov
www.clintoncountyny.gov/veteran

Community Resources

County & State Services

Essex County

Department of Social Services (DSS)
www.co.essex.ny.us

Adult Services
132 Water St.
PO Box 217
Elizabethtown, NY 12932
518-873-355

Food Stamp/Heating Fuel Program (SNAP/HEAP)
7551 Court St.
PO Box 217
Elizabethtown, NY 12932
518-873-3878
518-873-3446

Medicaid
7551 Court St.
PO Box 217
Elizabethtown, NY 12932
518-873-3441
518-873-3450

Health Department*
132 Water St.
Elizabethtown, NY 12932
518-873-3500
https://essexcountyny.gov/Health

Housing Assistance Program of Essex County (HAPEC)
103 Hand Ave.
PO Box 157
Elizabethtown, NY 12932
518-873-6888
www.hapec.org

Mental Health Services*
7513 Court St.
PO Box 8
Elizabethtown, NY 12932
518-873-3670
www.co.essex.ny.us/MentalHealth.asp

Patient Services
132 Water St.
PO Box 217
Elizabethtown, NY 12932
518-873-3500
www.co.essex.ny.us/PublicHealth/PublicHealth.asp

Transportation - Essex County CHAMP Bus
518-873-3689 or 1-800-914-9266
www.co.essex.ny.us/wp/transportation

Veterans Affairs – Essex County Office
7551 Court St.
Elizabethtown, NY 12932
518-873-3488 or 888-838-7697
www.veterans.ny.gov

Community Resources

County & State Services

Franklin County

Community Services - ***Mental health and substance use disorder services.***
36 Church St.
PO Box 1337
Saranac Lake, NY 12983
518-891-2280
www.franklincountyny.gov/departments/human_services/community_services_mental_health

Department of Social Services (DSS)
184 Finney Blvd.
Malone, NY 12953
www.franklincountyny.gov/departments/human_services/social_services

Adult Services
518-481-1808
1-800-397-8686
ext. 808

Food Stamps (SNAP)
518-481-1768

Home Energy Assistance Program (HEAP)
518-481-1807

Medicaid
518-481-1787

Health Department

Malone
355 West Main St.
Malone, NY 12953
518-481-1710
FCHealth@franklincountyny.gov

Saranac Lake
3 Main St.
Saranac Lake, NY 12983
518-891-4471

Housing Assistance Programs

Community Housing Council
337 West Main St.
Malone, NY 12953
518-483-5934

Harrietstown Housing Authority
14 Kiwassa Rd.
Saranac Lake, NY 12983
518-891-3050
www.harrietstownha.org

Tupper Lake Housing Authority
38 Boyer Ave.
Tupper Lake, NY 12986
518-359-9220

Transportation - Franklin County Public Transportation
14981 State Route 30 North
Malone, NY 12953
518-483-9000
franklinrides.com

Veterans Services
355 West Main St., Suite 200
Malone, NY 12953
518-481-1540
jmurray@franklincony.org
www.franklincountyny.gov/departments/human_services/veterans_services_agency

Community Resources

County & State Services

Multi-County – Medicaid Transportation

Transportation or reimbursement for Medicaid-covered health-related appointments for Medicaid-eligible persons who have no other means of transportation. All trips and reimbursement must be pre-approved.

Medical Answering Services, LLC (MAS)
PO Box 12000
Syracuse, NY 13218
866-753-4442
www.medanswering.com

Clinton County

Adirondack Care Plus
518-651-7499

AllenCare Medical Transport
518-651-9983

Northeast Express Medical Transport
518-645-4266

WeCare Transport Services
518-651-7499

Franklin and Essex County Medicaid Supervisor Contact

Medical Medicaid Transportation
315-299-2758

New York State

Department of Labor
194 U.S. Oval
Plattsburgh, NY 12903
518-561-0430
www.labor.ny.gov

Department of Health
11 St. Bernard St.
Saranac Lake, NY 12983
518-891-1800
www.health.ny.gov

Division of Veterans' Affairs
5 Empire State Plaza, Suite 2836
Albany, NY 12223
518-474-6784
www.veterans.ny.gov

Office for the Aging
2 Empire State Plaza
Albany, NY 12223
1-800-342-9871
www.aging.ny.gov

Office for People with Developmental Disabilities
44 Holland Ave.
Albany, NY 12229
866-946-9733 or 866-933-4889
info@opwdd.ny.gov
www.opwdd.ny.gov

Social Security Administration

Plattsburgh Office
14 Durkee St, Suite 230
Plattsburgh, NY 12901
866-964-7430
www.ssa.gov

Queensbury Office
17 Cronin Rd., Suite 1 14
Queensbury, NY 12804
877-405-4875
www.ssa.gov

Community Resources

Community & Civic Organizations

An asterisk (*) denotes that the organization has a full-page summary of their services included in the Contributed Resources section.

Community & Civic Organizations

Adirondack Community Action Program (ACAP)
7572 Court St.
Suite 2
PO Box 848
Elizabethtown, NY 12932
518-873-3207
www.acapinc.org

Adirondack Community Housing Trust
103 Hand Ave.
PO Box 157
Elizabethtown, NY 12932
518-873-6888
mmurphy@adirondackroots.org
www.adkhousing.org

Adirondack Health Institute (AHI)*
518-480-0111
communications@ahihealth.org
www.ahihealth.org

Glens Falls
100 Glen St.
Suite 1 A
Glens Falls, NY 12801

Plattsburgh
21 Plattsburgh Plaza
Plattsburgh, NY 12901

Adirondack Roots – *Housing Assistance Program of Essex County*
103 Hand Ave.
PO Box 157
Elizabethtown, NY 12932
518-873-6888
info@adirondackroots.org
www.adirondackroots.org

Alzheimer's Association Northeastern New York Chapter
1003 New Loudon Rd.
Suite 231
Cohoes, NY 12047
518-867-4999
www.alz.org/northeasternny

Community Resources

Community & Civic Organizations

Alzheimer's Disease Assistance Center*

Alzheimer's Disease Caregiver Support Initiative
SUNY Plattsburgh
101 Broad St, #524 Sibley Hall
Plattsburgh, NY 12901
1-800-388-0199
www.WeHelpCaregivers.com

Caregiver Wellness & Respite Center
SUNY Plattsburgh
101 Broad St, #646 Sibley Hall
Plattsburgh, NY 12901
1-800-388-0199
www.nyscrc.org/cwrc

American Association of Retired Persons (AARP)
888-687-2277
www.aarp.org

AmeriCorps Seniors RSVP*

Clinton County
1349 Military Turnpike
Plattsburgh, NY 12901
518-566-0944

Essex County
38 Park Pl.
Suite 3
Port Henry, NY 12974
518-546-3565

Franklin County
80 Park St.
Suite 2
Tupper Lake, NY 12986
518-359-7688

Behavioral Health Services North, Inc.*
22 U.S. Oval
Suite 218
Plattsburgh, NY 12901
518-563-8206
www.bhsn.org

Cancer Screening Program of Franklin & Essex Counties
Essex County Department of Public Health
132 Water St.
Elizabethtown, NY 12901
518-324-7671 or 877-275-6266
http://co.essex.ny.us/

Community Friendship Volunteer Program*
Community Health Center of the North Country (CHCNC)
www.chcnorthcountry.org/community-friendship-volunteer-program

Franklin County
Susan Schrader
518-561-2535
sschrader@chcnorthcountry.org

St. Lawrence County
Cynthia Wells
315-552-8973
cwells@chcnorthcountry.org

Community Resources

Community & Civic Organizations

Cornell Cooperative Extension
Eat Smart New York (ESNY) - Energy Efficiency Program
8487 US Route 9
Lewis, NY 12950
518-962-4810
Ext: 405 (Energy Efficiency Program)
www.essex.cce.cornell.edu

Elizabethtown Community Hospital Friendship Volunteer Program*
Jodi Gibbs, Elizabethtown Community Hospital
2679 Main St.
Crown Point, NY 12928
518-585-3761
jgibbs@ech.org
www.UVMHealth.org/ECH

Friends of the North Country
1387 Hardscrabble Rd.
Cadyville, NY 12918
518-293-5045 ext. 125 or 126
www.friendsofthenorthcountry.org

Get Healthy North Country*
The Heart Network
132 Bloomingdale Ave.
Suite 2
Saranac Lake, New York 12983
518-891-5855
www.gethealthynoco.org

High Peaks Hospice*
518-891-0606
admin@highpeakshospice.org
www.highpeakshospice.org

Main Office/Mailing Address
1247 Dix Ave.
Hudson Falls, NY 12839

Additional Clinical Office
47 Tom Phelps Way
PO Box 205
Mineville, NY 12956

Hospice of the North County
3909 State Route 11
Malone, NY 12953
518-483-3200
www.hospicenc.org

Community Resources

Community & Civic Organizations

Joint Council for Economic Opportunity (JCEO)
www.jceo.org

Food Outreach Services
43 Valco Dr.
Malone, NY 12953
518-319-4028

Malone
17 Webster St.
Malone, NY 12953
518-483-7022

Plattsburgh
54 Margaret St.
Plattsburgh, NY 12901
518-561-6310

Legal Aid Society of Northeastern NY
North Country Legal Services
100 Court St.
PO Box 989
Plattsburgh, NY 12901
518-563-4022
www.lasnny.org

Mercy Care for the Adirondacks*
185 Old Military Rd.
Lake Placid, NY 12946
518-523-5580
info@adkmercy.org
www.adkmercy.org

North Country Center for Independence*
80 Sharron Ave.
Plattsburgh, NY 12901
518-563-9058
www.ncci-online.com

North Country Home Services*
Administrative Office
25 Church St.
Saranac Lake, NY 12983
518-891-5611
www.nchs.net

Tri-Lakes
518-891-2641

Malone
518-483-4502

Plattsburgh
518-566-0183

Ticonderoga
518-585-9820

Nutrition Program for the Elderly (ACAP)
74 Fairground Way
Westport, NY 12993
518-962-2730
www.acapinc.org

Community Resources

Community & Civic Organizations

Rural Law Center of Northeastern NY
22 U.S. Oval
Suite 101
Plattsburgh, NY 129037
518-561-5460 or 866-324-1183 (Toll Free)
http://rurallawcenter.org

Sacred Explorations - *Advanced Care Planning and Lift Transitions Doula*
518-241-6049
info@sacred-explorations.com
www.sacred-explorations.com

Saranac Lake Voluntary Health Association
81 Main St.
Suite 3
Saranac Lake, NY 12983
518-891-0910
https://saranaclakevha.org

Senior Citizens Council of Clinton County
5139 North Catherine St.
Plattsburgh, NY 12901
518-314-9762
www.seniorsinclintoncounty.org

Southern Adirondack Compassionate Companions Program*
St. Mary's Church
22 Father Jogues Pl.
Ticonderoga, NY 12883
518-585-7144
compassionatecare83@gmail.com
www.southernadirondackcatholics.org

St. Alexander's Compassionate Companions Program
St. Joseph's Community Outreach Center
1349 Military Turnpike
Plattsburgh, NY 12901
518-825-0697
starr@stalexanders.org

United Way
45 Tom Miller Rd.
Plattsburgh, NY 12901
518-563-0028
www.unitedwayadk.org

Community Resources

Adult Centers, Nutritional Sites & Food Pantries

An asterisk (*) denotes that the organization has a full-page summary of their services included in the Contributed Resources section.

Adult Centers & Nutritional Sites

Adirondack Adult Center – *Tupper Lake*
179 Demars Blvd.
Tupper Lake, NY 12986
518-359-9070
tlac12986@roadrunner.com

Brushton-Moira Adult Center – *Brushton Village, Bangor, Moria, Brandon*
1328 Washington St.
Brushton, NY 12916
518-529-7314
brushtondirector@centralny.twcbc.com

Burke Adult Center – *Burke, Chateaugay, Belmont, Brainardsville*
1040 East Main St.
PO Box 52
Burke, NY 12917
518-483-1089
badc2@centralny.twcbc.com

Clinton County Senior Center
5139 North Catherine St.
Plattsburgh, NY
518-563-6180
www.clintoncountyny.gov

Fort Covington Adult Center – *Bombay, Fort Covington, Westville*
2526 Chateaugay St.
Fort Covington, NY 12937
518-358-4895
fortdirector@centralny.twcbc.com

Malone Adult Center – *Malone, Owls Head, Mountain View, Duane, Constable*
14906 State Route 30
Malone, NY 12953
518-483-6611
macacdirector@yahoo.com

Saranac Lake Adult Center – *Harrietstown, Southern Santa Clara, Brighton, Franklin*
136 Broadway
Saranac Lake, NY 12983
518-891-2980
slac@centralny.twcbc.com

Community Resources

Adult Centers, Nutritional Sites & Food Pantries

St. Regis Falls Adult Center – *St. Regis Falls, Waverly, Dickinson, Northern Santa Clara*
26 North River Rd.
St. Regis Falls, NY 12980
518-856-9861
srfdir@centralny.twcbc.com

Ti Area Adult Center - *Ticonderoga*
123 Champlain Ave.
Ticonderoga, NY 12883
518-585-6050
tiseniors@hotmail.com

Nutritional Sites & Food Pantries

Joint Council for Economic Opportunity (JCEO) – *Clinton and Franklin Counties*
54 Margaret St.
Plattsburgh, NY 12901
518-561-6310
www.jceo.org

Outreach Centers & Food Pantries

Altona
524 Devils Den Rd.
Altona, NY
518-236-7035 ext. 107

Ausable
1790 Main St.
Keeseville, NY 12944
518-834-9043

Black Brook
Black Brook Town Hall
18 North Main St.
Ausable Forks, NY 12912
518-647-5411 ext. 3

