



# a·H·Informer

A news update from Adirondack Health Institute

February 18, 2021

## News Headlines

### Citizen Advocates Nets Grant for Expansion of Innovative Program

A \$4 million grant has been awarded to Citizen Advocates for the expanded delivery of comprehensive services through an innovative program designed to focus on the treatment needs of individuals with serious mental health and addiction conditions.



The grant, from the Substance Abuse and Mental Health Services Administration (SAMHSA), was pursued so Citizen Advocates could expand its Certified Community Behavioral Health Clinic (CCBHC) program into St. Lawrence County. Currently, Citizen Advocates is operating a CCBHC demonstration program through its clinic in Malone, where it delivers a full array of services to support individuals with a severe or chronic mental health and addiction diagnosis.

“Now that we have had the benefit of operating a successful CCBHC in Franklin County, this truly significant grant will allow us to build on the services we currently offer at our clinic in Massena,” said James Button, CEO of Citizen Advocates. “This critical funding allows us to expand our presence in St. Lawrence County – the largest county in the state – in order to better serve a significant and unmet need for mental health and addiction services.”

### GFH Wound Healing Center Receives Center of Distinction Award

The Wound Healing Center at Glens Falls Hospital has received the Center of Distinction award from Healogics®, the nation's largest provider of advanced wound care services.

The award exemplifies the mission of providing elevated

## *Congratulations*

To the Wound Healing Center  
at Glens Falls Hospital!



Glens Falls Hospital  
WOUND HEALING CENTER

An affiliate of ALBANY MED

patient-centered care that the staff of the Glens Falls Hospital Wound Healing Center has committed to bring to the communities of Warren, Washington, and Saratoga counties. The Center specializes in the treatment of chronic, non-healing wounds, including those caused by diabetes, venous, pressure, radiation, surgical, and traumatic injuries. The Center is equipped with advanced

technology, including hyperbaric oxygen chambers, bioengineered skin substitutes, and advanced specialty wound care dressing.

### *Important Information*

## **BREAKING NEWS!**

**Health Insurance Open Enrollment Extended Through May 15**

## **NEED HEALTH INSURANCE?**

**AHI can help—with free, friendly and fast assistance!**

**Explore your health insurance options today.**



**Medicaid:** Expanded income guidelines for 2021. You may qualify if you are an individual making less than \$17,609 annually.

**Child Health Plus:** Regardless of income, every child is eligible to apply with NO co-pays or deductibles.

**Essential Plan:** Available for lower income individuals and families who don't qualify for Medicaid. Medical-only coverage has a monthly premium of \$20. Depending on income, there may be zero premium and zero copays!

**For a FREE phone appointment, please visit us on the web  
at [ahihealth.org/EASE](https://ahihealth.org/EASE) or call 1-866-872-3740**

## **1.9 Million Smokers in New York State Need Our Help**

Tobacco companies spend  
\$186.9 million per year in New

York State alone to market their products. This makes it easier for youth to be enticed and become the next generation of smokers and harder for someone to quit. Fewer than one in ten adult cigarette smokers succeed in quitting each year. Learn more at [www.ahihealth.org/CASA](http://www.ahihealth.org/CASA) and

[www.seenenoughtobacco.org](http://www.seenenoughtobacco.org). Need help quitting? Visit [www.nysmokefree.com/](http://www.nysmokefree.com/), or call 1-866-NY-Quits (1-866-697-8487).

**BIG TOBACCO  
CAN'T HIDE  
THE FACTS**

**1.9 Million Smokers in  
New York State Need Our Help**

People with low incomes, low education  
or frequent mental distress still  
smoke at a much higher rate

**NYS TOBACCO CONTROL PROGRAM  
#SAVESLIVESAVESMONEY**



## *Training Sessions, Meetings, and Events*

Please join the  
**New York State COVID-19 Vaccine Equity Task Force** for the sixth in a series of

# **FIRESIDE CHATS**

**moderna**

**The Moderna COVID-19 Vaccine:**  
A Conversation with Clinicians and Community Members

Friday, February 19, 2021 | 6:30pm – 7:30pm

**WATCH LIVE:**  
[ny.gov/VETF](http://ny.gov/VETF)



**Dr. Randall N. Hyer**  
Senior Vice President  
Global Medical Affairs Moderna



**Dr. Jennifer Davila**  
Pediatric Hematologist-Oncologist  
Children's Hospital,  
Montefiore Medical Center



**Takesha L. Leonard, EdD, FNP-BC**  
East Side Medical Director  
Jericho Road Community  
Health Center



**Department  
of Health**



**Salvation Army Hosting Drive-Thru Food Pantry on Feb. 22**

# Farmers to Families Food Box



The Salvation Army of Glens Falls is hosting a free drive-thru food pantry from 10:00 a.m. - 12:00 p.m., Monday, February 22, at the Six Flags parking lot, 33 Round Pond Road in Queensbury.



# FEED BACK MOVE FORWARD

## 4th Annual Virtual Summit

**How** do we create a fair food system? How do we build an equitable future for the North Country? And how do we move our region toward stronger and more accessible, inclusive, nutritious, and just systems for everyone?