Champlain
Champlain Village Office
1104 Route 9
Champlain, NY 12919
518-298-2373

Chazy
West Chazy Town Hall
7734 State Route 22
West Chazy, NY 12992
518-493-3491

Dannemora
78 Higby Rd.
Ellenburg Center, NY 12935
518-492-7357

Ellenburg
Municipal Building
16 Edmunds Way
Ellenburg Center, NY 12934
518-594-3007

Malone
43 Valco Dr.
Malone, NY 12953
518-319-4028

Peru Town Hall
3036 Main St.
Peru, NY 12972
518-565-9803

Plattsburgh (City)
JCEO Main Office
54 Margaret St.
Plattsburgh, NY 12901
518-561-6310

Plattsburgh (Town)
1349 Military Turnpike
Plattsburgh, NY 12901
518-825-0742 or
518-563-6301 ext. 6

Saranac
Saranac Town Hall
3668 Route. 3
Saranac, NY 12981
518-293-6661

Community Resources

Adult Centers, Nutritional Sites & Food Pantries

Saranac Lake
79 Caranas Dr.
Door #17
Saranac Lake, NY 12983
518-897-1446

Schuyler Falls
Schuyler Falls Town Hall
997 Mason St.
Morrisonville, NY 12962
518-563-1129 ext. 7697

Nutrition Program for the Elderly (ACAP) – *Home Delivered & Congregate Meals*
74 Fairground Way
Westport, NY 12993
518-962-2730
www.acapinc.org

Congregate Meal Centers

AuSable Forks
Community Center Building
11 School Ln., Suite 107
Ausable Forks, NY 12912
518-647-8173

Keeseville
Knights of Columbus
1435 Route 9
Keeseville, NY 12944
518-834-4689

Minerva
Minerva Town Hall
5 Morse Memorial Highway
Minerva, NY 12951
518-251-2510

Newcomb
Newcomb Town Hall
5005 State Route 28N
Newcomb, NY 12852
518-582-3211 ext. 1011

Port Henry
14 Park Pl.
Port Henry, NY 12974
518-813-5053

Schroon Lake
1108 US Route 9
Schroon Lake, NY 12870
518-532-0179

Ticonderoga
Ti Armory Building
123 Champlain Ave.
Ticonderoga, NY 12883
518-585-7682

Wilmington
Whiteface Methodist Church
1169 Haselton Rd.
Wilmington, NY 12997
518-946-2271

Willsboro-Essex
214 Reber Rd.
Willsboro, NY 12996
518-963-7178

Food Pantries

Elizabethtown
ACAP Main Office
7572 Court St., Suite 2
Elizabethtown, NY 12932
518-962-2730

Keeseville
Methodist Church
1699 Front St.
Keeseville, NY 12944
518-834-7577

Community Resources

Adult Centers, Nutritional Sites & Food Pantries

Senior Citizens Council of Clinton County (SCCCC) – *Nutrition Program, Congregate Meals, Home Delivered Meals (HMD) Program*

45 Veterans Ln.
Plattsburgh, NY 12901
518-561-8320
www.seniorsinclintoncounty.com

Congregate Meal Sites

Beekman Towers - Plattsburgh
50 Truman Ave.
Plattsburgh, NY
518-561-5360

Dannemora Community Center
40 Emmons St.
Dannemora, NY
518-310-9089

Ellenburg Adult Center
St. Edmund's Church Hall
5538 Route 11
Ellenburg, NY
518-594-7311

Lake View Towers - Plattsburgh
34 Flynn Ave.
Plattsburgh, NY
518-561-8696

Plattsburgh Senior Center
5139 North Catherine St.
Plattsburgh, NY
518-561-7379

St. Patrick's Parish Center – Rouses Point
9 Liberty St.
Rouses Point, NY
518-534-1852

Food Pantries

Belmont-Owls Head Food Pantry
9 Hill Rd.
Brainardsville, NY 12915
518-483-9313

Brushton-Moira Food Pantry
St. Mary Church
1347 Washington St.
Brushton, NY 12916
802-349-5448

Chateaugay Food Pantry
175 E. Main St.
Chateaugay, NY 12920
518-521-7664

Constable - Catholic Community Constable Food Pantry
9 Poplar St.
Constable, NY 12926
518-483-0236

Community Resources

Adult Centers, Nutritional Sites & Food Pantries

Crown Point Health Center Food Pantry
2679 Main St.
Crown Point, NY 12928
518-585-3761

Dickinson Center Food Pantry
399 Akins Rd.
Dickinson Center, NY 12930
518-529-0463

Duane - JCEO Duane Food Pantry
Fire station
Old Route 99
Malone, NY 12953
518-483-4359

Fort Covington Helping Hands Food Pantry
7 Mill St.
Fort Covington, NY 12937
518-358-2873

Lake Placid Ecumenical Food Pantry
21 Cummings Rd.
Lake Placid, NY 12946
518-302-5099

Malone

First Baptist Church
Malone Food Pantry
48 Harris Pl.
Malone, NY 12953
518-483-0585

Good Samaritan Food Pantry
12 Homestead Park
Malone, NY 12953
518-483-1300

JCEO Malone Food Pantry
43 Valco Dr.
Malone, NY 12953
518-319-4028

Moira New Hope Food Pantry
Old Rutland Station
Moira, NY 12957
518-529-6524

North Bangor - Brandon Wesleyan Food Pantry
121 Townhouse Rd.
North Bangor, NY 12966
518-481-5187

Community Resources

Adult Centers, Nutritional Sites & Food Pantries

Plattsburgh

Salvation Army - *Open to all counties*
4804 South Catherine St.
Plattsburgh, NY 12901
518-561-2951

St. Andre's/St. Joseph's Soup Kitchen
1349 Military Turnpike
Plattsburgh, NY 12901
518-563-6301

Saranac Lake

Community Lunch Box
St. Luke's Parish Hall
94 Church St.
Saranac Lake, NY 12983
518-891-3605

Community Supper Soup Kitchen
First United Methodist Church
63 Church St.
Saranac Lake, NY 12983
518-891-3473

Saranac Lake Interfaith Food Pantry
First Presbyterian Church (in the back)
57 Church St.
Saranac Lake, NY 12983
518-891-7325

Schroon Lake Food Pantry
Schroon Lake Community Church
1088 US Route 9
Schroon Lake, NY 12870
518-524-4561

St. Regis Falls - Waverly Food Pantry
St. Regis Falls Adult Center
26 North River Rd.
St. Regis Falls, NY 12980
518-856-9861

Ticonderoga Food Pantry
First United Methodist Church
1045 Wicker St.
Ticonderoga, NY 12883
518-585-7995

Tupper Lake Community Pantry
40 Marion St.
Tupper Lake, NY 12986
518-359-3080

Community Resources

Housing Assistance Programs, Housing Authorities, & Housing

An asterisk (*) denotes that the organization has a full-page summary of their services included in the Contributed Resources section.

Housing Assistance Programs & Housing Authorities

Adirondack Roots
103 Hand Ave., PO Box 157
Elizabethtown, NY 12932
518-873-6888
https://adirondackroots.org/

Choice Connections NY
198 Donald Ave.
Schenectady, NY 12304
518-894-2243
www.choiceconnectionsny.com

Department of Social Services (DDS) – *Family Type Homes for Adults*
13 Durkee St.
Plattsburgh, NY 12901
518-565-3363
www.clintoncountyny.gov/dss

Franklin County Community Housing Council
337 West Main St.
Malone, NY 12953
518-483-5934

Friends of the North Country
1387 Hardscrabble Rd.
Cadyville, NY 12918
518-293-5045 ext. 125 or 126
www.friendsofthenorthcountry.org

Harrietstown Housing Authority
14 Kiwassa Rd.
Saranac Lake, NY 12983
518-891-3050
www.harrietstownha.org

Housing Assistance Program of Essex County (HAPEC)
103 Hand Ave.
PO Box 157
Elizabethtown, NY 12932
518-873-6888
www.hapec.org

Plattsburgh Housing Authority (PHA) Rental Assistance Program
4817 South Catherine St.
Plattsburgh, NY 12901
518-561-0720
https://www.phaplattsburgh.com/

Village of Malone Housing - *Sunset Valley, Elm Manor, and Riverside Haven*
215 Elm St.
Malone, NY
518-483-3070

Tupper Lake Housing Authority
38 Boyer Ave.
Tupper Lake, NY 12986
518-359-9220

Housing

260 Lake Street Senior Resort Community
260 Lake St.
Rouses Point, NY
518-297-0260 Ext 0
www.260lakestreet.com

A & L Gonyo Apartments - *Beekmantown Senior Housing*
80 O'Neill Rd.
West Chazy, NY 12992
518-563-5011

Community Resources

Housing Assistance Programs, Housing Authorities, & Housing

Adirondack Apartments (VOA)
225 Lake St.
Saranac Lake, NY 12983
518-891-6432
www.voans.org/locations/adirondack-apartments

Apple Valley Senior Housing Corp
1 Apple Valley Dr.
Peru, NY 12972
518-643-6766 or 800-662-1220
www.applevalleysh.org

Beekman Towers
50 Truman Ave.
Plattsburgh, NY 12901
518-561-7770
beekmantowers@hmrproperties.com

Bonnieview Terrace Apartments
401 Bonnieview Rd.
Wilmington, NY 12997
518-946-7966
www.zionprop.com

Breezy Acres (AHDFC)
28 Glenns Way, Suite 11
Ellenburg Center, NY 12934
518-594-7249
Windy-breezyacres@centralny.twcbc.com

DeChantel Apartments
60 Church St.
Saranac Lake, NY 12983
518-891-4004
www.dechantelapartments.com

Edward A. and Beverly J. Bechard Senior Housing
16 Manor Dr.
Rouses Point, NY 12979
518-297-4101
rousesptapts@belmontmgmt.com

Keeseville Country Gardens
164 Hill St.
Keeseville, NY 12944
518-834-7725

Adirondack Manor
653 Bay Rd.
Queensbury, NY 12804
518-761-0176
www.adirondackmanor.com

Arthur LeFevre Apartments
173 Rand Hill Rd.
Morrisonville, NY 12962
518-561-1762
manager@arthurlefevreapts.com

Black Brook Senior Housing
55 Hopkinton Turnpike
AuSable Forks, NY 12912
518-647-8125
www.coniferllc.com

Boquet River Senior Housing
44 Lawrence Way
Elizabethtown, NY 12932
518-873-7397

Catherine Gardens
5135 North Catherine St., #206
Plattsburgh, NY 12901
518-324-4626
catherinegardens@twoplusfour.com

Don E Smith Apartments
15 Church St.
Tupper Lake, NY 12986
518-359-2500

Ivy Terrace
38 Boyer Ave.
Tupper Lake, NY 12986
518-359-9220

Lake Flower Apartments
14 Kiwassa Rd.
Saranac Lake, NY 12983
518-891-3050

Lakewood Apartments
15 Senior Ln.
Willsboro, NY 12996
Tel: 518-963-4336

Community Resources

Housing Assistance Programs, Housing Authorities, & Housing

Lord Howe Estates
54 Adirondack Drive
Ticonderoga, NY 12883
518-585-6696

Maple Ridge Apartments
70 Sawyer Ave.
Malone, NY
518-483-0020

Moses Circle Apartments
1007 Wicker St.
Ticonderoga, NY 12883
518-558-1007

Mountain Meadows - *Schroon Lake*
14 Leland Ave.
Schroon Lake, NY 12870
518-532-0144

Riverfront Apartments Senior Housing
32 N. River Rd.
St. Regis Falls, NY
518-856-9574

Senior Citizen's Overlook Apartments
45 Main St., Suite 1
Bloomingdale, NY 12913
518-891-2194

The Oaks at Fort Hudson
319 Broadway
Fort Edward, NY 12828
518-747-2811
www.forthudson.com

Valley Ridge Manor Senior Housing
14827 State Route. 30
Malone, NY
518-481-6670

Webster Manor Apartments
180 Webster St.
Malone, NY
518-483-0165

Lee House Apartments
4318 Main St.
Port Henry, NY 12974
518-873-3692

Maple Leaf Housing
30 Uno St.
North Bangor, NY
518-529-0241

Montcalm Manor
45 Montcalm St.
Ticonderoga, NY 12883
518-585-6230
www.thewgroupmgmt.com

Mountain Meadows - *Elizabethtown*
76 Water St.
Elizabethtown, NY 12932
518-532-0144

Mountain Vista
2 Vista Way
Ticonderoga, NY 12883
518-585-6696

Saranac Village at Will Rogers*
78 Will Rogers Dr.
Saranac Lake, NY 12983
518-891-7117
https://saranacvillage.com/

The Greenwood
89 Greenwood St.
Lake Placid, NY 12946
518-516-1038
www.coniferllc.com

The Trails
166 Falling Leaf Dr.
Malone, NY
518-483-2480

Victory Place Senior Community
4907 South Catherine St.
Plattsburgh, NY 12901
518-562-5559
https://victoryplaceliving.com/

Community Resources

Hospitals, Health Centers, and Rehabilitation & Skilled Nursing Facilities

An asterisk (*) denotes that the organization has a full-page summary of their services included in the Contributed Resource section.

Hospitals & Health Centers

Adirondack Medical Center*
2233 NY Route 86
PO Box 471
Saranac Lake, NY 12983
518-891-4141
www.adirondackhealth.org

Health Centers

Keene
2841 State Route 73
Keene, NY 12942
518-576-9771

Lake Placid
203 Old Military Rd.
Lake Placid, NY 12946
518-523-1717

Saranac Lake
285 Old Lake Colby Rd.
Saranac Lake, NY 12983
518-897-2850

Tupper Lake
7 Stetson Rd.
Tupper Lake, NY 12986
518-359-7000

St. Regis Falls
6 North Main St.
St. Regis Falls, NY 12980
518-897-2876

Medical Fitness Center
203 Old Military Rd.
Lake Placid, NY 12946
518-523-3311
518-523-8521 - *Medical Fitness front desk*

Alice Hyde Medical Center – *University of Vermont Health*
133 Park St.
Malone, NY 12953
518-483-3000
www.uvmhealth.org

Medical Practices

Alice Hyde Medical Practices
15 Fourth St.
Malone, NY 12953
518-481-2868

Malone Medical Practices
5 Clay St.
Malone, NY 12953
518-483-0705

Health Centers

Bessette Health Center
6087 State Route 11
Chateaugay, NY 12920
518-481-8450

Dwyer Health Center
969 State Route 11
Moira, NY 12957
518-481-8480

Community Resources

Hospitals, Health Centers, and Rehabilitation & Skilled Nursing Facilities

Leroux Health Center
577 County Route 1
Fort Covington, NY 12937
518-481-8470

Tower Health Center
76 North Main St.
St. Regis Falls, NY 12980
518-481-8460

Champlain Valley Physicians Hospital (CVPH) – *University of Vermont Health*
75 Beekman St.
Plattsburgh, NY 12901
518-561-2000
www.uvmhealth.org

Family Medicine Center
159 Margaret St., Suite 100
Plattsburgh, NY 12901
518-314-3939

Community Health Center of the North County (CHCNC)*
www.chcnorthcountry.org

Health Centers

Canton
4 Commerce Ln.
Canton, NY 13617
315-386-8191

Gouverneur
77 West Barney St.
Gouverneur, NY 13642
315-287-4440

Malone
380 Creighton Rd.
(County Route 51)
Malone, NY 12953
518-483-0109

Ogdensburg, NY
102 Ford St.
Ogdensburg, NY 13669
315-713-9350

Watertown
146 Arsenal St., Suite 8
Watertown, NY 13601
315-786-0983

Elizabethtown Community Hospital – *University of Vermont Health*
www.uvmhealth.org

Elizabethtown
75 Park St.
Elizabethtown, NY 12932
518-873-6377

Ticonderoga
101 Adirondack Dr.
Ticonderoga, NY 12883
518-585-3700

Health Centers

Au Sable Forks
15 Pleasant St.
Au Sable Forks, NY 12912
518-647-8164

Crown Point
2679 Main St.
Crown Point, NY 12928
518-597-3029

Elizabethtown
66 Park St.
Elizabethtown, NY 12932
518-873-6896

Westport
6097 NYS Route 9N
Westport, NY 12993
518-962-2313

Willsboro - Smith House
39 Farrell Rd.
Willsboro, NY
518-963-4275

Wilmington – High Peaks
18 Community Center Cir.
Wilmington, NY 12997
518-946-1111

Community Resources

Hospitals, Health Centers, and Rehabilitation & Skilled Nursing Facilities

Hudson Headwaters Health Network
www.hhhn.org

Health Centers

Bolton
11 Cross St.
Bolton Landing, NY 12814
518-644-9471

Champlain
828 State Route 11
Champlain, NY 12919
518-298-2691

Chester-Horicon
6223 State Route 9
Chestertown, NY 12817
518-494-2761

Fort Edward-Kingsbury
48 East St.
Fort Edward, NY 12828
518-824-8630

Gansevoort - Moreau
1299 Route 9
Gansevoort, NY 12831
518-761-6961

Glens Falls
38 Larose St.
Glens Falls, NY 12801
518-824-8181

Indian Lake
6356 State Route 30
Indian Lake, NY 12842
518-648-5707

Lake Placid
203 Old Military Rd.
Lake Placid, NY 12946
518-824-2564

Malone
16 3rd St., Suite A
Malone, NY 12953
518-824-2562

Moriah
33 Tom Phelps Ln.
Mineville, NY 12956
518-942-7123

North Creek
126 Ski Bowl Rd.
North Creek, NY 12853
518-251-2541

Plattsburgh
87 Plaza Blvd.
Plattsburgh, NY 12901
518-536-7060

Queensbury – West Mtn.
161 Carey Rd.
Building 2
Queensbury, NY 12804
518-824-8610

Salem
1830 County Route 64
Salem, NY 12865
518-824-2571

Saranac Lake
2249 State Route 86
Saranac Lake, NY 12983
518-891-3845

Schroon Lake
24 Fairfield Ave.
Schroon Lake, NY 12870
518-532-7120

Ticonderoga
101 Adirondack Dr.
Suite 2
Ticonderoga, NY 12883
518-585-6708

Tupper Lake
7 Stetson Rd.
Tupper Lake, NY 12986
518-359-7222

Warrensburg
3767 Main St.
Warrensburg, NY 12885
518-623-2844

Luzerne Town Hall
Mobile Health
539 Lake Ave.
Lake Luzerne, NY 12846
518-623-0871

Whitehall Medical Center
Mobile Health
65 Poultney St.
Whitehall, NY 12887
518-623-0871

Veterans Hospitals & Outpatient Clinics

Veterans Administration Hospital
113 Holland Ave.
Albany, NY 12208
518-626-5386 or 888-838-7697
www.albany.va.gov

Community Resources

Hospitals, Health Centers, and Rehabilitation & Skilled Nursing Facilities

Outpatient Clinic's
VA Health Connect: 800-877-6976
Mental Health: 518-626-5398
https://www.va.gov/find-locations/

Glen Falls
101 Ridge St.
Glens Falls, NY 12801
518-798-6066

Plattsburgh
5180 North Catherine St.
Plattsburgh, NY 12901
518-561-6247

Potsdam
201 Market St., Suite G
Potsdam, NY 13676
315-274-7003

Saranac Lake
33 Depot St.
Saranac Lake, NY 12983
518-626-5237

Westport
7426 NYS Route 9
Westport, NY 12993
518-626-5236

Rehabilitation & Skilled Nursing Facilities

Adirondack Manor – ***Assisted Living***
653 Bay Rd.
Queensbury, NY 12804
518-761-0176
www.adirondackmanoral.com

Alice Hyde – ***Rehabilitation & Skilled Nursing***
45 Sixth St.
Malone, NY 12953
518-481-8000
www.alicehyde.com

Champlain Valley Senior Community – ***Assisted Living & Memory Care***
10 Gilliland Ln.
Willsboro, NY 12996
518-817-9108
www.champlainassistedliving.com

Clinton County Nursing Home – ***Rehabilitation & Skilled Nursing***
16 Flynn Ave.
Plattsburgh, NY 12901
518-563-0950
https://www.clintoncountyny.gov/nursinghome

Elderwood – ***Rehabilitation & Skilled Nursing***
www.elderwood.com

North Creek
112 Ski Bowl Rd.
North Creek, NY 12853
518-251-2447

Uihlein
185 Old Military Rd.
Lake Placid, NY 12946
518-523-2464

Ticonderoga
101 Adirondack Dr., Suite 3
Ticonderoga, NY 12883
518-585-6771

Community Resources

Hospitals, Health Centers, and Rehabilitation & Skilled Nursing Facilities

Essex Center – ***Rehabilitation & Skilled Nursing***
81 Park St.
Elizabethtown, NY 12932
518-873-3570
https://essex-center.facilities.centershealthcare.org/

Fort Hudson – ***Adult Day Services, Memory Care, Rehabilitation & Skilled Nursing***
319 Broadway
Fort Edward, NY 12828
518-747-2811 or 518-747-2740
www.forthudson.com

Granville Center – ***Rehabilitation & Skilled Nursing***
17 Madison St.
Granville, NY 12832
518-642-2710
www.centershealthcare.com

Holbrook's Adult Home – ***Adult Day Services, Rehabilitation & Skilled Nursing***
73 North St.
Granville, NY 12932
518-642-3476
www.holbrookadulthome.com

Keene Valley Neighborhood House* – ***Assisted Living & Memory Care Services***
1782 NYS Route 73
Keene Valley, NY 12943
518-576-4474
www.kvnh.org

Massena Rehab and Nursing – ***Rehabilitation & Skilled Nursing***
89 Grove St.
Massena, NY 13662
(315) 769-2494
www.massenarnc.com

Meadowbrook Healthcare – ***Rehabilitation & Skilled Nursing***
154 Prospect Ave.
Plattsburgh, NY 12901
518- 563-5440
www.meadowbrookhealth.com

Montcalm Manor – ***Assisted Living***
45 Montcalm St.
Ticonderoga, NY 12883
607-435-6215
www.montcalmmanor.com

Community Resources

Hospitals, Health Centers, and Rehabilitation & Skilled Nursing Facilities

North Country Nursing & Rehab Center – ***Rehabilitation & Skilled Nursing***
182 Highland Rd.
Massena, NY 13662
315-769-9956
www.northcountrynr.com

Pine Harbour, Inc. – ***Assisted Living & Memory Care***
15 New Hampshire St.
Plattsburgh, NY 12903
518-561-5307
www.pineharbour.org

Plattsburgh Rehabilitation & Nursing Center – ***Adult Day Services, Rehabilitation & Skilled Nursing***
8 Bushey Blvd.
Plattsburgh, NY 12901
518-563-3261
www.plattsburghrehab.com

Samuel F. Vilas Home – ***Assisted Living, Memory Care, Rehabilitation & Skilled Nursing***
61 Beekman St.
Plattsburgh, NY 12901
518-563-4960
www.vilashome.com

St. Joseph's Home – ***Skilled Nursing***
950 Linden St.
Ogdensburg, NY 13669
315-393-3780
www.stjh.org

The Farrar Home – ***Assisted Living***
46 Constable St.
Malone, NY 12953
518-483-7550
www.farrarhome.org

Tupper Lake Center – ***Rehabilitation & Skilled Nursing***
114 Wawbeek Ave.
Tupper Lake, NY 12986
518-359-3355
www.tupperlakehealth.com

Valehaven – ***Assisted Living***
2989 North Main St.
Peru, NY 12972
607-435-6215
www.valehavenhome.com

Living Well

Art, Theater, Educational, and Recreational Resources

An asterisk (*) denotes that the organization has a full-page summary of their services included in the Contributed Resources section.

Arts & Entertainment

Museums, Theaters, & Historical Sites

Adirondack Experience – ***Museum, & Outdoor Recreation Activities (seasonal)***
The Museum at Blue Mountain Lake
9097 NY-30
Blue Mountain Lake, NY 12812
518-352-7311
www.theadkx.org

Adirondack Sky Center & Observatory – ***Educational & Entertainment***
518-359-3538
www.adirondackskycenter.org

Astronomy Hub
68 Park St.
Tupper Lake, NY 12986

Observatory
178 Big Wolf Rd.
Tupper Lake, NY 12986

Adirondack State Theater - ***Entertainment***
100 Park St.
Tupper Lake, NY 12986
518-359-3593
www.adirondackstatetheater.org

Arts Center Lake Placid – ***Arts & Entertainment***
17 Algonquin Dr.
Lake Placid, NY 12946
518-523-2512
https://lakeplacidarts.org/

Ballard Park – ***Arts, Entertainment & Outdoor Recreational Activities***
6466 Main St. (Route 9N/22)
Westport, NY 12993
www.ballardparkny.org

Crown Point State Historic Park – ***Museum & Outdoor Recreational Activities***
21 Grandview Dr.
Crown Point, NY 12928
518-597-4666
https://parks.ny.gov/visit/historic-sites/crown-point-state-historic-site

Elizabethtown Social Center – ***Arts, Entertainment, & Recreational Activities***
7626 US Route 9
Elizabethtown NY 12932
518-837-6408
www.elizabethtownsocialcenter.org

Living Well

Art, Theater, Educational, and Recreational Resources

Fort Ticonderoga – ***Museum & Outdoor Recreational Activities***
102 Fort Ticonderoga Rd.
Ticonderoga, NY 12883
518-585-2821
https://fortticonderoga.org/

Indian Lake Theater – ***Arts & Entertainment***
6311 NY-30
Indian Lake, NY 12842
518-648-5950
www.indianlaketheater.org

Olympic Regional Development Authority (ORDA) – ***Lake Placid Legacy Sites***
www.lakeplacidlegacysites.com

Olympic Center & Museum
2634 Main St.
Lake Placid, NY 12946
518-523-1655

Olympic Jumping Complex
5486 Cascade Rd.
Lake Placid, NY 12946
518-302-5919

Mt. Van Hoevenberg
31 Van Hoevenberg Way
Lake Placid, NY 12946
518-523-2811

Whiteface Mountain
5021 Route 86
Wilmington, NY 12997
518-946-2223

Palace Theater - ***Entertainment***
2430 Main St.
Lake Placid, NY 12946
518-523-9271

Paul Smith's College Visitor Interpretive Center (VIC) – ***Museum & Outdoor Recreation***
8023 NY-30
Paul Smiths, NY 12970
518-327-6241
www.paulsmithsvic.org

Pendragon Theatre – ***Arts & Entertainment***
56 Woodruff St.
Saranac Lake, NY 12983
518-891-1854
www.pendragontheatre.org

Six Nations Iroquois Cultural Center - ***Museum***
1462 County Route 60
Onchiota, NY 12989
518-891-2299
www.6nicc.com

Star Trek Museum – ***Arts & Entertainment***
112 Montcalm St.
Ticonderoga, NY 12883
518-503-5497
www.startrektour.com

Living Well

Art, Theater, Educational, and Recreational Resources

The Depot Theatre – ***Arts & Entertainment***
6705 Main St.
Westport, NY 12993
518-962-4449
www.depottheatre.org

The Wild Center – ***Museum & Recreational Activities***
45 Museum Dr.
Tupper Lake, NY 12986
518-359-7800
www.wildcenter.org

Ticonderoga Heritage Museum & Visitor Center – ***Museum & Recreational Activities***
137 Montcalm St.
Ticonderoga, NY 12883
518-585-2696
www.townofticonderoga.org/heritage-museum-3/

Educational Opportunities, Libraries, Health & Wellness

Clinton, Essex, Franklin Library System
33 Oak St.
Plattsburgh, NY 12901
518-563-5190
www.cefls.org