**On Day 1** we partner with the Racial Equity Institute — an alliance of trainers, organizers, and institutional leaders who have devoted themselves to the work of creating racially equitable organizations and systems — to lead us in developing the tools to challenge patterns of power and grow equity.



## responding to 2020

February  
24th 1pm-4pm  
25th 8am-5pm

Join us as we bring creative, scholarly, and frontline perspectives together into dynamic conversation. This year's theme reflects the urgency of inequities that 2020 laid bare and the challenges we must meet in 2021.

Together we will address the intersections of food justice, racial equity, healthcare, and education in our rural region.

We will seek to engage active dialogue between presenters and participants, to identify obstacles, recognize successful initiatives, and engender collaborative networks.

**On Day 2**, we welcome Karen Washington as our keynote speaker. Since 1985, Ms. Washington has worked to make New York City a better place to live and grow. As a farmer and food justice activist, she feeds people body, mind, and spirit.

The day continues with over 30 sessions, speakers and presenters.

Only \$20

**register now**

[www.craigardan.org/events](http://www.craigardan.org/events)



Adirondack Foundation  
Piney Meadows Farm  
Rise and Root Farm  
Cornell Cooperative Extension

Adirondack Harvest  
Adirondack Land Trust  
Paul Smiths College Center for  
Sustainability

Asgard Farm & Dairy  
The Wild Center  
Stewarts Shops  
GreatRange



**Click here to register.**

# PREVENTING BURNOUT AND COMPASSION FATIGUE

Join us for a webinar dedicated to providing the necessary tools and resources to help healthcare and essential workers navigate these difficult times. This webinar will demonstrate how to provide and encourage self-care, and promote resiliency in the workplace.

Following this webinar, participants will be able to:

- Define burnout and compassion fatigue;
- Identify triggers and signs of burnout and compassion fatigue;
- Understand the risks associated with burnout and compassion fatigue;
- Identify ways to avoid burnout and improve workplace culture;
- Identify strategies for conflict resolution;
- Recognize how to ensure employee retention during a crisis; and
- Identify best practices for scaling up staff in the midst of a global pandemic.

***For Support Staff and Community Health Workers***  
***Thursday, February 25, 9:30-11:00 a.m.***

[Click here to register.](#)

***For Behavioral Health Professionals***  
***Thursday, March 4, 9:30-11:00 a.m.***

[Click here to register.](#)







# CHRONIC DISEASE PREVENTION AND MANAGEMENT EDUCATION:

## *Transitioning Evidence-Based Programming to a Virtual Learning Environment*

**Tuesday, March 2, 2021, 1:00 p.m.**

Program objectives: Participants will learn about current regional activities surrounding Evidence-Based Lifestyle Management programs including Chronic Disease Self-Management Education and Diabetes Prevention Programming. Participants will understand current guidelines for virtual delivery, and will be able to identify their local resource for program enrollment support.

### **Presenters:**

**Ann Morgan**, Executive Director  
North Country Healthy Heart Network

**Anne Marie Snell**, Executive Director  
St. Lawrence County Health Initiative

**Julie Cooke**, Lifestyle Program Director  
St. Lawrence County Health Initiative

**Ellen Nichols**, Lifestyle Educator  
St. Lawrence County Health Initiative



Zoom details:

Link: <https://zoom.us/j/94989842337?pwd=dVFxc0ZFNkYJYaloxWEU4QzNnYStrUT09>

Meeting ID: 949 8984 2337

Passcode: 603616

Click here for the Zoom  
link.

## **Mercy Care for the Adirondacks - Parish Nurse Program**

Cordially invites you to join us for

### **“The Spirituality and Science of Self-Compassion: Caring for Ourselves to Care for Others”**

A One-Day Retreat for Professional Caregivers via Zoom

Thursday, March 18, 2021, 9:30 am – 1:30 pm (½ hour break at noon)

This retreat draws upon recent findings in neuroscience and psychology illuminating self-care and spiritual practices that nurture gentleness, kindness and patience toward ourselves. Far from being self-centered or selfish, these actions generate a deeper understanding of others, enhancing our relationships and our ability to care for others.



**Presenter:**

**Anne Kertz Kernion, MA, Theology, Duquesne University  
Retreat Leader/Author/Artist**

#### **Who Should Attend?**

Nurses, Social Workers, Physicians, Clergy, Volunteers  
and others who serve the needs of elder or ill persons.

**There is no charge for this retreat but please register by March 15, 2021.**

To register, click the link below to be taken to a Google Form\*.

**<https://forms.gle/ZKBVraAYbZH5dZCi6>**

or call 518.523.5583 to register over the phone.

\* if your workplace restricts access to Google Drive,  
forward this invitation to your personal email and access from a different network.

**Click here to register.**

## **Share Your Updates**

AHI partners in Clinton, Essex, Franklin, Fulton, Hamilton, Saratoga, St. Lawrence, Warren, and Washington counties are encouraged to send news items to Phil Kahn at [communications@ahihealth.org](mailto:communications@ahihealth.org) to be considered for inclusion in *AHI Informer*.

Adirondack Health Institute | 101 Ridge Street, Glens Falls, NY 12801 | 518.480.0111  
[communications@ahihealth.org](mailto:communications@ahihealth.org) | [www.ahihealth.org](http://www.ahihealth.org)



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