Akwesasne Library & Cultural Center
321 State Route 37
Hogansburg, NY 13655
518 -358-2240
www.akwesasneculturalcenter.org

Au Sable Forks Free Library
9 Church Ln.
Au Sable Forks, NY 12912
518-647-5596
www.ausableforksfreelibrary.com

Chateaugay Memorial Library
4 John St.
Chateaugay, NY 12920
518-497-0400
www.chateaugayny.org

Elizabethtown Library
8256 River St.
Elizabethtown, NY 12932
518-873-2670

Altona Reading Center
3124 Route 191
Altona, NY 12910
518-236-7035 Ext. 7

Champlain Memorial Library
148 Elm St.
Champlain, NY 12919
518-298-8620

Chazy Public Library
1329 Fiske Rd.
Chazy, NY 12921
518-846-7676

Crown Point - ***Hammond Library***
2732 Main St.
Crown Point, NY 12928
518-597-3616

Dannemora Free Library
40 Emmons St.
Dannemora, NY 12929
518-492-7005

Living Well

Art, Theater, Educational, and Recreational Resources

Essex - *Belden Noble Memorial Library*
2759 Essex Rd.
Essex, NY 12936
518-963-8079
www.essexlibrary.org

Keene Valley Library Association
1796 Route 73
Keene Valley, NY 12943
518-576-4335
www.keenevalleylibrary.org

Lake Placid Public Library
2471 Main St.
Lake Placid, NY 12946
518-523-3200
www.lakeplacidlibrary.org

Mooers Free Library
25 School St.
Mooers, NY 12958
518-236-7744
www.mooerslibrary.org

Plattsburgh Public Library
19 Oak St.
Plattsburgh, NY 12901-2810
518-563-0921
www.plattsburghlib.org

Rouses Point - *Dodge Memorial Library*
144 Lake St.
Rouses Point, NY 12979
518-297-6242
www.rousespointny.com

Schroon Lake Public Library
15 Leland Ave.
Schroon Lake, NY 12870
518-532-7737 x13

Tupper Lake - *Goff Nelson Memorial Library*
41 Lake St.
Tupper Lake, NY 12986
518-359-9421
www.tupperlakepubliclibrary.org

Wadhams Free Library
763 NYS Route 22
Wadhams, NY 12993
518-962-8717
www.wadhamsfreelibrary.org

Ellenburg - *Sarah A. Munsil Free Library*
5139 Route 11
Ellenburg Depot, NY 12935
518-594-7314

Keene Public Library
10982 NYS Route 9N
Keene, NY 12942
518-576-2200

Keeseville Free Library
1721 Front St.
Keeseville, NY 12944
518-834-9054

Malone - Wead Library
64 Elm St.
Malone, NY 12953-1594
518-483-5251
www.weadlibrary.com

Peru Free Library
3024 Route 22
Peru, NY 12972
518-643-8618
www.perufreelibrary.org

Port Henry - *Sherman Free Library*
20 Church St.
Port Henry, NY 12974
518-546-7461

Saranac Lake Free Library
109 Main St.
Saranac Lake, NY 12983
518-891-4190
www.slfl.org

Ticonderoga – *Black Watch Memorial Library*
9 Montcalm St.
Ticonderoga, NY 12883
518-585-7380

Upper Jay - *Wells Memorial Library*
12230 Route 9N
Upper Jay, NY 12987
518-946-2644
www.wellsmemoriallibrary.com

Living Well

Art, Theater, Educational, and Recreational Resources

Westport Library Association
6 Harris Ln.
Westport, NY 12993
518-962-8219
www.westportnylibrary.org

Willsboro - Paine Memorial Library
2 Gilliland Ln.
Willsboro, NY 12996
518-963-4478
www.painememoriallibrary.org

West Chazy - *Dodge Library*
9 Fiske Rd.
West Chazy, NY 12992
518-493-6131
www.westchazydodgelibrary.org

Wilmington - *E.M. Cooper Memorial Library*
5751 Route 86
Wilmington, NY 12997
518-946-7701
www.wilmingtoncooperlibrary.org

Cycling without Age – *Health & Wellness*
518 Fiske Rd.
West Chazy, NY 12992
518-314-9222
www.cyclingwithoutageadkcoast.com

Fit for Life at Adirondack Health – *Health & Wellness*
203 Old Military Rd.
Lake Placid, NY 12946
518-523-8521
www.ahmedicalfitness.org/fitforlife

North Country Community College (NCCC) Swimming Pool – *Health & Wellness*
23 Santanoni Ave.
Saranac Lake, NY 12983
518-891-2915 x1236
https://nccc.prestosports.com/facilities/pool_hours

Senior Planet – *Educational Opportunities/Technology Classes*
Champlain Centre Mall
60 Smithfield Blvd.
Plattsburgh NY 12901
518-566-4422 or 1-888-713-3495
www.seniorplanet.org

Senior Scholar* – *Educational Opportunities & Classes*
Senior Citizens Council
5139 North Catherine St.
Plattsburgh, NY 12901
518-563-6180

Silver Skaters at Saranac Lake Civic Center – *Health & Wellness*
213 Ampersand Ave.
Saranac Lake, NY 12983
518-637-7401
www.saranaclakeciviccenter.org

ThriveNinety* – *Health & Wellness*
www.thriveninety.com

Living Well

Art, Theater, Educational, and Recreational Resources

Outdoor Recreational Activities

Adirondack Rail Trail – ***Accessible Trails***
PO Box 1081
Saranac Lake, NY 12983
www.adirondackrailtrail.org

Cascade Welcome Center – ***Accessible Trails***
4833 Cascade Rd.
Lake Placid, NY 12946
518-837-5047
https://adk.org/cascade-welcome-center/

Champlain Area Trails (CATS) – ***Accessible Trails***
6470 Main St.
Suite 2
Westport, NY 12993
518-962-2287
www.champlainareatrails.com/Explore/

John Dillion Park – ***Accessible Park (seasonal)***
2150 Tupper Rd.
Long Lake, NY 12847
518-806-9774
www.paulsmiths.edu/john-dillon-park/

Plattsburgh Trails & Walks – ***Accessible Trails***
www.discoverplattsburgh.com/trails-walks

Revolution Rail – ***Rail Biking Trails***
888-738-0123
www.revrail.com/new-york-railbiking

Hadley
4113 Rockwell St.
Hadley, NY 12835

North Creek
3 Railroad Pl.
North Creek, NY 12853

Riparius
460 Riverside
Station Rd.
Riparius, NY 12862

Thurman
799 NY-418
Warrensburg, NY
12885

Tupper Lake Municipal Park – ***Walking Trails & Recreational Activities***
Demars Blvd.
Tupper Lake, NY 12986
518-359-3328
www.tupperlake.com/attractions/tupper-lake-municipal-park

Uihlein Foundation Trails – ***Accessible Trails***

Henry's Woods
Bear Cub Ln.
Lake Placid, NY 12946
www.uihleinfoundation.org/henrys-woods-trails

Heaven Hill
470 Bear Cub Ln.
Lake Placid, NY 12946
www.uihleinfoundation.org/heaven-hill-trails

MERCY CARE
FOR THE ADIRONDACKS
Helping elders to age in place more successfully with friendship and compassion.

Mercy Care Volunteer Programs

Mercy Care for the Adirondacks extends friendship, spiritual care, health counseling and education to older adults living in their homes or other independent living communities in the Tri-Lakes region. Volunteers provide friendship, companionship, and a helping hand to elders, serve as their advocates, and help them stay connected to their communities.



Mercy Care Technology Workshop

Friendship Volunteer Services

- Friendly home visits
- Outings together
- Assistance with technology
- Assistance with shopping, groceries, etc.
- Friendly phone conversations
- Transportation to appointments/events
- Recreational activities—board games, cards, physical fitness
- Crafts or gardening
- Running errands
- Art/music/literature enjoyment

Faith Community Nurse Volunteer Services

(Faith community nurses are licensed Registered Nurses who facilitate holistic health of body, mind, and spirit.)

Promoting Health and Spiritual Healing

- Health education
- Personal health counseling
- Spiritual caregiving
- Connecting with community resources
- Advocacy

Faith community nurses do not perform direct or hands-on health care. They do not duplicate other nursing or medical services in the community.

Spiritual Care Companion (SCC) Volunteer Services

A SCC Volunteer is a compassionate person who accompanies an elder on their spiritual journey.

- Offered in accordance with each elder's personal desires, values, and faith, and in collaboration with the elder's choice of a faith community, or absence of a specific faith community.
- Serving as a compassionate listener, being fully present to the elder's experience of loneliness, pain, struggle or joy in telling their story.
- Connecting elders and loved ones to the faith community of their choice, or other spiritually nourishing resources such as prayer, music, relaxation and visualization, nature walks, journaling, reminiscing, or storytelling.

Health Care Companion (HCC) Volunteer Services

The HCC Volunteer helps to strengthen the social safety network by assisting older adults navigate complex social care and healthcare systems.

- Serves as a listening presence and a compassionate friend, they help their elder friends access community, health, and aging services, and comply with and more fully understand their health care.
- Facilitate informal social care supports, including transportation to medical, therapy, and lab appointments, as well as to pick up their prescriptions, and other "errands of mercy."
- Accompany an elder to medical appointments (with their permission) to be another set of ears, and help schedule and facilitate medical & therapy appointments.

Offered in cooperation with churches and congregations of all faiths, and with families, community organizations, health care providers and agencies serving elders.

To learn more about becoming a Mercy Care Volunteer, please call Lexi Bevilacqua, Director of Programs and Mission Integration, at 518-523-5446 or email her at abevilacqua@adkmercy.org

Neighbors Helping Neighbors



EST. 2007

MERCY CARE

FOR THE ADIRONDACKS



Frequently Asked Questions

What is Mercy Care for the Adirondacks?

It is a renewed mission of the Sisters of Mercy to provide elders, on a non-denominational basis, with companionship, friendship, and spiritual care. Services of this not-for-profit organization are supported through charitable donations.

What is "mercy care"?

"Mercy care" is the compassionate and empathetic interest and concern for the whole person, body, mind, and spirit, which is expressed through companionship, friendship, counsel, and other assistance as needed.

Whom does Mercy Care serve?

Mercy Care serves elders of all faiths living in their own homes or other independent living communities in the Tri-Lakes region of the Adirondacks. Services are available to any older adult in need within our capacity.



Join Mercy Care's Friendship, Spiritual Care Companion, and Faith Community Nurse Volunteers and touch the Elders in the Adirondacks with Mercy.

How do Mercy Care Volunteers make a difference?

To help ease isolation and loneliness, Mercy Care gives priority to the establishment and strengthening of meaningful social relationships between older adults and their family, friends, and volunteers, encouraging and enabling participation in the life of their communities.

How do I request a Mercy Care Volunteer?

If you are an older adult—or know someone who is—who would welcome the services of our volunteers, please contact Krista Berger, Director of Elder Care and Volunteer Services at 518-523-5585 or kberger@adkmercy.org.

These services are a great idea. How can I get involved and help?

518-523-5580
adkmercy.org
281 Bear Cub Lane, Suite 1
P.O. Box 7
Lake Placid, NY 12946

EST. 2007

MERCY CARE

FOR THE ADIRONDACKS

Helping elders to age in place more successfully with friendship and compassion.

DID YOU KNOW?

Local health departments play a crucial role in protecting and improving community health by providing services like disease prevention, health education, and emergency preparedness. You will find additional details on programs and resources that local health departments offer in the next sections.

Scan the QR code on the back for specific information for each county health department.



Health Education

Health education offered by public health departments teaches individuals and communities about healthy behaviors, disease prevention, and available resources, empowering them to make informed decisions and improve overall well-being.

Early Intervention Services

Early intervention helps children (birth to 3 years of age) with developmental delays or disabilities by providing support and services at a young age, which can improve their growth, learning, and future success.





Immunizations

Immunizations are important because they help prevent serious diseases, protect vulnerable individuals like infants and the elderly, and contribute to overall public health by reducing the spread of illnesses.

Rabies Program

Rabies is a dangerous disease that can be passed from animals to humans, so vaccinating pets and other animals is crucial to prevent the spread of this deadly virus and protect both animal and human health.



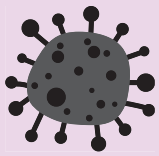


Women, Infants, and Children (WIC)

New York State WIC program provides healthy food, nutrition education, and support to low-income families, helping ensure that mothers and young children have the resources they need for proper growth and development.

Communicable Diseases

Communicable diseases, which can spread from person to person, can cause serious health problems. Preventing their spread through vaccination, regular monitoring, encouraging healthy habits, and early treatment is essential to protect individuals and communities.



Find Your Local Public Health Department

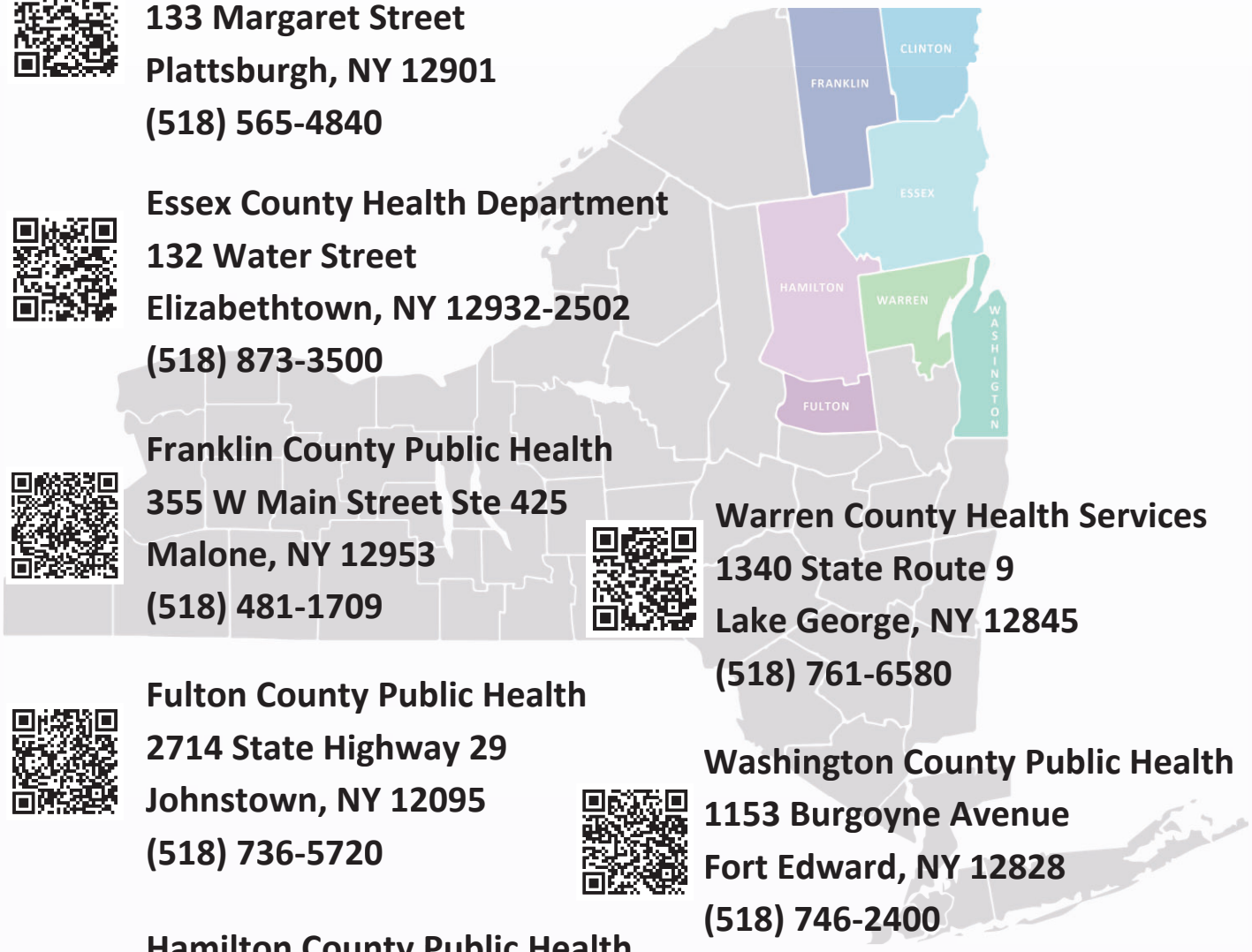
Clinton County Health Department
133 Margaret Street
Plattsburgh, NY 12901
(518) 565-4840

Essex County Health Department
132 Water Street
Elizabethtown, NY 12932-2502
(518) 873-3500

Franklin County Public Health
355 W Main Street Ste 425
Malone, NY 12953
(518) 481-1709

Fulton County Public Health
2714 State Highway 29
Johnstown, NY 12095
(518) 736-5720

Hamilton County Public Health
139 White Birch Lane
Indian Lake, NY 12842
(518) 648-6497



Warren County Health Services
1340 State Route 9
Lake George, NY 12845
(518) 761-6580

Washington County Public Health
1153 Burgoyne Avenue
Fort Edward, NY 12828
(518) 746-2400

The Adirondack Rural Health Network (ARHN) is a program of Adirondack Health Institute (AHI) supported by the New York State Department of Health, Office of Health Systems Management, Division of Health Facility Planning, Charles D. Cook Office of Rural Health.
ARHN covers Clinton, Essex, Franklin, Fulton, Hamilton, Warren, and Washington counties.



Fitness for every stage of life

At our medically integrated fitness center in Lake Placid,
our certified exercise specialist will work with you to create
an individualized plan to guide you down the path to better health.

With group fitness classes, one-on-one coaching, top-of-the-line workout equipment, a lap pool, and more, the Adirondack Health Medical Fitness Center provides you with the tools you need to reach your fitness goals you're looking to achieve.

Visitors – Day access plans are available,
and drop-ins are welcome at our fitness classes!

ADIRONDACK HEALTH
MEDICAL FITNESS CENTER

Learn more!

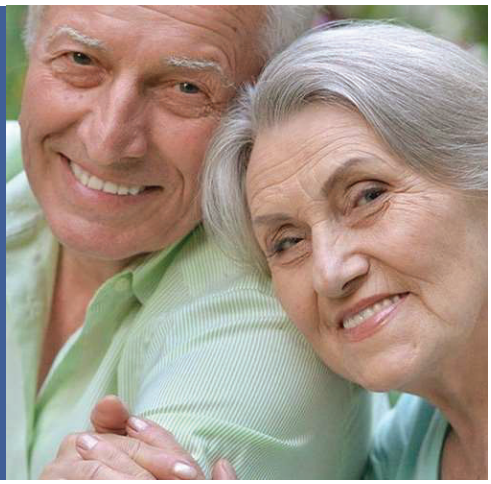
Call 518-523-8521
or visit ahmedicalfitness.org

CAREGIVER SUPPORT

Alzheimer's Disease and Other Dementias



Free services available in Clinton, Essex, Franklin, Hamilton, Warren, & Washington Counties



The Alzheimer's Disease Caregiver Support Initiative (ADCSI) is a program for caregivers in the North Country of New York State that offers support and direction to those caring for individuals with Alzheimer's disease & other forms of dementia. All services are available at no cost through grant funding; there are no insurance or income requirements for enrollment.

What Services are Available?

Caregiver Assessments: Caregiver assessments include planning, troubleshooting, follow-up, education, and support for the caregiver and/or family members of people with Alzheimer's disease or other forms of dementia.

Education and Training: Education and training are available to help caregivers of individuals with dementia to increase their skills and wellness. We offer online training as well as in-person workshops. Education programs are offered in collaboration with the Alzheimer's Association of NENY.

Project Lifesaver: Project Lifesaver will be offered to individuals with dementia who are at risk of wandering. A small, personal transmitter can be worn on the wrist or ankle, allowing local authorities to track missing persons using radio frequency.

Support Groups: Caregivers can share ideas and experiences with other caregivers and family members of people with dementia. Memory Cafés feature light refreshments, a social hour, creative art projects, or group activities for individuals with Alzheimer's disease and other forms of dementia and their caregivers.

In-Home Fall Prevention: Free assessments are available through a trained specialist to maximize in-home safety and reduce the number of injuries sustained by common fall hazards.

Caregiver Wellness: The Wellness Program encourages support and engagement between caregivers through activities designed to promote emotional and/or physical well-being. These activities focus on the following categories of wellness: physical/relaxation; cognitive stimulation/learning; diet/nutrition; and social engagement. Activities may include weekly participation in classes such as tai-chi, while others might occur on a monthly or seasonal basis, such as cooking classes and museum visits.

Music & Memory: Music has been proven to increase communication and reduce agitation and behaviors associated with anxiety. Through this evidence-based program, a Caregiver Wellness Specialist will download songs to a music player based on the preference of the individual with dementia.

Respite: Respite offers relief to caregivers who provide care and support to people with dementia. Respite allows caregivers to safely leave their homes for short or long periods while a respite provider* delivers care. Respite can include overnight stays and is provided by volunteers or paid individuals. Respite may be provided in a recipient's home, an adult day program, or another residential facility. Respite through ADCSI is designed for occasional use and is issued on a case-by-case basis. ****Employment opportunities are available for respite providers at $20/hr***.

The Caregiver Support Initiative, SUNY Plattsburgh, 101 Broad St (#524 Sibley), Plattsburgh, NY 12901
1-800-388-0199 • www.wehelpcaregivers.com • Follow us on Facebook @WeHelpCaregivers

This flyer and the services listed are supported in part by grants from the NYS Department of Health.

AmeriCorps Seniors
Essex and Franklin Counties

Make Giving Back Your Second Act!

WHO CAN SERVE? Open to individuals 55 years and older HOW CAN I SERVE? Choose how you want to give back. Deliver groceries to an elderly neighbor. Support a family impacted by a natural disaster. WHEN CAN I SERVE? Determine your way to help based upon your schedule, skills, and interests with commitment ranging from a few hours to 40 hours per week.	BENEFITS TO BEING AN AMERICORPS SENIORS VOLUNTEER INSURANCE Supplemental accident and liability insurance while in service MILEAGE REIMBURSEMENT Modest reimbursement to help defray travel costs. ANNUAL RECOGNITION An event with other volunteers that usually includes good food, fellowship, and fun. IMPROVED HEALTH & WELLBEING 85% of volunteers report feeling happier and healthier while making a difference after one year of service.

AmeriCorps, the federal agency for volunteering and national service, provides opportunities for Americans to serve their country domestically, address the nation's most pressing challenges, improve lives and communities, and strengthen civic engagement.

The mission of Catholic Charities is to provide service to people, families, and communities in need, to advocate for justice in social structures and to call the entire church and all people of good will to do the same.

AmeriCorps Seniors

Catholic Charities



FAST FACTS

- ✓ Each year we partner with more than 25 organizations, schools and health facilities committed to helping communities county-wide.
- ✓ Last year Essex and Franklin Counties AmeriCorps Seniors served over 20,000 hours giving back to others in our community.
- ✓ AmeriCorps Seniors of Essex and Franklin Counties receive annual funding from the New York State Office for the Aging.
- ✓ Catholic Charities of the Diocese of Ogdensburg (and its AmeriCorps Seniors programs) is a United Way of the Adirondack Region partner agency.

Improving lives, strengthening communities, and fostering civic engagement through service and volunteering

AmeriCorps Seniors

Essex County

Phone: 518-546-3565
Email: mcondon@cathcharities.org

Franklin County
Phone: 518-359-7688
Email: mhoward@cathcharities.org

Positive Mental Health is for every age



Rooted in over 150 years of service, BHSN continues to lead with compassion, expertise, and innovation in behavioral health -- fostering healing, hope and belonging in our community.

Our team offers:

- Mental Health Support
- Crisis Support
- Domestic Violence Care
- Support for Families
- Addiction Recovery
- Youth Intervention
- Employment Support
- Education Support
- Foster Care Options
- Respite Services
- Recovery Support
- Child Mental Health
- School Based Counseling
- Employee Mental Health
- Clinical Services
- Medical Testing
- Residential Services
- And much more...

Plattsburgh Region
2155 State Route 22B
Morrisonville, NY 12962
Phone: 518.563.8000
Clinton, Franklin and Essex

Glens Falls Region
25 Willowbrook Road
Queensbury, NY 12804
Phone: 518.926.7100
Warren, Washington and Saratoga

BHSN

Visit us at https://bhsn.org to learn more.

Clinton County Office for the Aging and NY Connects

The Clinton County Office for the Aging is the designated Area Agency on Aging for Clinton County, NY. Office for the Aging assists older adults and caregivers to empower and sustain their independence and to advocate for themselves by developing a continuum of opportunity, support and care. Clinton County Office for the Aging accomplishes this through a network of voluntary, private and public organizations and advocacy at the federal, state and local levels.



What is NY Connects?

NY Connects is a system that provides one-stop access to free, objective, and comprehensive information and assistance on long-term services and supports (LTSS) available in New York State. The system links individuals, families, and caregivers, with the most appropriate LTSS, regardless of age, payer source, or disability.

How We Can Help

Clinton County Office for the Aging will help to identify older adults who are in need and assist them in accessing services and supports. Office for the Aging works closely with and makes referrals to other agencies as appropriate with the consent of the individual in need of assistance.

NEW YORK STATE | NY Connects
Your Link to Long Term Services and Supports

of CLINTON COUNTY

(800) 342-9871 (518) 565-4620

Core Services

Services provided by Clinton County Office for the Aging and contracted providers

Advocacy – Advocacy at the Federal, State, and Local levels on behalf of older adults and caregivers

Benefits Counseling – Assistance with obtaining services, including application assistance for various programs and health insurance counseling.

Expanded In-Home Services for the Elderly (EISEP) – Case management and in-home services such as housekeeping and personal care to frail/disabled residents.

Caregiver Resource Center – Assists family caregivers of the elderly with information, referral, respite, training, support, counseling, and lending library.

Legal Assistance – Priority legal matters include housing/utility issues, access to public benefits (Social Security, SSI, SNAP, etc.), abuse/neglect, healthcare proxies, and consumer issues.

Home Delivered Meals – Meals delivered to the homes of older adults who are homebound, isolated, or unable to cook for themselves.

Congregate Meals – Dining sites serve nutritious midday meals along with socialization, education, and recreational opportunities.

Nutrition Counseling and Education – A registered dietician assists older adults in making informed dietary decisions

Transportation – Rural Zone Transit via public transit or rides to medical appointments via volunteers.

Senior Outreach – Links older adults to services by meeting at your home, the agency office, or another public location.

Health Promotion – A variety of exercise programs are provided

Personal Emergency Response System – wearable device to summon help

Have questions?
Contact our office to learn more about programs and services.

Clinton County Office for the Aging
135 Margaret Street, Suite 105, Plattsburgh, NY 12901
aging@clintoncountygov.com 518-565-4620
www.clintoncountyny.gov/aging

COMMUNITY FRIENDSHIP VOLUNTEER PROGRAM
of the North Country



A program of Community Health Center of the North Country



The Community Friendship Volunteer Program is a volunteer-run program that provides friendship, companionship and a helping hand to the older residents of Franklin and St. Lawrence Counties, allowing them to remain independent in their own homes, while also building age-friendly communities.

CFVP offers the following services:

FRIENDLY HOME VISITS

ASSISTANCE WITH MEAL PREPARATION

TRANSPORTATION TO APPOINTMENTS/EVENTS

SHOPPING ASSISTANCE

ASSISTANCE WITH LAUNDRY/HOUSEWORK

RECREATIONAL ACTIVITIES

COMMUNITY FRIENDSHIP VOLUNTEER PROGRAM *of the North Country*

chcnorthcountry.org/cfvp

For more information, please contact

Susan Schrader | Franklin County

518.651.2535 | sschrader@chcnorthcountry.org

Cynthia Wells | St. Lawrence County

315.379.8107 | cwells@chcnorthcountry.org

THE University of Vermont HEALTH NETWORK

Elizabethtown Community Hospital

Trusted Local Care

With hospitals in both Elizabethtown and Ticonderoga, and six health centers throughout the region, Elizabethtown Community Hospital (ECH) is here for you.

We offer leading-edge technology, a distinctly personal approach, quieter setting and shorter wait times. Committed to building healthy communities, we offer the highest quality of care close to home so you don't have to travel to a larger hospital. We go beyond treating illness and injury and encouraging healthy behaviors that contribute to more fulfilling lives.



Elizabethtown
75 Park Street
Elizabethtown, NY 12932
518-873-6377

Ticonderoga
101 Adirondack Drive
Ticonderoga, NY 12883
518-585-3700

A Network of Expertise

As part of UVM Health Network, an integrated academic health system serving Vermont and Northern New York, you have access to an expanded network of specialists and services when you need them—and as close to home as possible.

24-Hour Emergency Care

Because medical emergencies can happen at any time, our emergency rooms in Elizabethtown and Ticonderoga are ready. From broken bones and trouble breathing to chest pain and pediatric emergencies, our skilled physicians and staff will provide the care you need, 24/7.



Our Critical Care Transport service is ready should you require a transfer to more advanced care at the UVM Medical Center, our Level 1 trauma center with top medical and surgical specialists in Burlington, Vt.

Quality Care, Close to Home

With our growing list of local specialty services, you don't have to travel far—or wait long—to receive individualized, compassionate care from our experts using the latest medical advances and technology.

Specialty Care	Elizabethtown	Ticonderoga
24-Hour, Emergency Department	X	X
Inpatient Care & Rehabilitation	X	
Cardiology	X	X
Diabetes Education & Support	X	X
Gastroenterology	X	X including endoscopy and colonoscopy
Infusion Center	X	X
Mental Health Services	X	X
Orthopedics & Sports Medicine	X	X
Physical Therapy & Rehabilitation	X	X
Gynecology	X	X including OB
Imaging & Laboratory Diagnostics	X	X

Visit UVMHealth.org/ECH to see how we're working to keep you—and our community—healthy.

Collaboration
Integrity
Excellence
Professionalism

HEALTH DEPARTMENT
Home Health Unit

Eligibility:

Simply give us a call to see if you are eligible for this program!



"Telehealth helped me track my blood pressure so I knew when to call my doctor."



Contact us to find out more about Telehealth

132 Water Street
Elizabethtown, NY 12932

518-873-3500

essexcountyny.gov/Health



Telehealth:
Healthcare within your own four walls!



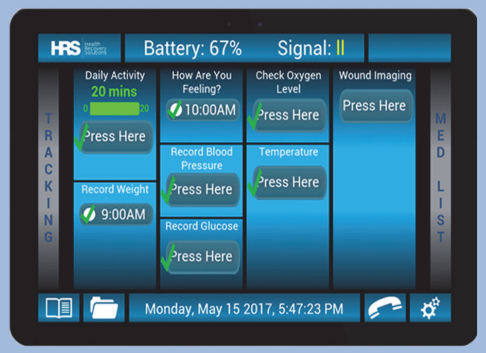
Helping patients to lower hospital readmissions

What is Telehealth?

Essex County Home Health Unit has partnered with Health Recovery System to offer home care patients an innovative solution to monitor their health status.

What you Get:

An easy to use tablet



A telehealth coordinator will come to your home to show you how to use it. The tablet features large font and one click navigation. The tablet monitors:

- Blood pressure
- Glucometer
- Pulse Oximeter
- Stethoscope
- Thermometer
- Reminders to take your meds
- Weight scale

Telehealth home care lets your health care provider care for you without an in-person office visit. Telehealth is done primarily online with internet access on your computer, tablet, or smartphone

Using Telehealth can reduce your risk of going to the hospital by 71%.
- Health Recovery System





Tracking your health:

Your vital signs (blood pressure, pulse rate, oxygen level and temperature) are measured using accessories that link to your tablet. Vital signs are automatically sent out to your personalized health platform. Your platform is monitored by the telehealth coordinator and the patient's nurse case manager.

Health & Wellness Videos:

Your tablet will come to you loaded with educational videos about your health conditions. Watching these videos will help you better manage your health.



Additional Features:

- Video chat with family and providers
- Reports that recap your vital signs
- Tracks your exercise
- Send wound pictures sent to a specialized nurse

OUR VALUES

ARE ROOTED IN COMPASSION AND AUTHENTICITY

- Honesty, openness, and integrity
- Intrinsic worth and resilience of every person
- Cultural humility
- Reliability and accountability
- Respect for ourselves and others, using healthy boundaries
- Personal growth and healing
- Honoring individual self-determination; walking/joining/supporting with others on their journey



A Team Approach

Essex County Mental Health provides an accessible and safe pathway to emotional, behavioral, physical, and psychological health and well-being to all clients and families. With your collaboration, we strive to create a customized plan of treatment to address your needs, and we collaborate with community partners.

Our purpose is to create a warm and compassionate environment where you will feel accepted, cared for, and comfortable expressing yourself. You can expect to be treated with respect and dignity by all staff.



ESSEX COUNTY

Mental Health

7513 Court Street Elizabethtown, NY

(518) 873-3670

1-888-854-3773



Heal with us.

WHAT ARE OUR SERVICES?

- One-to-one talk therapy
- Telehealth
- Crisis- walk in & phone
- 24/7 after hours phone crisis
- Mobile crisis
- Psychiatric evaluation
- Medication management
- Care Management
- Group Therapy
- Family Therapy

Using elements from:

- Internal Family Systems therapy
- EMDR
- "Tapping" or EFT
- Traditional, evidence-based models such as CBT, Solution-focused therapy, and positive psychology, etc.

WHO IS ELIGIBLE FOR SERVICES?

Essex County residents of all ages

WHERE ARE SERVICES AVAILABLE?

Elizabethtown - Main Office
Lake Placid - Satellite Office
Ticonderoga - Satellite Office
Essex County Mental Health has satellites in most Essex County schools.



We understand that asking for help can be a difficult choice and many people are hesitant to seek counseling.

You are making the choice to pursue a path of wellness and recovery intended to strengthen your health and well-being.

Thank you for considering us to be part of your recovery.

CRISIS SERVICES

If you or someone you care about are having thoughts of suicide, or thoughts of harming yourself or others, or are hearing voices telling you to do something harmful to yourself or others, please reach out:

After Hours Crisis
1-888-854-3773

988 SUICIDE & CRISIS LIFELINE

HOURS OF OPERATION

Monday through Friday
8:00am - 5:00pm

Phone:
(518) 873-3670

Fax:
(518) 873-3777

Website:
Essexcountyny.gov/MentalHealth/

ESSEX COUNTY
OFFICE FOR THE AGING

"Our mission is to provide leadership and advocacy which creates an environment enabling the County's aging residents to determine their own destiny in a positive, productive manner."





How We Can Help:

Our outreach workers help to identify older adults who are in need and aid them in accessing services. Our staff can provide home visits to assist in completing paperwork which may include applications for Lifeline/PERS, SNAP, HEAP, Medicare/Medicaid, etc.

Our office works closely and can refer individuals to other agencies such as Adult Protective Services, Cornell Cooperative Extension, Coordinated Care Unit, AmeriCorps Seniors, Dept. of Social Services, Caregiver Support Initiative, etc.

Some Of Our Services Include:

Congregate Nutrition Sites
There are 11 congregate nutrition sites located throughout the county. Older adults can enjoy a nutritious meal as well as socialization, educational, recreational, and health related opportunities.

Home Delivered Meals
Meals are available to older adults ages 60+ who are homebound and have a nutritional need. This program covers all of Essex County, and provides a healthy meal, as well as the benefit of a daily check on the individual's well being.

Medical Transportation
Individuals who are 60 and older and do not have Medicaid can contact our office to inquire about transportation to and from medical appointments.

Caregiver Support & Respite
Our office can assist in connecting families to local support groups, short term respite services, assistive technology, etc.

EISEP (Expanded In-Home Services for the Elderly Program)
Directed at older individuals and couples who need general housekeeping and/or personal care services, as well as a Lifeline unit.

Health Insurance Counseling
Our staff can help navigate you through the Medicare enrollment process. We can assist with health insurance questions regarding benefits, options, paperwork, and resources.

Visit our website for more information:
www.essexcountyny.gov/office-for-the-aging

Find us on Facebook
Essex County, NY Office for the Aging

(p) 518-873-3695

132 Water Street
PO Box 217
Elizabethtown, NY 12932

(f) 518-873-3784

Franklin County Office for the Aging

NEW YORK STATE

NY Connects
Your Link to Long Term Services and Supports

OUR SERVICES/PROGRAMS

- Nutrition Services
- Home Delivered Meals
- Congregate Meals
- Grab & Go Meals
- NY Connects- Link to Long-term Care Services
- Health Insurance Information, Counseling & Assistance Program (HIICAP- pronounced HI-CAP)
- Medical Transportation
- In Home Care Service
- Legal Services
- Caregiver Services
- Home Energy Assistance Program
- Public Transportation
- Health Promotion
- Senior Recreation and Education
- Information and Assistance
- Project Life-Saver
- Personal Emergency Response Systems

OUR MISSION

Our mission is to help older New Yorkers be as independent as possible for as long as possible through advocacy, development and delivery of person-centered, consumer-oriented and cost-effective policies, programs and services which support and empower older adults and their families, in partnership with the network of public and private organizations which serve them.

TO LEARN MORE ABOUT OUR SERVICES CONTACT US AT

355 West Main Street
Malone, NY 12953

515-481-1526

www.franklincountyny.gov

Get Healthy North Country

Community Integrated Health Network

Do you or someone you love live with a chonic condition? We can help.



WE CAN HELP YOU FEEL BETTER

GetHealthyNoCo.org offers a suite of in-person, virtual, and telephonic workshops designed for people with chronic conditions such as diabetes, pain, heart disease, cancer, lung problems, anxiety and depression, and other ongoing health concerns. The goal is to teach participants the skills needed to gain confidence in managing their health so they can live fuller lives and become better self-managers of their conditions. Our workshops take place weekly for six weeks, with each workshop lasting 2.5. hours.

WORKSHOPS OFFERED:

- Chronic Disease Self-Management
- Diabetes Self-Management
- Chronic Pain Self-Management
- Cancer: Thriving & Surviving
- National Diabetes Prevention Program

YOU MIGHT BE A GOOD FIT FOR CDSMP IF YOU:

- have health problems that have begun to interfere with daily activities.
- have difficulties following their provider's recommendations.
- are ready to make some changes in their life to improve their health.

CONTACT:

Dan Sweet
dsweet@heartnetwork.org
518-891-5855

TO SIGN UP, OR TO LEARN ABOUT MORE WORKSHOPS, VISIT: GETHEALTHYNOCO.ORG

The Get Healthy North Country Community Integrated Health Network's mission is to reduce the burden of chronic disease across the North Country

This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling $1.2 million with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.

GLENS FALLS HOSPITAL

The Center of Excellence for Alzheimer's Disease



The Center for Excellence for Alzheimer's Disease and Related Dementias is an interdisciplinary medical program designed to assess individuals who are referred by their primary care provider. It is underwritten in-part by the New York State Department of Health and is one of ten Centers across the state. We are a medical team comprised of specialists in neurology, neuropsychology, and social work. We serve patients by offering a thorough assessment of their cognitive function and develop plans to optimize their brain health and well-being.

Many things influence the health of our brains. There are fixed factors like genetics and family history. There also are modifiable risks -these are the things we can influence which affect our brain's functioning. Our program strives to teach patients and families strategies to mitigate burden of disease and more about opportunities for research.

ALBANY MED Health System

GLENS FALLS HOSPITAL
Center of Excellence for
Alzheimer's Disease

100 Park Street, Pruyn Pavilion, Floor 3
Glens Falls, NY 12801 | 519-926-2940

GlensFallsHospital.org/AlzheimersCenter

This advertisement is supported in part by a grant from the New York State Department of Health.

The Center of Excellence for Alzheimer's Disease and Related Dementias at Glens Falls Hospital & AMHS

We are an interdisciplinary diagnostic team comprised of specialists in neurology, neuropsychology, and social work.

We serve patients by offering a thorough assessment of their cognitive function and develop plans to optimize their brain health and well-being.





Know the risks

Fixed

- Family History
- Genetics

Modifiable

- Diet & Weight
- Physical Activity
- Smoking
- Alcohol
- Head Injury
- Social Connections

Be mindful of these important factors for your brain's well-being.

Nourish it:

- Exercise
- Sleep well
- Reduce stress
- Stop smoking
- Limit alcohol
- Stay connected with other people
- Learn new skills
- Eat well

Understand the importance of regular medical care, which monitors for:

- Diabetes
- Hearing loss
- High/low blood pressure
- Atrial fibrillation
- Depression/ anxiety
- Sleep apnea

Many things influence the health of our brains:

- **Fixed factors** are risks we cannot control, like genetics or family history.
- **Modifiable risks** are things we can control

Over the course of a lifetime, these risks can add up. Eliminating these variables could potentially modify the prevalence of dementia by almost 40%.

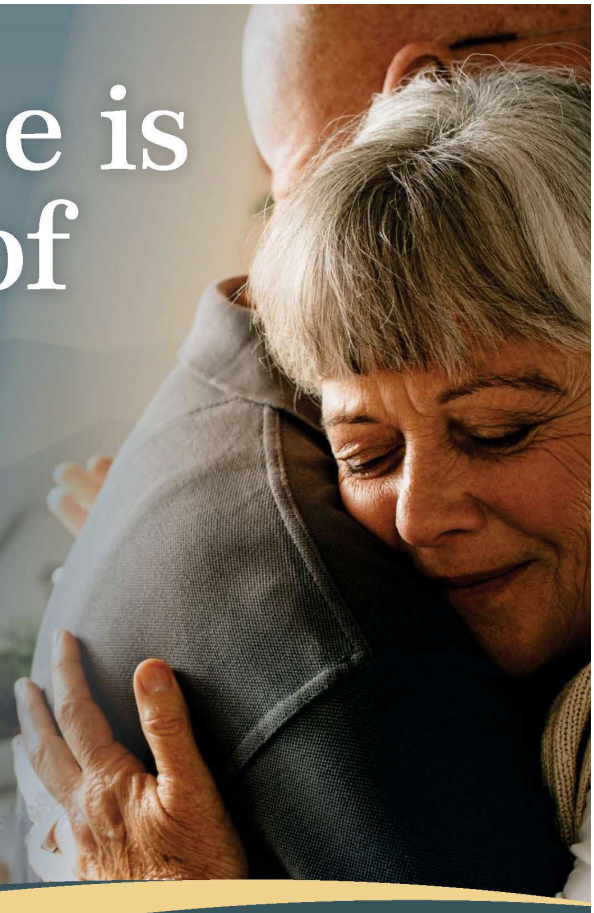
HIGH PEAKS HOSPICE

dignity, comfort & peace

518-891-0606

www.highpeakshospice.org

Hospice is a way of *caring*



High Peaks Hospice is a local nonprofit that offers individuals the option to focus on quality of life while receiving care in the comfort of home.

MORE *comfort...*

MORE *support...*

MORE *joy...*

MORE *peace...*

MORE *moments...*

High Peaks Hospice supports individuals and families as they navigate the physical and emotional journey of life-limiting illness.

In addition to expert in-home medical care focused on pain and symptom management, hospice eases the burden of caregiving by offering hands-on support, guidance on what to expect, emotional and spiritual care, medical equipment and supplies, respite for caregivers, and resources for other challenges families may face.



Hospice staff understand how important it is for individuals to remain in the comfort of their home—and often provide the support that makes this possible

Call 518-891-0606 or request an info packet
to learn all the ways our team is here to help

Through the Medicare Hospice Benefit, our valuable services are provided free of charge to individuals and their loved ones.

HIGH PEAKS HOSPICE

It's never to early to learn the facts about hospice.

did you know?

We help you best when we help you soonest. Eligibility begins with a prognosis of six months or less and this is the optimal time to enter hospice and start receiving the many benefits available.

Hospice care providers are available to go to you, wherever you call home – even in rural areas.

Hospice includes a team of doctors, nurses, social workers, chaplains and trained volunteers to help with a whole range of needs. Each patient's primary care doctor remains an important part of this expanded care team.

Hospice staff are specialists in pain and symptom management, specifically those that occur with various terminal illnesses as well as those that occur naturally while nearing end-of-life.

Hospice services are covered in full by the Medicare Hospice Benefit with no copays or deductibles. Medicaid as well as most private insurance companies and HMOs provide the same standard. No one is turned down due to inability to pay.

All medications, equipment (wheelchairs, hospital beds, oxygen, etc), and supplies related to the hospice illness to address or prevent symptoms or discomfort are included, delivered and maintained by the hospice.

Patients are encouraged to articulate preferences and participate in their care, supporting a peaceful life closure that aligns with personal values, wishes, choices and needs.

Anyone can make a referral to hospice including:

- Personal physician
- Nurses
- Friends and neighbors
- The patient
- A family member

Signs It Is Time To Call To Check Eligibility

Frequent hospitalization

Increased weakness / recurrent falls

Decrease in the ability to function

Progressive unintentional weight loss or gain

Increased shortness of breath

Trouble swallowing

Curative treatments are no longer effective or causing discomfort

A desire to focus on comfort care over curative treatments



hospice... *a gift to those on their final journey*

Call today to speak to one of our caring hospice staff members. *We are here to help...*

518-891-0606 **www.highpeakshospice.org**

Enjoy the Arts in Indian Lake

at the

Indian Lake Theater!

LOCATED IN THE HEART OF Adirondack PARK!



your non-profit community stage & screen!



THE ONLY ARTS ORGANIZATION IN
HAMILTON COUNTY THAT IS
OPEN YEAR-ROUND!

VISIT OUR WEBSITE
FOR UP-TO-DATE HOURS, PRICING &
WEEKLY MOVIE SCHEDULE!

6311 NYS ROUTE 30
INDIAN LAKE, NEW YORK 12842
518-648-5950

VISIT US & SCAN TO CHECK OUT OUR MOVIES & EVENTS
OR VISIT INDIANLAKETHEATER.ORG

Helping Seniors & Their Families

"The Neighborhood House has been an absolute life saver for my mother and myself. As her sole caregiver for 6 years with dementia I was extremely overprotective and nervous to trust someone else with her care. They have gone above and beyond to help her transition there and I can not say enough about to staff! They are in constant communication with me and it feels like she has gained several daughters in the employees there. They treat her like their own mother, and send me pictures of her. They are always helping her call me. The employees bring their dogs to work sometimes which my mom loves, and they are always helping her to sit outside and encouraging friendships. I would recommend this spot to anybody who is looking for assisted living for their loved ones. They have an amazing financial assistance program, which was absolutely necessary for my family."
- E. F.



PERSONALIZED CARE

- Bathing & Dressing
- Medication Management
- Healthcare Case Management
- Dementia Care
- Nurse On Call 24/7
- On Site Supervision 24/7

COMPASSIONATE STAFF

"My 92-year-old mother received outstanding care...we were very impressed with the kindness and caring from each staff member." - S.A.

NON-PROFIT ORGANIZATION

- Customized Rates
- Flat-Fee Payment Structure
- Month-to-Month Terms
- Financial Assistance May Be Available
- Overseen by a Board of Directors

KEENE VALLEY NEIGHBORHOOD HOUSE



The North Country's Most Affordable Assisted Living Residence

Serving the community for over 100 years

The Keene Valley Neighborhood House is non-profit assisted living residence located on more than 7 acres along the Ausable River. We envision a world where seniors receive the supportive care they need, regardless of financial resources. Residents receive 3 home-cooked meals daily, laundry, and housekeeping services. Caregiving aides are available 24/7 to help residents with their activities of daily living. Our Nurse Case Manager oversees the medication and healthcare needs of all our residents. Providing compassionate, affordable care is our mission. Questions? Please email Holly Aquino, Community Relations Manager, at hollykvnh@gmail.com, or call the number below.

1782 NYS Route 73, Keene Valley, NY 12943
General Info & Admissions (518) 576-9210
Website: kvnh.org

North Country Center for Independence

Empowering Independence. Building an Inclusive North Country

80 Sharron Avenue, Plattsburgh, NY 12901 | 518-563-9058 | www.ncci-online.com

Our Mission

The Mission of the North Country Center for Independence is to help people with disabilities to live more independent and productive lives, and to promote better policies and community understanding of disability issues.

Our Programs & Services

LTC Ombudsman Program



Advocacy and support for residents in nursing homes and adult care facilities.
Our ombudsmen listen to concerns, investigate complaints, and work to resolve issues to ensure dignity and quality of life for all residents.

Public Accessibility



Assistance with ADA compliance and community accessibility improvements.
We conduct accessibility assessments, provide recommendations, and advocate for inclusive environments in public spaces.

Open Doors Program



Assistance for people in nursing homes to transition to independent living.
Our team creates personalized transition plans, coordinates services, and provides ongoing support for a smooth return to the community.

Vision Services



In-home support and adaptive skills training for individuals who are blind or visually impaired.
We help people adjust to vision loss by providing training in daily living skills, mobility, and connecting them with assistive technology.

Olmstead Housing Subsidy (OHS)



Rental subsidies and support for affordable, accessible housing.
We help individuals find, secure, and maintain housing that meets their needs, so they can live safely and independently.

Healthcare Advocacy



Help navigating Medicaid, Medicare, and managed care systems.
We assist with applications, appeals, and understanding benefits, ensuring access to essential healthcare services.

Advocacy & Education



Disability rights education and systems advocacy.
We offer workshops, community outreach, and work with policymakers to remove barriers and advance equal opportunities.

Peer Counseling



Support from individuals with lived experience of disability.
Through shared experiences, our peer counselors offer guidance, encouragement, and a sense of community.

Information & Referral



Free, unbiased guidance through the New York Connects system.
We connect individuals and families with local resources, services, and support tailored to their unique needs.

New York State Long Term Care Ombudsman Program

Advocating for Residents in Long-Term Care Facilities

👥 Who We Are

Ombudsman are resident-centered advocates serving:

★ *Nursing Homes* ★ *Assisted Living Facilities* ★ *Adult Care Facilities*

We are trained volunteers and professionals who help resolve concerns and ensure residents' rights are respected.

📌 **We listen. We advocate. We empower.**

💬 What We Do

We work to protect and elevate the voices of long-term care residents by:

★ *Investigating complaints and concerns* ★ *Mediating between residents, families, and staff*
★ *Educating communities about long-term care issues* ★ *Upholding residents' rights and dignity*
★ *Referring unresolved issues to appropriate agencies*

🎯 **Our mission: To serve as an advocate and resource for older adults and people with disabilities who live in long-term care facilities.**

🧠 Know Your Rights

Residents have the right to:

★ *Be treated with dignity and respect* ★ *Participate in decisions about their care*
★ *Voice complaints without fear of retaliation* ★ *Enjoy privacy and confidentiality*
★ *Live in safe and clean conditions*

📝 **These rights are protected by law. We help advocate for them.**

🦸 Become a Volunteer Ombudsman

Make a meaningful impact in your community:

★ *Receive free comprehensive training* ★ *Serve as a listener, mediator, and advocate*
★ *Gain NY State certification*
★ *Help improve care for thousands of New Yorkers living in long term care facilities*

🌟 **Empower residents. Enrich lives. Apply today!**

New York State Long Term Care Ombudsman Program

80 Sharron Avenue, Plattsburgh, NY 12901

518-563-9058 www.ncci-online.com www.facebook.com/ncciplattsburgh/

🧭 **Long Term Care residents have a Voice. We Help It Be Heard.**

🎗️ **Advocacy is not just a service, it's a promise and a right.**

NORTH COUNTRY HOME SERVICES

North Country Home Services, Inc. (NCHS) is a New York State Licensed Home Health Care Service Agency (LHCSA) which has been providing home health care in the Adirondacks and surrounding region of Northeastern New York State since its incorporation in 1982. We provide home health care and community support services directly to clients by contracting with the client or their family for services which they pay for privately and in some cases can bill their long-term care insurance for reimbursement. North Country Home Services has a sliding fee scale for those who qualify for a reduced rate. We also provide home health care and community support services through contract with Long Term Medicaid Managed Care Companies and several government-based home care provider agencies which are generally funded through Medicaid, Medicare, or Office for the Aging. Additionally, NCHS provides traumatic brain injury and nursing home transition and diversion waiver services.

North Country Home Services has a New York State Department of Health approved Home Health Aide Training Program and an approved Personal Care Aide Training Program. NCHS also has an approved HCSS Training Program for the NHTD and TBI Waiver Programs. Training programs are conducted at all four of North Country Home Services office sites.

HOME CARE 101

What is Home Care?

The scope of home care is very broad and is a range of both medical and supportive services provided in a patient's home. Home care services include care provided by professional clinicians and paraprofessional care givers. The following are some of the clinical services that may be provided in a home by professional clinicians:

Skilled Nursing
Case Management
Medication Management
Physical Therapy
Occupational Therapy
Speech- Language Therapy

The following are some of the supportive services that may be provided in a home by paraprofessional caregivers include, but are not limited to the following:

Home Health Aide (HHA)

- Assistance with bathing, dressing, toileting, and continence
- Aid in ambulation or transfers
- Active and passive exercises
- Assistance with medical equipment and routine health monitoring
- Assistance with special diets
- Assist with simple dressings

Personal Care (PC)

- Prepare and Serve meals
- Assist with care of teeth and mouth
- Assist with grooming/dressing
- Assist with bathing, bed, tub, and shower
- Assist with toileting
- Assist with transferring
- Light housekeeping duties
- Shopping for patient
- Assist with laundry

Chore Companion/Housekeeping

Provide companionship and conversation
Monitor eating habits
Play cards and games
Prepare and pre-prepare meals
Make beds/change linen
Provide for respite care
Assist with taking a walk
Care for houseplants
Escort for shopping and errands
Check food expirations
Help with laundry and ironing
Accompany to medical appointments
Letter writing and correspondence
Assistance with entertaining

Who Needs Home Care?

A wide variety of people of any age benefit from and receive care at home including people discharged from hospitals who frequently need short-term care as they recover. Among the older population, most prefer to age in place at home despite any age-related health challenges they may have. Assistance with daily living activities allows them to do so for far longer than would be possible if they had no help. Younger adults who are disabled can choose care at home and generally prefer to receive care in the least restrictive environment as possible.

Who Provides Home Care?

There are different types of home care agencies that provide services to patients. The New York State Department of Health sets standards for and regulates all home care agencies that provide health, medically related services, or "hands on" personnel care to people in their homes. New York State Department of Health regulations and standards require that home care providers meet certain standards of care including paraprofessional (aide) training, quality of care and consumer protection standards including delivery and personnel requirements.

Types of Home Care Agencies

Licensed Home Care Services Agencies

Licensed Home Care Services Agencies (LHCSA) are approved for licensure by New York State Department of Health pursuant to State Public Health Law Sections 3605 and 3611-a and Part 765 of Title 10 NYCRR. LHCSA's offer home care services that can include all levels of nursing care, various therapies as well as home health aides and personal care aides to clients who pay privately, have private insurance coverage, or are covered through a variety of government payers. Many LHCSA's deliver services under contract with local departments of social services (DSS), certified home health agencies (CHHA) or other service-authorizing agents; in particular, services through Medicaid Managed Care and Medicaid Managed Long Term Care, Medicaid Fee for Service, Medicare Home Health Aide, Nursing Home Transition and Diversion Waiver (NHTD), Offices for the Aging Expanded In-home Services for the Elderly Program (EISEP), and Veterans Administration.

Certified Home Health Agencies (CHHA)

CHHA's provide care and support services to individuals who, for the most part, have home health care needs for a limited duration. CHHA's offer skilled nursing and home health aide services, and provide or arrange for other professional services, including physical and occupational therapy, speech pathology, medical social work, and nutrition services. They are generally reimbursed through Medicare and/ or Medicaid or private insurances. CHHA's may bill MEDICARE directly. LHCSA cannot bill MEDICARE directly. Some CHHA's employ their own Home Health Aides and others subcontract with LHCSA for the provision of aide services and/ or nursing supervision of the aide.

Hospice and Palliative Care Agencies

Hospice and Palliative Care Agencies provide home and inpatient care and counseling for the terminally ill and their families. The goal is to prevent and relieve patient suffering rather than treating the disease. These agencies provide terminally ill persons and their families with physical, psychological, social, and spiritual support and care.

Who pays for Home Care Services?

Home Care Services are paid for through a variety of sources, including Medicare, Medicaid, New York State Office for the Aging (EISEP), Veterans Administration, Health Insurance Plans, Long -Term Care Health Insurance Plans, Workers' Compensation and Self Pay.

Who do I call to Get Started?

There are many different directions one can take to get started to determine if home care is the right choice and to determine what types of home care services are needed by an individual a good place to start is by contacting any of the following:

- New York Connects or your local Office for the Aging
- A local home care provider agency (NCHS) directly and ask for an assessment of needs
- Your physician's office and ask for a referral to a home care provider agency.
- The Veterans Administration if you are a veteran to determine eligibility for home care.
- Your local Senior Citizens Center who may provide information to you regarding home care options in your area.
- Your local County Department of Social Services or your local County Department of Health Nursing office.
- If you are hospitalized ask your physician, staff nurse or discharge planner.

North Country Home Services

To learn more visit www.nchs.net or contact one of our local offices

Tri-Lakes Region Services	Malone Region Services	Plattsburgh Region Services	Ticonderoga Region Services
518-891-2641	518-483-4502	518-566-0183	518-585-9820



Saranac Village at Will Rogers

Our vibrant community is located only a couple of minutes from Saranac Lake, complete with everything the lakeside town has to offer.

We take care of the stressful aspects of life so you can have time to focus on the things that matter most to you. Take luxurious strolls through our forested community, enjoy meals in the company of friends and family, and see the sights with regularly scheduled shuttle services.

- Three daily meals including continental breakfast, lunch and dinner
- Electricity, water and heat included
- Weekly laundry and housekeeping
- Snow removal from your car
- Scheduled transportation for medical appointments, shopping and cultural events
- 24-hour staff and security
- Activities, entertainment and field trips
- Wellness checks

As an independent living retirement community, it is essential that we not only provide comfort and convenience but also that our 24/7 on-site staff respect the residents' privacy and integrity while providing access to emergency services.

(518) 891-7117 www.saranacvillage.com



Our apartment-style suites are also designed to tend to your needs. Subtle features such as our emergency response team help ensure you are safe and comfortable at all times.



And if that isn't enough, our rotating calendar of events will have you enjoying new activities or taking part in old hobbies whenever you want to.

Saranac Village at Will Rogers

(518) 891-7117 www.saranacvillage.com

SENIOR SCHOLAR

Creating challenging, stimulating, and satisfying programs for older adults and enhancing opportunities for social connections through learning

THE PROGRAM

Senior Scholar was inaugurated in 2013 with the desire to create a challenging, stimulating, and satisfying program for older adults. Along with its educational component, the program sought to enhance social contact for a segment of the population often more isolated than it might like. We also wanted to partially fill a wintertime activity void.

The impact of COVID necessitated a change to a virtual Zoom-based format for several years. When the pandemic restrictions eased, our audience was surveyed to gauge its preferences for the future. Results were almost even between the desire for resumption of in-person sessions and the continuation of Zoom.

With increased demand, the program expanded to twice a year. We now offer a five-week in-person session in the fall, and Zoom-based format during the winter

Our offerings are unique in that we offer a five-to-six session integrated course rather than isolated lectures. This allows attendees and session leaders a chance to get to know each other. Our leaders are qualified instructors from academic, government, and other professional and community environments.

IN PERSON SEMINARS

During our fall in-person program, enrollees are offered a selection of 3-4 small group seminars that meet one morning a week for 5-6 weeks. Past topics have ranged broadly and included choices in literature, local and world history, medieval European society, archaeology, climate science, and much more. We've had courses on witch trials in Europe, the Black Plague, Adirondack Environmental History, and the evolution of human rights.

Attendees from all the seminars gather together for lunch. After this we have an afternoon program for the full group, either a five-session course (recent examples are History of American Popular Music, and Update in Genetics), or five sessions on a related topic (recent examples have included Area Waterways, and Artists' Creative Processes).

The fall program is held at a venue in Plattsburgh. We've had our share of "commuters" over time, with participants from Jay, Saranac Lake, Lake Placid, Westport, and other nearby communities.

SENIOR SCHOLAR

ZOOM BASED PROGRAMS

Winter Zoom-based programs are somewhat different. A choice of seminars is still offered, but all seminars are not at the same time.Thus, an enrollee can take more than one session. Naturally, there's no gathering for lunch.

One regular component of the winter program is our popular Virtual Museum offering. Each week's session comes live from a museum, sometimes within the region, but on occasion from a regional or national venue. Offerings in the past have included the National Quilt Museum in Paducah, Kentucky, and the Baseball Hall of Fame and Museum in Cooperstown, New York.

The winter program, of course, is easily attended from anywhere, as long as a participant has a computer and internet access for the Zoom sessions. We've had people sign in from throughout the North Country, and from as far away as Kentucky and Florida.

COST

We work hard to keep costs low. For our fall programs, which include a choice of morning seminar, lunch, and attendance at the afternoon program, tuition currently runs about $80, probably not more than it would cost to go out for five lunches. Winter programs run about $30 for a choice of two sessions.

SIGNING UP

Publicity for programs usually begins about six weeks in advance. Since we limit the size of seminars, some fill to capacity sooner than others. Thus, we urge early sign-up to assure getting your preference of topics

FOR MORE INFORMATION

SENIOR CITIZEN COUNCIL OF CLINTON COUNTY

5139 North Catherine Street
Plattsburgh, NY 12901

Contact Patricia or Maria at 518-563-6180

WE HOPE YOU'LL JOIN US. Senior Scholar is a collaboration between Senior Citizen Council of Clinton County, Clinton County Office for Aging, JCEO, Clinton County Historical Association, and the Chapel Hill Foundation.

Southern Adirondack Compassionate Companions

Empowering older adults to age in place with ease

VOLUNTEER PROGRAM

Southern Adirondack Compassionate Companions is a Ministry of the Churches of St. Mary's and Our Lady of Lourdes. SACC seeks to enhance the fullness of the lives of older adults, by responding to their needs in a holistic manner through direct service, including consultation, advice, or referral. Volunteer services may be offered in collaboration with family members and in partnership with community organizations, social services agencies, healthcare providers, and faith communities. Southern Adirondack Compassionate Companions welcomes volunteers and care receivers of all faiths and no faith. We offer spiritual care in accordance with each individual's personal desires, values, and faith, in collaboration with the care receiver's faith community, if they so choose. There are no income requirements, and our services will be provided at no charge, freely given by our kind and compassionate volunteers.

Whom will Southern Adirondack Compassionate Companions serve?

Southern Adirondack Compassionate Companions serves older adults of all faiths living in their own homes or other independent living residences in Ticonderoga and surrounding communities.

How do I request a Compassionate Companion Volunteer?

If you are an older adult—or know someone who is—who would welcome the services of our volunteers, please call 518-547-0782 or email compassionatecare83@gmail.com

Helping older adults age in place with ease and empowering our communities to become more Age-friendly

Imagine the comfort and joy you can bring to an elder neighbor's life.

Southern Adirondack Compassionate Companions volunteers are kind, generous people carrying out errands of mercy to help empower their elder neighbors age in place with ease. They provide gifts of companionship and friendship; help ease isolation and loneliness; and encourage meaningful social relationships among older adults and their families, friends, and volunteers, helping them stay more connected to their communities.

Southern Adirondack Compassionate Companions volunteers can provide a variety of supports such as:

Friendly home visits
Crafts or gardening
Assistance with meal preparation
Assistance with correspondence
Friendly phone conversations
Transportation to appointments/events
Recreational activities—board games, cards, physical fitness
Running errands
Assistance with shopping
Outings together
Art/music/literature enjoyment
Faith-based activities

These services are a great idea. How can I get involved and help?

Southern Adirondack Compassionate Companions (SACC)

518-547-0782

compassionatecare83@gmail.com

route74catholics.org

22 Father Jogues Place, Ticonderoga, NY 12883

SOUTHERN ADIRONDACK
COMPASSIONATE COMPANIONS
Empowering older adults to age in place with ease

Living Well and Longevity Starts with Resilience

ThriveNinety



ThriveNinety's programs help people build resilience through gentle, accessible daily routines, simple nutrition guidance, and nervous system support—strengthening multiple body systems to enhance recovery, sustain health, and maintain independence.

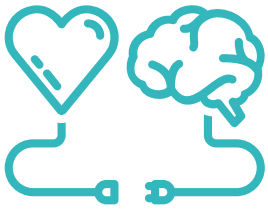
Who we are

Andrea Henkel Burke is a two-time Olympic gold medalist, eight-time World Champion, certified psychoneuroimmunology therapist, nutrition expert, and personal trainer who translates complex science into practical strategies.

Katie Brennan is an economist and population health expert with 25 years' US/UK experience, working with England's top clinicians to improve patient outcomes in the NHS. This background and her personal journey with Long COVID informs ThriveNinety's evidence-based approach to resilience and recovery.

Together, they combine elite athletic performance, brain-based training, and health systems innovation to deliver ThriveNinety's accessible, resilience-building programs for people who want to gain or maintain functionality and continue to live well.

Keeping the brain and body strong through life's ups and downs



To live well, we need resilience—the ability to recover and adapt. This depends on how well our brain and body systems work together, respond to stress, restore balance, and protect long-term health.

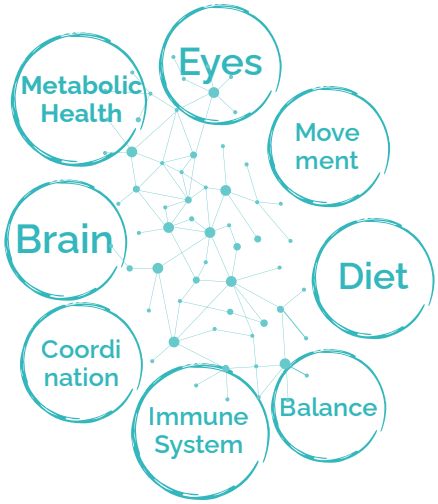
We help people understand why resilience matters and what you can do to support it through small, doable steps. Retain your body and brain, and build a strong foundation.

Why Resilience Matters to Support Longevity

- **Staying independent** – keeping the ability to do daily activities with confidence
- **Recovering after illness or stress** – avoiding long setbacks and regaining energy
- **Maintaining mental sharpness** – supporting focus, memory, and clear thinking
- **Preventing chronic illness** – reducing strain on the body and protecting health
- **Reducing falls and physical decline** – staying steady, strong, and coordinated

Systems that Work Together—Creating a Steady Cadence for Life

Our bodies are incredibly complex, which is wonderful. This provides us with redundancy, resilience and feedback loops. No single system works in isolation - every function influences and responds to the others. The nervous system shapes how we move, our movement patterns affect our balance, and both influence immune function and recovery. Even vision plays a role in stability, coordination, and confidence in daily life. Each system influences others - so you can improve your resilience through a combination of different routes.



A Whole-Body Approach to Support Key Systems

Because of the multi-system connections, a truly resilient approach draws from different angles at once. When we support key systems they don't just improve individually. They reinforce each other, creating a rhythm where each element helps the others work more effectively. Over time, this steady cadence becomes the foundation for living well and aging with vitality. With the right knowledge and tools impactful actions can takes you less than 10 min per day.

PEDAL™: Your Cadence for Resilience



- **Pacing:** Protect your energy by tapping into your body's signals to find your optimal activity levels. This includes balancing physical and mental activities but also limiting environmental stressors to reduce strain.
- **Exercise:** Gentle, consistent movement to maintain brain-body connections, strength, balance, movement control, and general capacity - adapted to your current abilities.
- **Diet:** Food and approaches that reduce inflammation, stabilize blood sugar, and give your body the nutritional building blocks for repair.
- **Alignment of the nervous system:** Practices that calm overactive stress responses and support better sleep, focus, memory, and emotional steadiness.
- **Loosen:** Movements, stretches, and breathwork to release tension held in tissues, and improve lymphatic flow and circulation.

Find out more: ThriveNinety™ offers free tools, practical education, and supportive programs to help you start where you are and build resilience at your own pace. More at: www.thriveninety.com/resilience-longevity or use QR code

www.adkmercy.org

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